



Pembroke Hill Lower School Menu May 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 1-Beefaroni 2-Veggie & Ricotta Lasagna Roll Ups 3-Turkey & Cheese Sandwich Mixed Greens w/ Vinaigrette Vegetable Medley	3 1-Cornflake Crusted Drumsticks 2-Buffalo Cauliflower & Jack Cheese Flatbread 3-Hot Ham & Cheese/ Brioche Roll Sour Cream & Chive Potatoes Honey Thyme Carrots	4 1-Balsamic Glazed Pork Loin w/ Roasted Apples 2-Spinach & Sweet Potato Frittata 3-Chicken & Cheese Quesadilla Buttered Noodles Green Beans w/ Grape Tomatoes	5 Cinco de Mayo 1-Beef Soft Taco 2-Bean & Cheese Taquitos 3-Sun Butter & Jelly Sandwich Cilantro Lime Rice Southwest Slaw	6 1-Scrambled Eggs w/ Cheese 2-Biscuit w/ Turkey Sausage Gravy 3-Cheese Sandwich Potatoes O'Brien Cinnamon Applesauce
9 1-Italian Sausage Sub w/ Peppers & Onions 2-Artichoke & Roasted Tomato Casserole w/ Parmesan 3-Turkey & Cheese Sandwich Oven Fries Steamed Green Beans	10 1-Chicken Tenders w/ Dipping Sauce 2-Baked Tomatoes Provecal 3-Hot Ham & Cheese/ Brioche Roll Butter & Herb Rice Mixed Vegetables	11 1-Spaghetti w/ Meat Sauce 2-Spaghetti w/ Marinara 3-Chicken & Cheese Quesadilla Italian Salad Vegetable Medley Garlic Breadsticks	12 1-Bbq Chicken 2-Southern Tomato Pie 3-Sun Butter & Jelly Sandwich Lemon & Garlic Orzo Bbq Spiced Carrots	13 1-Ball Park Beef Franks 2-Caprese Flatbread 3-Cheese Sandwich Salt & Pepper Kettle Chips Fresh Veggie Sticks
16 1-Maple Glazed Ham 2-Three Cheese Quiche 3-Turkey & Cheese Sandwich Pasta Primavera Steamed Broccoli	17 1-Slow Roasted Italian Beef Hoagie Au Jus 2-Eggplant & Mozzarella Sub 3-Hot Ham & Cheese/ Brioche Roll Steak Fries Vegetable Medley	18 1-Sauteed Lemon Chicken 2-Spinach & Cheese Frittata 3-Chicken & Cheese Quesadilla Wild Rice Pilaf Roasted Cauliflower	19 1-Baked Rigatoni 2-Italian Sausage & Cheese Stuffed Pepper 3-Sun Butter & Jelly Sandwich Caesar Salad Squash Medley Dinner Roll	20 1-Beef Hamburgers 2-House Made Veggie Burger 3-Cheese Sandwich Ranch Seasoned Kettle Chips Cole Slaw
23 1-Bbq Brisket 2-Corn Pudding 3-Turkey & Cheese Sandwich Cheesy Potatoes Baked Beans	24 1-Roasted Chicken 2-Parmesan Squash Bake 3 Hot Ham & Cheese/ Brioche Roll Rice Pilaf Steamed Broccoli	25 1-Cheese Pizza 2-Pepperoni Pizza 3-Chicken & Cheese Quesadilla Garden Salad Vegetable Medley	26 1-Sloppy Joe 2-Broccoli Cheddar Quiche 3-Sun Butter & Jelly Sandwich Tater Tots Mixed Vegetables	27 Early Dismissal

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