

Department of Juvenile Services
Weekly Menus: January 20th – January 26th

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 Hashbrown patty Ketchup HC egg Orange Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Salisbury Steak Mashed potatoes Gravy Broccoli Hot roll Margarine Fruit cup Milk Apple juice	Grilled Chx on Bun Lite Mayo Tossed salad FF ranch dressing Seasoned fries Ketchup Orange Milk Apple juice	Cheeseburger Lite mayo Deli roasters Carrot sticks Ranch dressing Ketchup Mustard Apple Milk Orange juice	Chipotle Rice Bowl Salsa FF sour cream Mexicali corn Black beans WG rice Fresh Fruit cup Milk Orange juice	Spaghetti WG Meat sauce Parmesan cheese Green beans Tossed salad FF Ranch dressing WG hot roll Margarine Pear Orange juice/Milk	Roast beef on roll Lettuce/tomato Lite Mayo Seasoned Fries Ketchup Tossed salad FF ranch dressing Orange Milk/Apple juice	Fish Sandwich Baked Potato Tartar sauce Sour cream Sliced peaches Milk Apple juice
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Soup Hot meat sandwich French fries Mix.Vegetable Mayo/ketchup Ice-cream Milk/fruit juice	Beefaroni Garlic bread Tossed Salad Salad Dressing Fresh fruit cookies Fruit juice Milk	Chicken tenders Seasoned potato stix Ketchup Turnip green Honey mustard rolls/margarine Cake w/icing Fruit juice Milk	BBQ Beef cubes Macaroni/cheese Broccoli Cornbread Margarine Apple pie Fruit juice Milk	Chicken sandwich Lettuce/tomato French fries Ketchup Corn on the cob Ice-cream Fruit juice Milk	Food of the month Promotion Meal pattern Meat Fruit promotion Veg promotion Starch/bread Dessert Milk/Fruit juice	Chili dog w/cheese Seasoned fries Ketchup Corn Cookies 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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