



Pembroke Hill Upper School Menu April 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p style="text-align: center;"><i>3</i></p> <p style="text-align: center;"><i>BBQ Brisket Bowl Mashed Potatoes Green Beans</i></p>	<p style="text-align: center;"><i>4</i></p> <p style="text-align: center;"><i>Spaghetti with Meat Sauce or Eggplant Parmesan, Sauteed Broccoli and Cauliflower Bread Stick</i></p> <p style="text-align: center;"><i>BBQ Brisket Bowl Mashed Potatoes Green Beans</i></p>	<p style="text-align: center;"><i>5</i> <i>Passover</i></p> <p style="text-align: center;"><i>Oven Roasted Chicken Tzimmes Oven Roasted Stuffed Mushrooms Glazed Carrots</i></p> <p style="text-align: center;"><i>BBQ Brisket Bowl Mashed Potatoes Green Beans</i></p>	<p style="text-align: center;"><i>6</i> <i>Passover</i></p> <p style="text-align: center;"><i>Bake Potato Day! Topping Options: Beef and Vegetarian Chili, Steamed Broccoli, Sour Cream, Green Onion, Shredded Cheese, Butter</i></p> <p style="text-align: center;"><i>BBQ Brisket Bowl Mashed Potatoes Green Beans</i></p>	<p style="text-align: center;"><i>7</i> <i>Passover</i></p> <p style="text-align: center;"><i>Fish and Chips Fried Cod Steak Fries Green Beans</i></p> <p style="text-align: center;"><i>BBQ Brisket Bowl Mashed Potatoes Green Beans</i></p>
<p style="text-align: center;"><i>10</i> <i>Passover</i></p> <p style="text-align: center;"><i>Chicken Mole</i></p> <p style="text-align: center;"><i>Vegetable Enchilada Casserole</i></p> <p style="text-align: center;"><i>Cilantro Lime Rice</i></p> <p style="text-align: center;"><i>Chili Lime Chicken Nacho Bowl</i></p>	<p style="text-align: center;"><i>11</i> <i>Passover</i></p> <p style="text-align: center;"><i>Chicken Fried Chicken Mixed Vegetable Casserole Mashed Potatoes Green Beans</i></p> <p style="text-align: center;"><i>Chili Lime Chicken Nacho Bowl</i></p>	<p style="text-align: center;"><i>12</i> <i>Passover</i></p> <p style="text-align: center;"><i>Spaghetti with Meat Sauce or Eggplant Parmesan, Sauteed Broccoli and Cauliflower Bread Stick</i></p> <p style="text-align: center;"><i>Chili Lime Chicken Nacho Bowl</i></p>	<p style="text-align: center;"><i>13</i> <i>Passover</i></p> <p style="text-align: center;"><i>Chicken Gyros Eggplant Moussaka Greek Lemon Potatoes Vegetable Medley</i></p> <p style="text-align: center;"><i>Chili Lime Chicken Nacho Bowl</i></p>	<p style="text-align: center;"><i>14</i> <i>Passover</i></p> <p style="text-align: center;"><i>Pizza Day Pepperoni or Cheese! Bread Sticks Roasted Broccoli</i></p> <p style="text-align: center;"><i>Chili Lime Chicken Nacho Bowl</i></p>

<p style="text-align: center;"><i>17</i></p> <p><i>Korean Beef Bibimbap Bowl!</i></p>	<p style="text-align: center;"><i>18</i></p> <p><i>Cuban Roast Pork Sandwich Chili Spiced French Fries Cilantro Lime Slaw</i></p> <p><i>Korean Beef Bibimbap Bowl!</i></p>	<p style="text-align: center;"><i>19</i></p> <p><i>Beef Tacos Vegetable Tofu Tacos Spanish Rice Fiesta Corn Black Beans</i></p> <p><i>Korean Beef Bibimbap Bowl!</i></p>	<p style="text-align: center;"><i>20</i></p> <p><i>Chicken Gyros Eggplant Moussaka Greek Lemon Potatoes Vegetable Medley</i></p> <p><i>Korean Beef Bibimbap Bowl!</i></p>	<p style="text-align: center;"><i>21</i></p> <p><i>Chicken Tenders Tofu Tenders Ranch Seasoned Tater Tots Roasted Green Beans</i></p> <p><i>Korean Beef Bibimbap Bowl!</i></p>
<p style="text-align: center;"><i>24</i></p> <p><i>Chicken Cesar Wrap</i></p> <p><i>Pulled Pork Macaroni and Cheese Bowl!</i></p>	<p style="text-align: center;"><i>25</i></p> <p><i>Chicken Fried Rice Vegetable Fried Rice Pork Egg Roll</i></p> <p><i>Pulled Pork Macaroni and Cheese Bowl!</i></p>	<p style="text-align: center;"><i>26</i></p> <p><i>Loaded Mac and Cheese! Pulled Pork Corn BBQ Sauce</i></p> <p><i>Pulled Pork Macaroni and Cheese Bowl!</i></p>	<p style="text-align: center;"><i>27</i></p> <p><i>Garlic Herb Turkey Breast Cous Cous Stuffed Peppers Potato Spears Vegetable Medley</i></p> <p><i>Pulled Pork Macaroni and Cheese Bowl!</i></p>	<p style="text-align: center;"><i>28</i></p> <p><i>Pizza Day Pepperoni or Cheese! Bread Sticks Oven Roasted Broccoli</i></p> <p><i>Pulled Pork Macaroni and Cheese Bowl!</i></p>

PROMOTIONAL ITEMS