



The Jefferson School
RESIDENTIAL PROGRAM & DAY SCHOOL
PART OF THE SHEPPARD PRATT HEALTH SYSTEM

WEEKLY MENU PLAN GRADES 6 thru 8

	BREAKFAST	LUNCH
Week #2 Sunday	Pancakes Turkey Sausage Links Applesauce Milk	Turkey Sand. On w/w bread Cheese Pizza on whole wheat crust 1/2 Cup Peaches 1 Cup Vegetable Blend Milk
Monday	French Toast Egg Patty Juice Milk	Baked Fish Sandwich or Peanut Butter & Jelly on Wheat Brd 1/2 Cup Sliced Apples ½ Cup Spinach ½ Cup Carrots Milk
Tuesday	Cereal Wheat English Muffin w/PB Juice Milk	Glazed Chicken Wings or Turkey Sandwich on Wheat Bread 1/2 Cup Pineapple Chunks ½ Cup Brussels' Sprouts ½ Cup Celery Sticks Milk
Wednesday	Oatmeal Bagel with Cream Cheese Juice Milk	Chicken Tenders or Tuna on Wheat Wrap 1/2 Cup Orange Wedges ½ Cup Vegetable Blend ½ Cup Garden Salad Wheat Roll Milk
Thursday	Cereal Bran Muffin Juice Milk	Sloppy Joe on Wheat Roll or Veggie Burger 1/2 Cup Strawberries ½ Cup Squash ½ Cup Great Northern Beans Milk
Friday	French Toast with Syrup Turkey Sausage Patty Banana Milk	Salisbury Steak or Turkey Sandwich on Wheat Bread 1/2 Cup Tropical Fruit Salad ½ Cup Mashed Potatoes ½ Cup Caribbean Blend ½ Cup Coleslaw Milk
Saturday	Waffles Turkey Sausage Links Cold Cereal Mixed Fruit Cup Milk	Vegetable Lasagna or Ham Sandwich on Wheat Bread 1/2 Cup Pineapples ½ Cup Green Beans Milk