



Pembroke Hill Lower School Menu January 2024

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>***Choice #3 is for Kindergarten, 1st & 2nd Grade Only***</p> <p><i>Promotions-Get Savory, Tossed Salad, Africa Day, Veganuary</i></p>	<p align="center">2</p> <p><i>1-Beef Franks 2-Roasted Veggie & Cheese Wraps 3-Hot Ham & Cheese/Brioche Roll Steak Fries Seasoned Broccoli</i></p>	<p align="center">3</p> <p><i>1-Pepperoni Pizza Pasta 2-Roasted Cauliflower w/ Parmesan & Lemon Sauce 3-Sun Butter & Jelly Sandwich Vegetable Medley Dinner Roll Italian Salad Squash Medley</i></p>	<p align="center">4</p> <p><i>1-Chicken Pot Pie w/ Biscuit 2-Broccoli & Cheddar Frittata 3-Sun Butter & Jelly Vinaigrette Wild Rice Pilaf Steamed Green Beans</i></p>	<p align="center">5</p> <p><i>1-Beef Taco Pie w/ Crispy Tortilla Chips & Cheese 2-Baked Bean & Cheese Burrito Mexican Rice Avocado Slaw Toppings Bar</i></p>
<p align="center">8</p> <p><i>1-Italian Sausage Sub w/ Sautéed Peppers & Onions 2-Tomato, Mozzarella & Basil Focaccia 3-Turkey & Cheese Sandwich Tater Tots Roasted Broccoli Get Savory w/ Citrus Tasting</i></p>	<p align="center">9</p> <p><i>1-“Shake & Bake” Oven Fried Chicken Drumsticks 2- Herb Stuffed Tomatoes w/ White Beans 3-Hot Ham & Cheese/Brioche Roll Orzo Pilaf Vegetable Medley</i></p>	<p align="center">10</p> <p><i>1-Braised Beef Pot Roast 2-Baked Squash Casserole w/ Romano 3-Chicken & Cheese Quesadilla Whipped Potatoes Honey Glazed Carrots</i></p>	<p align="center">11</p> <p><i>1-Cheese Tortellini w/ Red Sauce 2-Baked Cod w/ Crumb Topping 3-Sun Butter & Jelly Sandwich “Tossed Salad” Yellow Squash w/ Grape Tomatoes</i></p>	<p align="center">12</p> <p><i>1-Sloppy Joe 2- Grilled Cheese & Roasted Tomato Sandwich on Whole Wheat 3- Cheese Sandwich Dijon Roasted Potatoes Peas & Carrots</i></p>
<p align="center">15</p> <p align="center"><i>No School</i></p>	<p align="center">16</p> <p><i>1-Waffles w/ Maple Syrup 2-Baked Egg, Cheddar & Bacon Omelet 3-Hot Ham & Cheese/ Brioche Roll Potatoes O’Brien Turkey Sausage Rustic Cinnamon Applesauce</i></p>	<p align="center">17</p> <p><i>1-Mongolian Pork 2-Tofu & Vegetable Stir Fry 3-Chicken & Cheese Quesadilla Lo Mein Noodles Bok Choy, Carrots & Snow Peas</i></p>	<p align="center">18</p> <p><i>“Africa Day” 1-African Jerk Chicken 2-Spiced Chickpea Fritters 3-Sun Butter & Jelly Sandwich Jollof Rice Braised Greens</i></p>	<p align="center">19</p> <p><i>1-Hamburgers 2-House Made Veggie Burgers 3-Cheese Sandwich Salt & Pepper Kettle Chips Baked Beans</i></p>
<p align="center">22</p> <p><i>1-Chicken Soft Tacos 2-Vegetarian Tortilla Casserole w/ Black Beans 3-Turkey & Cheese Sandwich Mexican Rice Cilantro Lime Slaw Toppings Bar</i></p>	<p align="center">23</p> <p><i>1-Beef Shepherd’s Pie w/ Corn & Mashed Potatoes 2-Roasted Vegetable Quiche 3- Hot Ham & Cheese/ Brioche Roll Steamed Broccoli</i></p>	<p align="center">24</p> <p><i>1-Glazed Ham 2-House Made Spinach & Feta Puff Pastry Hand Pie 3-Chicken & Cheese Quesadilla Buttered Noodles Seasoned Carrots</i></p>	<p align="center">25</p> <p><i>1-Spaghetti w/ Meat Sauce 2-Spaghetti w/ Marinara 3-Sun Butter & Jelly Sandwich Caesar Salad Roasted Cauliflower Garlic Bread</i></p>	<p align="center">26</p> <p><i>1-Crispy Chicken Sandwich 2-Toasted Eggplant & Italian Cheese Sandwich 3-Cheese Sandwich Oven Fries Sautéed Green Beans</i></p>

<p>29</p> <p><i>1-Scrambled Eggs</i></p> <p><i>2-Biscuit w/ Turkey Sausage Gravy</i></p> <p><i>3-Turkey & Cheese Sandwich Hash Browns</i></p> <p><i>Fruit Salad</i></p>	<p>30</p> <p><i>1-Cheese French Bread Pizza</i></p> <p><i>2-Philly Steak & Cheese Pizza</i></p> <p><i>3-Hot Ham & Cheese/ Brioche Roll</i></p> <p><i>Garden Salad</i></p> <p><i>Vegetable Medley</i></p>	<p>31</p> <p>“Veganuary”</p> <p><i>1-Chicken Tenders w/ Dipping Sauces</i></p> <p><i>2-Vegan Grilled Vegetable & Red Pepper Hummus Wrap</i></p> <p><i>3-Chicken & Cheese Quesadilla</i></p> <p><i>Rice Pilaf</i></p> <p><i>Steamed Broccoli</i></p>		
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