



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

WEEKLY MENU PLAN GRADES 6 thru 8

	BREAKFAST	LUNCH
Week #4 Sunday	Cinnamon French Toast Sausage Patty Peach Cup Milk	French Bread Pizza or Turkey sandwich on wheat brd 1/2 Cup Mango Pieces 1 Cup Vegetable Blend Milk
Monday	Oatmeal Wheat Bagel Juice Milk	Hot Ham & Cheese on Wheat Sub or Roast Beef on Wheat Bread 1/2 Cup Sliced Apples ½ Cup Spinach ½ Cup Carrots Milk
Tuesday	Cereal--- Fresh Berries Yogurt with Fruit Juice Milk	Grilled Cheese on Wheat Bread or Peanut Butter & jelly on Wheat Brd 1/2 Cup Pineapple Chunks ½ Cup Brussels' Sprouts ½ Cup Celery Sticks Milk
Wednesday	Pancakes Bacon Juice Milk	Chicken Burger on Wheat Roll or Tuna fish on Wheat Bread 1/2 Cup Orange Wedges ½ Cup Vegetable Blend ½ Cup Garden Salad Milk
Thursday	Cereal Bran Muffin Applesauce Milk	Sloppy Joe on Wheat Roll or Bologna & cheese on Wheat Bread 1/2 Cup Strawberries ½ Cup Squash ½ Cup Great Northern Beans Milk
Friday	Egg & Cheese Omlette Wheat Toast Banana Milk	Fish Sandwich on Wheat Roll or Egg Salad on Wheat Bread 1/2 Cup tropical Fruit Salad ½ Cup Mashed Potatoes ½ Cup Caribbean Blend ½ Cup Coleslaw Milk
Saturday	Turkey Sausage Patty Waffles with Syrup Tropical Fruit Cup Milk	Beef BBQ on Wheat Roll Or Veggie Burger 1/2 Cup Pineapples ½ Cup Green Beans Milk