

Department of Juvenile Services
Weekly Menus: December 30th – January 5th

| 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 | Orange juice Hot cereal Sugar HC egg Deli roasters Ketchup Banana Milk | Apple juice Dry cereal WW Bagel Cream cheese Yogurt Orange Milk | Apple juice Hot cereal Sugar Breakfast Pizza Fresh fruit cup Milk | Orange juice Dry cereal French toast Syrup Spiced apple Milk | Orange juice Hot cereal Sugar Cinnamon roll Yogurt Orange Milk |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| Baked Chicken Mixed veg Gravy Brown rice WG roll Margarine Pineapple chunks Milk Orange jc | Turkey on roll Lite Mayo Seasoned Fries Ketchup Carrot sticks FF ranch dressing Fresh fruit cup Milk Apple juice | Grilled Chicken on roll Mayo Baked beans Kale Fresh Fruit cup Milk Orange juice | Cheesesteak sub Lite Mayo Potato roasters ketchup Broccoli Orange Milk Apple juice | Chicken salad on roll Tossed salad Ranch dressing Sweet potato fries Ketchup Lite Mayo Apple Milk Orange juice | Meatballs Gravy Brown rice Green beans WG hot roll Margarine Sliced Peaches 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 | Buffalo chicken sub Ranch dressing Vegetable plate Dip 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 | Spicy 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.