Department of Juvenile Services
Weekly Menus: September 18th – September 24th

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 Banana Milk Sugar	Apple juice Dry cereal Pancakes Syrup Fresh fruit cup Milk	Orange juice Hot cereal Sausage cheese sandwich Sugar Spiced apple Milk	Apple juice Dry cereal Yogurt English muffin 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 cheese steak sub Potato roasters Ketchup/Lite Mayo Spinach 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	Chicken quesadilla Salsa Spicy rice Sour cream Salad Salad dressing Fruit cobbler Fruit juice Milk	Chicken salad sub French fries Ketchup Kale Iced yellow cake Milk Fruit juice	Fish nuggets Macaroni cheese Mix vegetable Tartar sauce Ketchup Corn muffin Margarine Ice-cream Milk Fruit juice	Salisbury Steak WW Roll Margarine Mashed potatoes Gravy Glazed carrots Cookies Fresh fruit 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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