

Department of Juvenile Services  
Weekly Menus: October 30<sup>th</sup> – November 5<sup>th</sup>

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Orange juice Hot cereal Pancake Syrup Spiced apple Milk Sugar	Apple juice Dry cereal WW cinnamon roll Yogurt Banana Milk	Orange juice Dry cereal Hash brown patty Ketchup HC egg Orange Milk	Orange juice Hot cereal Breakfast wrap Salsa Spiced peach Milk Sugar	Apple juice Dry cereal Breakfast Pizza Fresh fruit cup Milk	Orange juice Hot cereal Sausage sandwich Sugar Spiced apple Milk	Apple juice Dry cereal Yogurt Ww.Biscuit Margarine Jelly Banana Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Meatballs Mashed potatoes Gravy Broccoli Hot roll Margarine Fruit cup Milk Apple juice	Chicken sandwich Lite Mayo Tossed salad FF ranch dressing French fries Ketchup Orange Milk Apple juice	Cheeseburger Lite mayo Baked beans Carrot sticks Ranch dressing Ketchup Mustard Apple Milk Orange juice	Fajita chicken wrap Salsa FF sour cream Mexicali corn Fresh Fruit cup Milk Orange juice	Spaghetti WG Meat sauce Parmesan cheese Green beans Tossed salad FF Ranch dressing WG hot roll Margarine Pear Orange juice/Milk	Roast beef on roll Lettuce/tomato Lite Mayo Seasoned Fries Ketchup Tossed salad FF ranch dressing Fresh fruit Orange Milk/Apple juice	Fish Sandwich Baked Potato Tartar sauce Sour cream Sliced peaches Milk Apple juice
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Soup/Crackers Hot meat and Che.sandwich S.Greens French fries Ketchup/mayo Ice-cream Fruit juice Milk	Beef tacos Salsa FF sour cream Black beans Spicy rice Fresh fruit cookies Fruit juice Milk	Chicken stir fry Rice Soy sauce Veg Egg roll Fruit crisp Fresh fruit Fruit juice Milk	BBQ Beef cubes Macaroni/cheese Broccoli Cornbread Margarine Apple pie Fruit juice Milk	Chicken Tenders Scalloped potato Turnip green Honey mustard Biscuit Margarine Pumpkin pie Fruit juice Milk	Food of the month Promotion Meal pattern Meat Fruit promotion Veg promotion Starch/bread Dessert Milk/Fruit juice	Chili dog w/cheese Seasoned fries Ketchup Corn Cookies 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.