

NEWPORT NEWS SECURE DETENTION FOOD SERVICES MASTER MENU

WEEK 1

BREAKFAST		LUNCH		DINNER		SNACK	
							*Enrichment Program Mon-Fri
SATURDAY Week 1							
Ham	2oz	Chicken Meat	4 oz	Sliced Meat Loaf	4 oz	Nutri Grain Bar (2)	2.6 oz
Cold Cereal	1 oz	Wrap	3.5 oz	Potatos	4 oz	Milk (1% or 2%)	8 oz
Fruit Cup	4oz	Lettuce & Tomato	4 oz	Gravy	2 oz		
Juice	4 oz	Broccoli	4 oz	Green Beans	4 oz		
Milk (1% or 2%)	8oz	Cookie (2)	3 oz	Fruit Punch	8 oz		
		Chilled Fruit	4 oz				
		Milk (1 or 2%)	8 oz				
SUNDAY Week 1							
Sausage Patty	2 Oz	Turkey	4 oz	Fried Pork Chops	4 oz	Graham Crackers(3)	1.5 oz
Egg Patty	1.5 oz	Bacon	0 oz	French Fries	4 Oz	Milk (1% or 2%)	8 oz
Fresh Fruit	1 each	Club Sandwich Bread	2 oz	Mixed Vegetables	4 oz		
Toast	2 oz	Lettuce & Tomato	4 oz	Chilled Fruit	4 OZ		
Juice	4 oz	French Fries	4 oz	Fruit Punch	8 OZ		
Milk (1% or 2%)	8 oz	Sweet Peas	4 oz				
		Cookie	3 oz				
		Milk (1% or 2%)	8 oz				
MONDAY Week 1							
Turkey Sausage Links	2oz	Hamburger	4 oz	Chichen Ala King	8oz	Doritos	1 oz
Grits	4 oz	Cheese	2oz	Rice	4 oz	Milk (1% or 2%)	8 oz
Toast	2oz	Bun	2oz	Gravy	4 oz		
Fruit Cup	4 oz	Lettuce & Tomato	4 oz	Sweet Peas	4 oz		
Juice	4 oz	Green Beans	4oz	Chilled Fruit	4 oz		
Milk (1% or 2%)	8 oz	French Fries	4 oz	Milk (1% or 2%)	8 oz		
		Cookie	3 oz				
		Milk (1% or 2 %)	8 oz				

WEEK 1 continued									
TUESDAY Week 1									
Sausage Patty	2 oz	Baked Chicken	4 oz	Chopped Pork BQ	4oz	Nutri-Grain Bar(2)	2.6 oz		
Scrambled Eggs	4 oz	Rice	4 oz	Bun	2 oz	Milk (1% or 2%)	8 oz		
Toast	2 oz	Gravy	2 oz	Baked beans	4 oz				
Juice	4 oz	Broccoli	4 oz	Cole Slaw	4 oz				
Milk (1% or 2%)	8 oz	Fresh Fruit	1 each	Cookie (2)	3 oz				
		Dinner Rolls	2 oz	Milk (15 or 2%)	8 oz				
		Milk (1% or 2 %)	8 oz						
WEDNESDAY Week 1									
Ham	2 oz	Baked Dino Turkey Wings	6 oz	Sloppy Joe Meat	4 oz	Grandma Cookies(1)	2.7 oz		
Grits	4 oz	Gravy	2 oz	Bun	2 oz	Milk (1% or 2%)	8 oz		
Flavored Yogart	4oz	Rice	4 oz	Peas	4 oz				
Toast	2 oz	Green Beans	4 oz	French Fries	4 oz				
Juice	4 oz	Fruit Cups	4 oz	Milk (1% or 2%)	8 oz				
Milk (1 %or 2 %)	8 oz	Dinner Rolls	2 oz						
		Milk (1% or 2%)	8 oz						
THURSDAY Week 1									
Sausage Patty	2oz	Cheese Pizza w/sausage	5.5 oz	Chicken Pot Pie Meat	4 oz	Pretzels	1.25 oz		
Oatmeal	8 oz	Tossed Salad w/dressing	4 oz	Mixed Vegetables	4 oz	Milk (1% or 2%)	8 oz		
Fruit Cup	4 oz	Corn	4 oz	Puff Pastry	2 oz				
Juice	4 oz	Fruit Cup	4 oz	Fruit Cup	4 oz				
Milk (1% or 2%)	8 oz	Milk (1% or 2%)	8 oz	Milk (1% or 2%)	8 oz				
FRIDAY Week 1									
Turkey Sausage	2 oz	Hot Dog	4 oz	Fish	4 oz	Doritos	1 oz		
Pancakes	4 oz	Bun	1.5 oz	Bun	2 oz	Milk (1% or 2%)	8 oz		
Juice	4oz	Baked Beans	4oz	Cole Slaw	4 oz				
Milk (1% or 2%)	8 oz	Apple Sauce	4 oz	French Fries	4 oz				
		Cookie	3 oz	Fruit Punch	8 oz				
		Milk (1% or 2%)	8 oz						