

Department of Juvenile Services
Weekly Menu: September 25th – October 1st

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 English muffin Margarine Jelly Banana Milk	Orange juice Hot cereal French toast Syrup Spiced apple Milk Sugar	Apple juice Dry cereal Pancakes Syrup 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 Tossed 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 Mexican rice Black beans Salsa FF sour cream Fresh fruit cup Milk Apple juice	Cheeseburger Lettuce/tomato Ketchup/lite mayo Mustard Sw.potato fries Broccoli Banana Milk Apple juice	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	Cold-cut Sub Baked chips Pasta salad Pineapple chunks Cookies Fruit juice Milk	Chicken nuggets Fries BBQ sauce Carrots WW rolls Margarine Fruit crisp Fruit juice Milk	Pepper steak Rice Collard greens WW Roll Margarine Cheesecake Fruit juice Milk	Oven Fried Fish Tartar sauce Scalloped potato Green peas Biscuit Margarine Fruit cobbler Fruit juice Milk	Pizza Marinara sauce 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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