

Department of Juvenile Services
Weekly Menus: January 6th – January 12th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Orange juice Dry cereal Pancake Syrup Spiced apple Milk Sugar	Apple juice Hot cereal Sugar Breakfast pizza Fresh fruit cup Milk	Apple juice Dry cereal Yogurt English muffin Margarine Jelly Banana Milk	Orange juice Hot cereal Breakfast wrap Mandarin Orange Milk Sugar	Apple juice Dry cereal Cinnamon roll Yogurt Banana Milk	Orange juice Hot cereal Sausage cheese sandwich Sugar Spiced apple Milk	Orange juice Dry cereal Hash brown patty Ketchup HC egg Orange Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roast beef Mashed potatoes Gravy Collard greens WW roll Margarine 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 steak Cheese sub Potato roasters Ketchup/Lite Mayo Tossed 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 Veg. blend Sliced peaches Milk Apple juice	Fish Sandwich Baked potato Sour cream FF Broccoli Tartar sauce Pear Milk Orange juice
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Baked Chicken Glazed sweet potato Mix Vegetable Corn muffin Margarine White cake w/ icing Milk/Fruit juice	Soup Chicken quesadilla Salsa Sour cream Mexicali corn Salad Salad dressing Fruit cobbler Fruit juice Milk	Beef Stew Egg noodles Corn bread Margarine Cookies Fresh fruit Milk Fruit juice	Meatball Sub Fries Ketchup Kale Iced yellow cake Milk Fruit juice	Soup Crackers Tuna salad on bun Chips Ice-cream Fruit cup 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 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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