

# Dept. of Juvenile Services Fall 2020 Menu

10/17/2020-10/24/2020

|                        | <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>Special Sunday</b><br>Homemade Pancakes<br>Turkey Sausage Patty<br>Fresh Fruit   | Apple Cinnamon Oatmeal<br>Scrambled Eggs<br>Hash Brown<br>Fresh Fruit Salad  | Dry Cereal<br>Banana Bread Squares<br>Greek Yogurt<br>Fresh Fruit                                       | Egg & Cheese Breakfast<br>Bagel<br>Turkey Sausage Patty<br>Fresh Fruit Salad<br>100% Fruit Juice                       | Waffles<br>Spiced Apple Topping<br>Cheesy Scrambled Eggs<br>Mrs. Dash/Black Pepper<br>Fresh Fruit        | Dry Cereal<br>Breakfast Pizza<br>Fresh Fruit  | Stuffed Mini Bagels<br>Greek Yogurt<br>Cinnamon Granola<br>Fresh Fruit Salad  |
| <b>AM Snack</b>        | Animal Crackers   | Strawberry Nutrigrain Bar  | Graham Crackers   | Chocolate Chip Granola Bar   | Goldfish Crackers  | Croissant   | Banana Bread Square   |
| <b>Lunch</b>           | Roast Turkey<br>Bread Stuffing<br>Cranberry Sauce<br>Glazed Sweet Potato<br>Dinner Rolls<br>Spiced Apples<br>100% Fruit Juice | Chicken Leg Quarter<br>Dinner Roll<br>Kale<br>Seasoned Fries<br>100% Fruit Juice   | Beef Tips w/ Gravy<br>Brown Rice<br>Green Beans<br>Dinner Roll<br>Fresh Fruit Salad<br>100% Fruit Juice | Chicken Taco<br>Mexican Rice<br>Black Beans<br>Salsa<br>Fresh Fruit<br>100% Fruit Juice                                | Deluxe Cheeseburger<br>Sweet Potato Fries<br>Broccoli<br>Fresh Fruit<br>100% Fruit Juice                 | Baked Chicken w/Gravy<br>Brown Rice<br>Dinner Roll<br>Collard Greens<br>Fresh Fruit Salad<br>100% Fruit Juice | Spaghetti & Meatballs<br>Dinner Roll<br>Green Beans<br>Fresh Fruit<br>100% Fruit Juice                                    |
| <b>Afternoon Snack</b> | Sunbutter & Jelly Sandwich Half   | Celery Sticks w/ Ranch<br>Cheese Stick   | Turkey & Cheese Sandwich Half   | Sunbutter Energy Bites<br>Applesauce   | Baby Carrots w/ Ranch<br>Cheese Stick  | Greek Yogurt<br>Teddy Grahams   | Cinnamon Roll<br>Fruit Cup  |
| <b>Dinner</b>          | Frito Nachos<br>Sour Cream<br>Salsa<br>Seasoned Corn<br>Spice Cake w/Icing<br>100% Fruit Juice                                | <b>Good 4 U, Good 4 Planet</b><br>Veggie Lasagna<br>Caesar Salad<br>Breadsticks<br>Fruit Cocktail<br>Fresh Baked Cookies<br>100% Fruit Juice | Chicken Nuggets<br>Seasoned Fries<br>Carrots<br>Dinner Rolls<br>Apple Pie<br>100% Fruit Juice           | <b>Manager's Choice</b><br>Meat<br>Fruit promotion<br>Veg. promotion<br>Starch<br>Bread<br>Dessert<br>100% Fruit Juice | Oven Fried Fish<br>Mac & Cheese<br>Seasoned Cabbage<br>Dinner Rolls<br>Fruit Cobbler<br>100% Fruit Juice | Tomato Soup<br>Buffalo Chicken Flatbread<br>Mozzarella Sticks<br>Tossed Salad<br>Brownie<br>100% Fruit Juice  | <b>Monthly Themed Meal</b><br>Meat<br>Fruit promotion<br>Veg. promotion<br>Starch<br>Bread<br>Dessert<br>100% Fruit Juice |
| <b>PM Snack</b>        | Apple Bar<br>Assorted Drink   | Smart Food Popcorn<br>Fruit Cup<br>Assorted Drink  | Cheez-it Crackers<br>Assorted Drink   | Vanilla Wafers<br>Fruit Cup<br>Assorted Drink  | Baked Chips<br>Assorted Drink  | Blueberry Muffin<br>Assorted Drink  | Lorna Doone Cookies<br>Applesauce<br>Assorted Drink   |