



Pembroke Hill Lower School Menu November 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 <i>1-Turkey Chili Frito Pie 2-Broccoli & Cheddar Strata 3-Hot Ham & Cheese/Brioche Roll Butter & Herb Rice Steamed Baby Carrots</i>	2 <i>1-Panko Crusted Chicken Thighs 2- Spinach & Cheese Pie 3-Chicken & Cheese Quesadilla Lemon & Garlic Orzo w/ Diced Tomatoes Vegetable Medley</i>	3 <i>“Nacho Day” 1-Beef Nachos 2-Corn & Black Bean Nachos 3-Sun Butter & Jelly Sandwich Mexican Couscous Mango Slaw</i>	4 <i>No School</i>
7 <i>1-Cheese Ravioli w/ Marinara 2-Cauliflower Piccata 3-Turkey & Cheese Sandwich Italian Salad Squash Medley</i>	8 <i>1-Blueberry Baked Sheet Pan Pancake w/ Maple Syrup 2-Southwest Veggie & Cheddar Omelet 3-Hot Ham & Cheese/Brioche Roll Sausage Patties Breakfast Potatoes Peach Applesauce</i>	9 <i>1-Chicken Pot Pie w/ Cheddar Biscuits 2-Zucchini Parmesan 3-Chicken & Cheese Quesadilla Quinoa & Brown Rice Pilaf Sauteed Green Beans</i>	10 <i>1-Cheeseburger Macaroni 2-Herb & White Bean Stuffed Tomatoes 3-Sun Butter & Jelly Sandwich Seasoned Broccoli & Cauliflower Dinner Roll</i>	11 <i>1-Rosemary Pork Loin w/ Sauteed Apples 2-Falafel & Veggie Wrap w/ Tzatziki Sauce 3-Cheese Sandwich Smashed Red Potatoes Cinnamon Glazed Carrots</i>
14 <i>“Pickle Day” 1-Pickle Brined Crispy Chicken Sandwich 2-Roasted Vegetable & Provolone Wrap 3-Turkey & Cheese Sandwich Oven Fries Cole Slaw</i>	15 <i>1-Cheese French Bread Pizza 2-Sausage & Fall Vegetable Pita Pizza 3-Hot Ham & Cheese/ Brioche Roll Caesar Salad Zucchini w/ Grape Tomatoes</i>	16 <i>1-Bbq Beef Brisket 2-Southern Corn Pudding 3-Chicken & Cheese Quesadilla Macaroni & Cheese Molasses Baked Beans</i>	17 <i>“Give Thanks” 1-Roasted Turkey Breast 2-Parmesan Butternut Squash Gratin Mashed Potatoes Carrots w/ Rosemary & Garlic Whole Cranberry Sauce</i>	18 <i>1-Baked Brown Sugar Ham 2-Veggie Quiche 3-Cheese Sandwich Fall Wild Rice Pilaf Vegetable Medley</i>
21 <i>No School</i>	22 <i>No School</i>	23 <i>No School</i>	24 <i>No School</i>	25 <i>No School</i>
28 <i>1-Beef Franks/ Toppings Bar 2-Caprese Focaccia 3-Turkey & Cheese Sandwich Ranch Seasoned Kettle Chips Peas & Carrots</i>	29 <i>1-Baked Pasta 2-Cod w/ Lemon Sauce 3-Hot Ham & Cheese/Brioche Roll Garden Salad Vegetable Medley</i>	30 <i>1-Sausage & Cheese Breakfast Biscuit 2-Scrambled eggs 3-Chicken & Cheese Quesadilla Hash Browns</i>		

	<i>Garlic Bread</i>	<i>Fruit Salad</i>		
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