



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

WEEKLY MENU PLAN GRADES 6 THRU 8

	BREAKFAST	LUNCH
Week #1 Sunday	Pancakes Turkey Sausage Links Applesauce Milk	Turkey Hotdog on Wheat Roll or Egg Salad on Wheat Roll ½ Cup Sauerkraut ½ Cup Baked Beans 1/2 Cup Fruit Cocktail Milk
Monday	Egg & Cheese Omelette WW Toast Juice Milk	Philly Steak on Wheat Roll or Tuna on Wheat Wrap 1/2 Cup Mandarin Oranges ½ Cup Broccoli ½ Cup Sweet Potatoes Milk
Tuesday	Cereal WW Bagel w/ PB or Jelly Juice Milk	Chicken Chunks or Egg Salad on Wheat Roll 1/2 Cup Pears ½ Cup Green Beans ½ Cup Celery Sticks Milk
Wednesday	Egg & Turkey Sausage served on Wh. Wheat English muffin Juice Milk	Soft Beef Tacos or Veggie Burger served on Wheat Roll 1/2 Cup Pineapple ½ Cup Corn ½ Cup Sliced Cucumbers Milk
Thursday	Cereal Blueberry Muffin Juice Milk	Chicken Breast Sandwich or Turkey Burger on Wheat Roll 1/2 Cup Frozen Berries 1 Cup Stewed Tomatoes ½ Cup Lima Beans Milk
Friday	Oatmeal Bran Muffin Yogurt w/fruit Banana Milk	Pulled Pork on Wheat Roll Peanut Butter & Jelly on Wheat Brd 1/2 Cup Applesauce ½ Cup Kale ½ Cup Coleslaw Milk
Saturday	Waffles Turkey Sausage Links Cold Cereal Mixed Fruit Cup Milk	Cheeseburger on Wheat Roll or Roast Beef on Wheat Bread 1/2 Cup Peaches ½ Cup macaroni salad ½ Cup Carrot sticks Milk