



Pembroke Hill Lower School Menu October 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 <i>1-Chili Frito Pie 2-Buffalo Chickpea Taquito 3-Turkey & Cheese Sandwich Butter & Herb Rice Mixed Vegetables</i>	3 <i>1-Bbq Glazed Chicken Tenders 2-Breaded Squash Fingers w/ Ranch Dipping Sauce 3-Hot Ham & Cheese/Brioche Roll Bbq Spiced Roasted Potatoes Sauteed Green Beans</i>	4 <i>1-Baked Pasta 2-Cubano Sandwich w/ Ham, Pork & Swiss 3-Chicken & Cheese Quesadilla Garden Salad California Blend Vegetables</i>	5 <i>1-French Toast Sticks w/ Maple Syrup 2-Baked Vegetarian Denver Omelet 3-Sun Butter & Jelly Sandwich Hash Browns Turkey Sausage Peach Applesauce</i>	6 <i>In Service Day</i>
9 <i>No School</i>	10 <i>1-Sloppy Joe 2-Tomato, Basil & Mozzarella Toasts 3-Hot Ham & Cheese/Brioche Roll Kettle Chips Carrot Coins</i>	11 <i>1-Cheese Tortellini w/ Red Sauce 2-Baked Cod w/ Crumb Topping 3-Chicken & Cheese Quesadilla Italian Salad Squash Medley</i>	12 <i>1-General Tso's Chicken 2-Cauliflower & Tofu w/ Thai Sauce 3-Sun Butter & Jelly Sandwich Steamed Rice Asian Vegetables w/ Ginger & Garlic</i>	13 <i>1- Mexican Spiced Turkey Soft Tacos 2-Baked Vegetable Chimichanga 3-Cheese sandwich Southwest Couscous Refried Beans</i>
16 <i>1-Crispy Chicken Sandwich 2-Zucchini Parmesan Wrap w/ Marinara & Italian Cheese 3-Turkey & Cheese Sandwich Tater Tots Cole Slaw</i>	17 <i>1-Cheese French Bread Pizza 2-Sausage & Cheese Pita 3-Hot Ham & Cheese/ Brioche Roll Caesar Salad Vegetable Medley</i>	18 <i>1-Pot Roast w/ Pan Gravy 2-Roasted Vegetable Strudel 3-Chicken & Cheese Quesadilla Mashed Potatoes Honey Thyme Carrots</i>	19 <i>1-Lemon, Garlic & Rosemary Roasted Chicken 2-Fall Vegetable Strata 3-Sun Butter & Jelly Sandwich Orzo w/ Roasted Red Pepper Sauce Steamed Green Beans</i>	20 <i>1-Ball Park Franks 2-Broccoli, Cheddar & Quinoa Fritters 3-Cheese Sandwich Steak Fries Mixed Vegetables</i>
23 <i>1-Cheese Ravioli w/ Marinara 2-Pepperoni & Three Cheese Stromboli 3-Turkey & Cheese Sandwich Italian Salad w/ Vinaigrette Vegetable Medley</i>	24 <i>1-Hamburgers 2-Veggie Burgers 3-Hot Ham & Cheese/ Brioche Roll Ranch Seasoned Kettle Chips Molasses Baked Beans</i>	25 <i>1-Chicken Pot Pie w/ Biscuit 2-Spinach & Tomato Quiche 3-Chicken & Cheese Quesadilla Wild Rice Pilaf Steamed Broccoli</i>	26 <i>1-Cinnamon Apple Sheet Pan Pancakes w/ Maple Syrup 2-Scrambled Eggs 3-Sun Butter & Jelly Sandwich Sausage Links Breakfast Potatoes Fruit Salad</i>	27 <i>1-Beef Brisket French Dip Sandwich Au Jus 2-Hummus Wrap w/ Fresh Veggies 3-Cheese Sandwich Oven Fries Green Beans w/ Grape Tomatoes</i>

<div>30</div> <div>1-Baked Potato w/ Turkey Chili</div> <div>2-Baked Potato w/ Veggie Chili</div> <div>3-Turkey & Cheese Sandwich</div> <div>Steamed Broccoli</div> <div>Cheese Sauce</div> <div>Toppings Bar</div>	<div>31</div> <div>"Happy Halloween" !!!</div> <div>1-Beef Nachos</div> <div>2-Street Corn & Black Bean Nachos</div> <div>3-Hot Ham & Cheese/ Brioche Roll</div> <div>Mexican Rice</div> <div>Cilantro Lime Slaw</div> <div>Toppings Bar</div>			
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