Department of Juvenile Services
Weekly Menus: October 9th – October 15th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Apple juice Hot cereal Egg/cheese sandwich Orange Milk Sugar	orange juice Dry cereal Pancake Syrup Fresh fruit cup Milk	Apple juice Dry cereal HC egg Wh.Biscuit Margarine Jelly Banana Milk	Orange juice Hot cereal French toast Syrup Spiced apple Milk Sugar	Apple juice Dry cereal Breakfast Pizza Fresh fruit cup Milk	Apple juice Hot cereal sugar WW Bagel Cream cheese Jelly Banana Milk	Orange juice Dry cereal Sausage/cheese sandwich Orange Milk
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Baked Chicken Mixed veg Gravy Brown rice WG roll Margarine Pineapple chunks Milk Orange jc	Beefaroni Green beans WG hot roll Margarine Peaches Milk Apple juice	BBQ Chicken WW roll Baked beans Kale Fresh Fruit cup Milk Orange juice	Cheesesteak sub Lite Mayo Potato roasters ketchup Broccoli Orange Milk Apple juice	Chicken sandwich Tossed salad Ranch dressing Sweet potato fries Ketchup Lite Mayo Apple Milk Orange juice	Turkey on roll Lite Mayo Seasoned Fries Ketchup Carrot sticks FF ranch dressing Fresh fruit cup Milk Apple juice	Fajita chicken wrap Salsa Sour cream Mexicali corn Pear Milk Orange juice
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
Cheeseburger Mayo/Mustard French fries Ketchup Veg.blend Fresh fruit Brownie Fruit juice Milk	Turkey bacon Cheese sub Lite Mayo Veg.Soup/crackers Baked chips Cookies Fruit juice Milk	Chicken broccoli alferado Garden salad Salad dressing Garlic bread Iced choc. cake Milk/fruit juice	Pepper steak Mashed potatoes Gravy Collard greens WW roll Margarine Cheesecake Fruit juice Milk	Spaghetti Meat sauce Italian vegetables Tossed salad Salad dressing Garlic bread Cookies Fruit juice/Milk	Pizza Caesar salad Caesar dressing Breadsticks Marinara sauce Ice-cream Fruit juice Milk	Buffalo wings Dipping sauce French fries Ketchup Broccoli Biscuit/margarine Apple crisp 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.