

Pennsylvania School for the Deaf Breakfast and Lunch ECE Menu

SUBSTITUTION MAY OCCUR

Week 1 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Coco Puffs Cereal with Goldfish Crackers	Scrambled Egg Patty with 1/2 Whole Grain English Muffin	Cinnamon Toast Crunch with Honey Graham Crackers	Yogurt Parfait (4oz Vanilla Yogurt, 1/2 cup Fruit, 1/4 cup Nut Free Granola)	Whole Grain French Toast Stick

Week 1 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Sliced Roast Beef w/ Rice	Turkey and Cheese Sandwich	Lasagna Roll-up w/ Dinner Roll	Cheese Pizza	Herb Roasted Chicken w/ Rice
Green Beans	Steamed Carrots	Garden Salad	Edamame	Green Peas
Pears	Apple	Oranges	Watermelon	Pineapple

Week 2 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Muffin	Pancakes and Turkey Sausage	Cheerios with Honey Graham Crackers	Yogurt Parfait (4oz Vanilla Yogurt, 1/2 cup Fruit, 1/4 cup Nut Free Granola)	Tri-Grain Cereal Bar with Apple Ci

Week 2 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni and Cheese	Beef Taco	Turkey Burger on WG Roll	Pierogies w/ Caramelized Onions	Baked Ziti
Baked Beans	Lettuce and Tomato	Baked Fries	Mixed Vegetables	Tossed Salad
Pears	Orange	Pineapple	Apples	Grapes

Week 3 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Coco Puffs Cereal with Goldfish Crackers	Scrambled Egg Patty with 1/2 Whole Grain English Muffin	Cinnamon Toast Crunch Cereal with Honey Graham Crackers	Yogurt Parfait (4oz Vanilla Yogurt, 1/2 cup Fruit, 1/4 cup Nut Free Granola)	Whole Grain French Toast Stick

Week 3 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Calzone w/ Marinara	Chicken Pot Pie	Beef Burger on WG Roll	Cheese Quesadilla	WG Pasta w/ Meatballs
Broccoli	Marinated Tomatoes	Baked Beans	Corn	Cucumber Salad
Peaches	Mandarin Oranges	Pineapple	Pears	Melon

Week 4 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry muffin	Pancakes and Turkey Sausage	Cheerios with Honey Graham Crackers	Yogurt Parfait (4oz Vanilla Yogurt, 1/2 cup Fruit, 1/4 cup Nut Free Granola)	Nutri-Grain Bar with Apple Cinna

Week 4 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni and Cheese	Chicken Fried Rice	Grilled Cheese	Roasted Turkey w/ Stuffing	Twisted Alfredo
Stewed Tomatoes	Broccoli	Celery	Mashed Potatoes	Edamame
Orange	Pears	Grapes	Melon	Pineapple