

Department of Juvenile Services  
Weekly Menus: January 13<sup>th</sup> – January 19<sup>th</sup>

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
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	Apple juice Hot cereal Sugar Cinnamon roll Yogurt Orange Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Roast Turkey Bread stuffing Gravy Cranberry sc Peas&carrots WW roll Margarine Spiced apples Milk Orange juice	Chicken leg quarter Dinner roll 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 Spicy brown rice Black beans Salsa FF sour cream Fresh fruit cup Milk Apple juice	Cheeseburger Sw.potato fries Ketchup Lite mayo/mustard Broccoli Pear Milk Apple juice	Baked chicken Rice pilaf Gravy WW roll margarine Collard Greens Pineapple chunks Milk Orange juice	Meatballs Gravy WG hot roll Brown rice Margarine Green beans Mandarin orange Milk Apple juice
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
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 Seasoned fries Ketchup BBQ sauce Carrots WW rolls Margarine Fruit crisp Fruit juice Milk	Chili Nacho chips Sour cream Salsa Cheese sauce Lettuce/tomato Spice cake w/ icing Fruit cup Fruit juice/milk	Oven Fried Fish Tartar sauce Macaroni cheese Green peas Dinner rolls Margarine Fruit cobbler Fruit juice Milk	Soup 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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