













































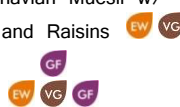







































PENNSYLVANIA SCHOOL FOR THE DEAF SCHOOL BREAKFAST AND LUNCH MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> Choice of Chef Special, whole grain toast, oatmeal or assorted cold cereals  +milk + choice of fruit.	Breakfast Oat Bar 	Egg And Cheese on Whole Wheat English Muffin 	Whole Wheat Apple Pancakes   Turkey Sausage Patty 	Scrambled Eggs Fruit and Bran Muffin 	French Toast Sticks  w/Maple Syrup 
	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 
	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 
<b>LUNCH</b>  Choice of Chef Special Entrée or +Grain + Vegetable + fruit + Milk.  *Note, if Chef's Special Entrée is not desired, the student may select from 2 sandwich choices as a substitute	Braised Five-Spice Beef   Creamy White Bean and Spinach-Stuffed Portobello Mushrooms  ~~~~~ Scallion Rice Dinner Roll   Broccoli   Japanese-Style Green Beans   Choice of Pears or Fresh Fruit Cup 	Turkey and Cheese on Wheat Bun   Thai Noodle Salad w/Tofu and Sesame Lime Dressing  ~~~~~ Choice of :  Baby Carrots   or Celery Sticks   Choice of Apple or Fresh Fruit Cup 	Shepherd's Pie w/ Whole Grain Dinner Roll Five-Cheese Spinach and Mushroom Lasagna  ~~~~~ Curried Cauliflower   Side Garden Salad   Choice of Orange Slices or Fresh Fruit Cup 	Citrus Spinach Salad w/ Orange Poppy Vinaigrette  Oven-fried Chicken  ~~~~~ Black Quinoa Corn Muffins  Swiss Chard w/Dates  Aztec Beans   Choice of Watermelon or Fresh Fruit Cup 	Herb Roasted Chicken Breast  w/ Quinoa Pilaf   Hummus and Roasted Root Vegetables with Whole Grain Pita  ~~~~~ Choice of:  Cinnamon Butternut Squash   Sautéed Snow Peas   Choice of Pineapple Chunks or Fresh Fruit Cup 
	Beverage Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk

MAKE THE CHOICE THAT'S RIGHT FOR YOU.







































WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>PENNSYLVANIA SCHOOL FOR THE DEAF SCHOOL BREAKFAST AND LUNCH MENU</b>						
<b>Breakfast</b> Choice of Chef Special, wheat toast, oatmeal or assorted cold cereals  +milk + choice of fruit.	Apple Banana Muffin 	whole wheat Blueberry Pancakes w/ Banana Raspberry Topping 	Scandinavian Muesli w/ Coconut and Raisins 	Egg Omelet Sandwich 	Farm Fresh Vegetable Frittata  w/ Whole Wheat English Muffin 	
	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Sliced Bananas and Raspberries 	Choice of Whole Fruit or Fresh Fruit Cup 	Choice of Whole Fruit or Fresh Fruit Cup 	
	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	Choice of 1% or Fat-Free White or Chocolate Milk 	
<b>L U N C H</b>	Chef's Table Meal  Choice of Chef Special Entrée or +Grain + Vegetable + fruit + Milk.  *Note, if Chef's Special Entrée is not desired, the student may select from 2 sandwich choices as a substitute	Classic Meatloaf  w/ Side of Confetti Mac and Cheese  Confetti Mac and Cheese   ~~~~~ 3 Bean Salad Oven Browned Potatoes  Choice of Pears or Fresh Fruit Cup 	Beef Burrito  Bean Burrito  ~~~~~ Rice and Beans  AND Roasted Corn, Squash and Peppers  Choice of Orange or Fresh Fruit Cup 	Turkey Burger on Whole Grain Bun   Mediterranean Chickpea Wrap  ~~~~~ Healthy Coleslaw   Carrot Fries   Choice of Pineapple or Fresh Fruit Cup 	Montreal Chicken on Whole Grain Roll   Vegetarian Steamed Dumplings with Garlic Tofu ~~~~~ Mixed Vegetable Blend  AND Stir Fried Bok Choy and Asian Vegetables   Choice of Apples or Fresh Fruit Cup 	Harvest Stew   Eggplant Pomodoro over Whole Grain Spaghetti   ~~~~~ Whole Grain Dinner Roll  AND Whole Grain Garlic Toast   Cucumber Salad  Choice of Grapes or Fresh Fruit Cup 
	Beverage	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk	Choice of 1% or Fat-Free White or Chocolate Milk

MAKE THE CHOICE THAT'S RIGHT FOR YOU.









































































PENNSYLVANIA SCHOOL FOR THE DEAF SCHOOL BREAKFAST AND LUNCH MENU

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast</b> Choice of Chef Special, wheat toast, oatmeal or assorted cold cereals</p> <p>+milk + choice of fruit.</p>	<p>Breakfast Oat Bar</p> 	<p>Egg And Cheese on Whole Wheat English Muffin</p> 	<p>Whole Wheat Apple Pancake And Turkey Sausage Patty</p> 	<p>Scrambled Eggs Fruit and Bran Muffin</p> 	<p>French Toast Sticks</p> 	
	<p>Choice of Whole Fruit or Fresh Fruit Cup</p> 	<p>Choice of Whole Fruit or Fresh Fruit Cup</p> 	<p>Choice of Whole Fruit or Fresh Fruit Cup</p> 	<p>Choice of Whole Fruit or Fresh Fruit Cup</p> 	<p>Choice of Whole Fruit or Fresh Fruit Cup</p> 	
	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p> 	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p> 	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p> 	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p> 	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p> 	
<p><b>LUNCH</b></p> <p><b>Chef's Table Meal</b> Choice of Chef Special Entrée +Grain + Vegetable + fruit + Milk.</p> <p>*Note, if Chef's Special Entrée is not desired, the student may select from 2 sandwich choices as a substitute</p>	<p>Roast Beef with Brown Rice</p> 	<p>Chicken Pot Pie</p>	<p>Sloppy "Farmer" Joe on Bun</p>	<p>Baked Tilapia w/Spicy Orange Salsa</p> 	<p>Whole Grain Pasta w/ Meat Sauce or Pasta w/ Marinara Sauce</p>	
	<p>Veggie and Hummus Wrap</p> 	<p>Spinach, Leek and Brown Rice Pie</p> 	<p>Vegetarian Burger on Whole Grain Roll</p> 	<p>Vegetable Quesadilla</p> 	<p>Cilantro Lime Rice</p> 	<p>Wilted Spinach</p> 
	<p>Broccoli</p> 	<p>Side Garden Salad</p> 	<p>Baked Beans</p> 	<p>Sesame Asparagus</p> 	<p>Baby Carrots</p> 	
	<p>Roasted Root Vegetables</p> 	<p>Marinated Tomatoes</p> 	<p>Cucumber Dill Salad</p> 	<p>Choice of Fresh Sliced Pears or Fresh Fruit Cup</p> 	<p>Choice of Fresh Melon Wedge or Fresh Fruit Cup</p> 	
	<p>Choice of Peaches or Fresh Fruit Cup</p> 	<p>Choice of Fresh Mandarin Oranges or Fresh Fruit Cup</p> 	<p>Choice of Fresh Pineapple or Fresh Fruit Cup</p> 			
Beverage	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	

MAKE THE CHOICE THAT'S RIGHT FOR YOU.



PENNSYLVANIA SCHOOL FOR THE DEAF SCHOOL BREAKFAST AND LUNCH MENU

<p><b>Breakfast</b> Choice of Chef Special, wheat toast, oatmeal or assorted cold cereals +milk + choice of fruit.</p>	<p>Apple Banana Muffin </p>	<p>Whole Wheat Berry Pancakes w/Banana Raspberry Topping  </p>	<p>Scandinavian Muesli w/ Coconut and Raisins  </p>	<p>Egg Omelet Sandwich </p>	<p>Farm Fresh Vegetable Frittata w/ Whole Wheat English Muffin  </p>
	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>	<p>Choice of Whole Fruit or Fresh Fruit Cup </p>
	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk </p>
<p><b>LUNCH</b></p> <p><b>Chef's Table Meal</b> Choice of Chef Special Entrée +Grain + Vegetable + fruit + Milk.  *Note, if Chef's Special Entrée is not desired, the student may select from 2 sandwich choices d as a substitute</p>	<p>Confetti Mac and Cheese </p> <p>Beef Stroganoff w/Fresh Parsley Rotini </p> <p>~~~~~</p> <p>Roasted Wild Mushrooms   </p> <p>Stewed Tomatoes   </p> <p>Choice of Orange or Fresh Fruit Cup   </p>	<p>BBQ Ranch Chicken</p> <p>Vegetable Fried Rice </p> <p>~~~~~</p> <p>Smashed Red Potatoes  </p> <p>Browned Broccoli with Roasted Garlic   </p> <p>Choice of Pears or Fresh Fruit Cup   </p>	<p>Tuna Wrap with Lettuce and Tomato</p> <p>OR</p> <p>Grilled Cheese on Whole Wheat  </p> <p>~~~~~</p> <p>Green Peas   </p> <p>Tomato Soup   </p> <p>Choice of Grapes or Fresh Fruit Cup   </p>	<p>Roasted Turkey with Corn Bread Stuffing </p> <p>Vegetable Quesadilla w/Chopped Lettuce and Fresh Tomato Salsa  </p> <p>~~~~~</p> <p>Caprese Salad  </p> <p>Mashed Potatoes  </p> <p>Choice of Fresh Melon Wedge or Fresh Fruit Cup   </p>	<p>Fish Tacos  </p> <p>Grilled Veggie Burger on Whole Grain Bun Lettuce/Tomato  </p> <p>~~~~~</p> <p>Marinated Black Bean Salad  </p> <p>Confetti Corn  </p> <p>Choice of Pineapple Chunks or Fresh Fruit Cup   </p>
	<p><b>Beverage</b></p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>	<p>Choice of 1% or Fat-Free White or Chocolate Milk</p>

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

