



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

**WEEKLY MENU PLAN GRADES 6 THRU 8**

	<b>BREAKFAST</b>	<b>LUNCH</b>
<b>Week #3 Sunday</b>	Pancakes Turkey Sausage Links Applesauce Milk	Beef Stew or Turkey Burger on Wheat Roll 1/2 Cup Pears 1/2 Cup Vegetable Blend 1/2 Cup Carrot Sticks Milk
<b>Monday</b>	Oatmeal Wheat English Muffin Peaches Milk	Whole Wheat Spaghetti & Meatballs Or Chicken Salad on Wheat Bread 1/2 Cup Applesauce 1/2 Cup Three Bean Salad 1/2 Cup Coleslaw Milk
<b>Tuesday</b>	Cereal Bran Muffin Juice Milk	Baked Chicken or Roast Beef Sandwich on Wheat Brd 1/2 Cup Pineapples 1/2 Cup Kale 1/2 Cup Stewed Tomatoes Milk
<b>Wednesday</b>	Cinn. French Toast with Syrup Turkey Sausage Patty Juice Milk	Fish Nuggets or Peanut Butter & Jelly on Wheat Brd 1/2 Cup Peaches 1/2 Cup French Fries 1/2 Cup Cauliflower Milk
<b>Thursday</b>	Cereal Wheat Bagel with cream cheese Juice Milk	Chicken Philly Sandwich or Tuna Salad on Wheat Wrap 1/2 Cup Fruit Cocktail 1 Cup Carrots 1/2 Cup Lima Beans Milk
<b>Friday</b>	Egg Omelette Wheat Toast Juice Milk	Cheeseburger on whole Wheat Bun Or Egg Salad on Wheat Pita Pocket 1/2 Cup Tropical Fruit 1/2 Cup Broccoli 1/2 Cup Pickled Beets Milk
<b>Saturday</b>	Waffles Turkey Sausage Links Cold Cereal Mixed Fruit Cup Milk	Corn Dog or Ham Sandwich on wheat roll 1/2/ cup mandarin oranges 1/2 peas and carrots 1/2 celery sticks Milk