



Pembroke Hill Lower School Menu February 2024

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>***Choice #3 is for Kindergarten, 1st, 2nd & 3rd Grade Only**</p>	<p>Promotions-“Super Bowl/ Pizza Day”, “Mardi Gras”, “Plant Forward Tacos”, “Get Swavory Dark Chocolate Tasting”</p>		<p>1 1-Spaghetti w/ Meat Sauce 2-Spaghetti w/ Marinara 3-Sun Butter & Jelly Sandwich Caesar Salad Squash Medley Garlic Bread</p>	<p>2 1-Ground Turkey Sloppy Joe 2-Veggie & Cheese Focaccia Bread 3-Cheese Sandwich Kettle Chips Cole Slaw</p>
<p>5 1-Oven Fried Italian Seasoned Chicken Thighs 2-Vegetable, Mozzarella Frittata Stuffed Peppers 3-Turkey & Cheese Sandwich Mashed Potatoes Cream Gravy Steamed Green Beans</p>	<p>6 1-Beefaroni 2-Veggie & Cheese Stromboli 3-Hot Ham & Cheese/Brioche Roll Chopped Vegetable Salad w/ Vinaigrette Squash Medley</p>	<p>7 1-Grilled Brats/Hot Dog Bun 2-Baked Caprese Slider 3-Chicken & Cheese Quesadilla Tater Tots Vegetable Medley</p>	<p>8 1-Bbq Spiced Chicken 2-Southern Tomato Pie 3-Sun Butter & Jelly Sandwich Buttered Noodles Glazed Carrots</p>	<p>9 “Super Bowl/Pizza Day” 1-Cheese Filled Pizza Sticks w/ Marinara 2-Pepperoni Flatbread Pizza 3-Cheese Sandwich Caesar Salad Seasoned Broccoli</p>
<p>12 1 -“Plant Forward Tacos” 1-Beef Soft Taco 2-Cauliflower & Chickpea Taco 3-Hot Ham & Cheese/ Brioche Roll Cumin Spiced Diced Potatoes Mexican Corn & Black Beans Toppings Bar</p>	<p>13 “Mardi Gras” 1-Voodoo Chicken Po’ Boy Sandwich 2-Vegetarian Cauliflower Po’ Boy Sandwich 3-Hot Ham & Cheese/ Brioche Roll Dirty Rice Creole Green Beans</p>	<p>14 1-Gemelli Pasta w/ Marinara & Mozzarella 2-Lemon Herb Cod 3-Chicken & Cheese Quesadilla Garden Salad Vegetable Medley</p>	<p>15 1-Herb Roasted Turkey 2-Spinach & Swiss Strata 3-Sun Butter & Jelly Sandwich Garlic Chive Mashed Potatoes Seasoned Broccoli</p>	<p>16 Professional Learning Day No Classes/Lunch</p>
<p>19 Presidents Day No School</p>	<p>20 1-Roasted Chicken 2-Broccoli Casserole 3-Hot Ham & Cheese/ Brioche Roll Cavatappi w/ Spinach & Tomatoes Sauteed Yellow Squash</p>	<p>21 1-French Toast Sticks w/ Maple Syrup 2-Egg, Cheddar & Bacon Breakfast Casserole 3-Chicken & Cheese Quesadilla Hash Browns Sausage Links Cinnamon Applesauce</p>	<p>22 1-Teriyaki Glazed Chicken Tenders 2-Crispy Tofu & Bok Choy w/ Thai Sauce 3-Sun Butter & Jelly Sandwich Steamed Rice Garlic Ginger Carrots</p>	<p>23 1-Hamburger 2-Veggie Burger 3-Cheese Sandwich Kettle Chips Baked Beans</p>

<p style="text-align: center;">26</p> <p><i>1-Turkey Chili Frito Pie</i> <i>2-Black Bean & Jack Cheese Taquito w/ Chipotle Lime Dipping Sauce</i> <i>3-Hot Ham & Cheese/Brioche Roll</i> <i>Southwest Rice</i> <i>Avocado Slaw</i></p>	<p style="text-align: center;">27</p> <p><i>1- Roast Pork Loin</i> <i>2-Baked Squash Casserole w/ Romano</i> <i>3-Hot Ham & Cheese/ Brioche Roll</i> <i>Orzo Pilaf</i> <i>Vegetable Medley</i></p>	<p style="text-align: center;">28</p> <p><i>1-Bbq Chicken Slider</i> <i>2-Buffalo Cauliflower Flatbread</i> <i>3-Chicken & Cheese Quesadilla</i> <i>Tex Mex Potatoes</i> <i>Seasoned Green Beans</i></p>	<p style="text-align: center;">29</p> <p><i>1-Baked Macaroni & Cheese</i> <i>2-Veggie Stuffed Puff Pastry “Hot Pockets”</i> <i>3-Sun Butter & Jelly Sandwich</i> <i>Tossed Salad</i> <i>Steamed Broccoli</i></p>	<p style="text-align: center;">1</p> <p><i>1-Braised Brisket w/ Pan Gravy</i> <i>2-Eggplant Parmesan</i> <i>3-Cheese Sandwich</i> <i>Whipped Potatoes</i> <i>Seasoned Baby Carrots</i></p>
---	---	---	---	---