

Department of Juvenile Services
Weekly Menus: December 11th – December 17th

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|--|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Orange juice Hot cereal Pancake Syrup Fresh fruit cup Milk Sugar | Apple juice Dry cereal WW cinnamon roll Yogurt Banana Milk | Orange juice Dry cereal Hash brown patty Ketchup HC egg Fresh fruit cup Milk | Orange juice Hot cereal Breakfast wrap Salsa Fresh fruit Milk Sugar | Apple juice Dry cereal Breakfast Pizza Fresh fruit cup Milk | Orange juice Hot cereal Sausage cheese sandwich Sugar Spiced apple Milk | Apple juice Dry cereal Yogurt Ww.Biscuit Margarine Jelly Pear halves Milk |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| Roast beef Mashed potatoes Gravy Collard greens WW roll Margarine Spiced apple Milk Orange juice | Chicken parmesan WG Spaghetti Green beans WG hot roll Margarine Orange Milk Apple juice | Beef Tacos Salsa Sour cream Mexican rice Black beans Apple Milk Orange juice | Chicken steak Cheese sub Potato roasters Ketchup/Lite Mayo Tossed salad Salad dressing Fresh Fruit cup Milk Apple juice | Turkey on roll Corn on the cob Carrot sticks Ranch dressing Lite Mayo Pineapple chunks Milk Orange juice | Cheeseburger Lite Mayo/Mustard Seasoned Fries Ketchup Kale Peaches Milk Apple juice | Fish Sandwich Baked potato Sour cream FF Broccoli Tartar sauce Orange Milk Orange juice |
| Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| Baked Chicken Baked sweet potato Mix Vegetable Corn muffin Margarine White cake w/lemon icing Milk/Fruit juice | Broccoli Ch soup Chicken quesadilla Salsa Sour cream Salad Salad dressing Fruit cobbler Fruit juice Milk | Salisbury Steak WW roll Margarine Mashed potatoes Gravy Glazed carrots Cookies Fresh fruit Milk/fruit juice | Meatball sub Lettuce/tomato Lite mayo/mustard French fries Ketchup Kale Cake w/icing Milk Fruit juice | Mexican Chix and rice casserole Seasoned Chx fillet Salsa/Sour cream California blend veg Corn muffin Margarine Ice-cream Milk/fruit juice | Youth choice/ Manager special Meal Pattern Meat Starch/Bread Vegetable Fruit Dessert Fruit juice/Milk | Sloppy Joe Corn on cob Fries Ketchup Apple pie Fruit juices Milk |

Notes: Milk served will be flavored or unflavored fat-free or 1% white

Condiments served at breakfast and lunch will be fat-free or low fat.

Fruit juices served will be 100% juice. Maryland Department of Juvenile Services is an equal opportunity provider.

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