Department of Juvenile Services
Weekly Menus: November 20th – November 26th

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 WW 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 Orange Milk	Orange juice Dry cereal Sausage/cheese sandwich Banana Milk
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Roast Turkey Bread stuffing Gravy Cranberry sc Peas&carrots WW roll Margarine Spiced apples Milk Orange juice	Chicken sandwich Spring mix salad Ranch dressing Seasoned fries Ketchup Orange Milk Apple juice	Beef Steak Brown rice pilaf Gravy Green beans WG hot roll Margarine Peaches, Sliced Milk Orange juice	Chicken Tacos Spicy brown rice Black beans Salsa FF sour cream Fresh fruit cup Milk Apple juice	Thanksgiving Dinner	Baked chicken Rice pilaf Gravy WW roll margarine Collard Greens Pineapple chunks Milk Orange juice	Beefaroni WG hot roll Margarine Green beans Pear Milk Apple juice
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
Buffalo Wings French Fries Collard Greens Biscuit Margarine Ketchup Dipping sauce Ice-cream Milk/Fruit juice	Lasagna Tossed salad Salad dressing Breadsticks Pineapple chunks Cookies Fruit juice Milk	Chicken nuggets Potato wedges BBQ sauce Carrots WW rolls Margarine Fruit crisp Fruit juice Milk	Chili Baked potato Sour cream Margarine Broccoli/cheese Corn muffins Margarine Spice cake w/ icing Fruit cup Fruit jucie/milk	Oven Fried Fish Tartar sauce Macaroni&cheese Green peas Biscuit Margarine Fruit cobbler Fruit juice Milk	Tomato soup Pizza Tossed salad Ranch dressing Breadstick Brownie Fruit juice Milk	BBQ Chicken Cole slaw Baked beans Corn bread Margarine Iced cake Fruit juice 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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