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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Choice of Chef Special, whole grain toast, oatmeal or assorted cold cereals 2 +milk + choice of fruit.	Chocolate Muffin 	Egg And Cheese on Whole Wheat English Muffin  	Waffles w/ Syrup   Turkey Sausage Patty   	Scrambled Eggs 	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 
LUNCH Chef's Table 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	Roast Beef  Buffalo Tofu Sandwich ~~~~~ Scallion Rice Dinner Roll    Broccoli   Green Beans  Choice of Pears or Fresh Fruit Cup   	Turkey and Cheese on Wheat Bun  Baked Ziti  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   Corn   Choice of Orange Slices or Fresh Fruit Cup  	Cheese Pizza  Oven-fried Chicken w/ WG Corn Muffin ~~~~~ Sautéed Spinach Edamame  Choice of Watermelon or Fresh Fruit Cup  	Herb Roasted Chicken Breast  w/ Brown Ricef   Veggie Hummus Wrap   Choice of: Roasted Sweet Potatoes   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


































WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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PENNSYLVANIA SCHOOL FOR THE DEAF SCHOOL BREAKFAST AND LUNCH MENU




































































<p>Breakfast Choice of Chef Special, wheat toast, oatmeal or assorted cold cereals</p> <p>+milk + choice of fruit.</p>	Apple Cinnamon Muffin	Pancakes w/ Syrup 	Blueberry Muffin	Egg and Cheese Wrap	Yogurt Parfait w/ Mini Bagel
	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
<p>LUNCH</p> <p>Chef's Table Meal</p> <p>Choice of Chef Special Entrée or +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>Classic Meatloaf w/ Side Mac and Cheese </p> <p>Mac and Cheese </p> <p>Baked Beans</p> <p>Oven Browned Potatoes </p> <p>Choice of Pears or Fresh Fruit Cup </p>	<p>Beef Taco</p> <p>Bean Burrito </p> <p>Rice </p> <p>Mexicali Corn</p> <p>Lettuce and Tomato</p> <p>Choice of Orange or Fresh Fruit Cup </p>	<p>Turkey Burger on Whole Grain Bun </p> <p>Cheese Lasagna Rollup </p> <p>Healthy Coleslaw </p> <p>Carrot Fries </p> <p>Choice of Pineapple or Fresh Fruit Cup </p>	<p>Montreal Chicken on Whole Grain Roll </p> <p>Pierogis w/ Caramelized Onions</p> <p>Mixed Vegetable Blend </p> <p>Roasted Zucchini </p> <p>Choice of Apples or Fresh Fruit Cup </p>	<p>Harvest Stew </p> <p>Arroz Con Queso</p> <p>Garlic Toast </p> <p>Tossed Salad</p> <p>Cucumber Salad</p> <p>Choice of Grapes or Fresh Fruit Cup </p>
	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

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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PENNSYLVANIA SCHOOL FOR THE DEAF SCHOOL BREAKFAST AND LUNCH MENU

<p>Breakfast Choice of Chef Special, wheat toast, oatmeal or assorted cold cereals</p> <p>+milk + choice of fruit.</p>	<p>Chocolate Muffin</p>	<p>Egg And Cheese on Whole Wheat English Muffin</p> 	<p>Waffles with Syrup Turkey Sausage Patty</p> 	<p>Scrambled Eggs Corn 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>L U N C H</p> <p>Chef's Table Meal 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>Cheese Calzone w/ Marinara</p>  <p>Broccoli</p>  <p>Corn</p>  <p>Choice of Peaches or Fresh Fruit Cup</p> 	<p>Chicken Pot Pie</p> <p>Mexican Lasagna w/ Tortilla Chips</p>  <p>Side Garden Salad</p>  <p>Marinated Tomatoes</p>  <p>Choice of Fresh Mandarin Oranges or Fresh Fruit Cup</p> 	<p>Beef Burger on WG Roll</p> <p>Vegetarian Burger on Whole Grain Roll</p>  <p>Baked Beans</p>  <p>Cucumber Dill Salad</p>  <p>Choice of Fresh Pineapple or Fresh Fruit Cup</p> 	<p>Chicken Fried Rice</p>  <p>Cheese Quesadilla</p>  <p>Asparagus</p>  <p>Cauliflower</p> <p>Choice of Fresh Sliced Pears or Fresh Fruit Cup</p> 	<p>Whole Grain Pasta w/ Meatballs or Eggplant Parmesan</p> <p>Dinner Roll</p> <p>Wilted Spinach</p>  <p>Buttered Carrots</p>  <p>Choice of Fresh Melon Wedge or Fresh Fruit Cup</p> 
	<p>Beverage</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>

PENNSYLVANIA SCHOOL FOR THE DEAF SCHOOL BREAKFAST AND LUNCH MENU

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast Choice of Chef Special, wheat toast, oatmeal or assorted cold cereals +milk + choice of fruit.	Apple Cinnamon Muffin 	Pancakes w/Syrup  	Blueberry Muffin	Egg and Cheese Wrap 	Yogurt Parfait w/ Mini Bagel 
		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 
LUNCH	Chef's Table Meal 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	Mac and Cheese  Beef Stroganoff w/Fresh Parsley Rotini  ~~~~~ Roasted Wild Mushrooms    Stewed Tomatoes    Choice of Orange or Fresh Fruit Cup   	BBQ Ranch Chicken w/ Steamed Rice Vegetable Fried Rice  ~~~~~ Baked Fries   Browned Broccoli with Roasted Garlic    Choice of Pears or Fresh Fruit Cup   	Tuna Wrap with Lettuce and Tomato OR Grilled Cheese on Whole Wheat   ~~~~~ Green Peas    Tomato Soup    Choice of Grapes or Fresh Fruit Cup   	Roasted Turkey with Corn Bread Stuffing  Vegetable Quesadilla w/Chopped Lettuce and Fresh Tomato Salsa   ~~~~~ Tomato Cucumber Salad   Mashed Potatoes   Choice of Fresh Melon Wedge or Fresh Fruit Cup   	Fish Tacos   Pasta Alfredo and Broccoli   ~~~~~ Edamame Salad   Confetti Corn   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