

2018 DJJ Training Academy Meal Schedule

Step 1: Locate the dates of the training you are scheduled and enrolled to attend*

***NOTE:** You must be enrolled in order to attend training and receive a meal.

Step 2: Determine which week of the meal cycle is scheduled for that week

Step 3: Locate the weekly menu (see below) for that meal cycle

Dates	Cycle
1/1 – 1/5	Week 1
1/8 – 1/12	Week 2
1/15 – 1/19	Week 3
1/22 – 1/26	Week 4
1/29 – 2/2	Week 1
2/5 – 2/9	Week 2
2/12 – 2/16	Week 3
2/19 – 2/23	Week 4
2/26 – 3/2	Week 1
3/5 – 3/9	Week 2
3/12 – 3/16	Week 3
3/19 – 3/23	Week 4
3/26 – 3/30	Week 1
4/2 – 4/6	Week 2
4/9 – 4/13	Week 3
4/16 – 4/20	Week 4
4/23 – 4/27	Week 1

Dates	Cycle
4/30 – 5/4	Week 2
5/7 – 5/11	Week 3
5/14 – 5/18	Week 4
5/21 – 5/25	Week 1
5/28 – 6/1	Week 2
6/4 – 6/8	Week 3
6/11 – 6/15	Week 4
6/18 – 6/22	Week 1
6/25 – 6/29	Week 2
7/2 – 7/6	Week 3
7/9 – 7/13	Week 4
7/16 – 7/20	Week 1
7/23 – 7/27	Week 2
7/30 – 8/3	Week 3
8/6 – 8/10	Week 4
8/13 – 8/17	Week 1
8/20 – 8/24	Week 2

Dates	Cycle
8/27 – 8/31	Week 3
9/3 – 9/7	Week 4
9/10 – 9/14	Week 1
9/17 – 9/21	Week 2
9/24 – 9/28	Week 3
10/1 – 10/5	Week 4
10/8 – 10/12	Week 1
10/15 – 10/19	Week 2
10/22 – 10/26	Week 3
10/29 – 11/2	Week 4
11/5 – 11/9	Week 1
11/12 – 11/16	Week 2
11/19 – 11/23	Week 3
11/26 – 11/30	Week 4
12/3 – 12/7	Week 1
12/10 – 12/14	Week 2
12/17 – 12/21	Week 3

2018 DJJ Training Academy Weekly Menu*

* Any modifications to the meal schedule due to program needs (such as box lunches for scheduled early departure days or pre-arranged student dietary restrictions) must be submitted by the Program Coordinator to the Instructional Assistant no later than Monday of the week prior to the class start date.

NOTE: Dietary restrictions are only considered for medical requirements and/or food allergies, NOT for individual preferences and/or personal diet choices. See the Box Lunch menu description for available alternate options and notify program coordinator by the deadline above.

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken Parmigiana	Mixed Grill	Penne Alfredo	Grilled Chicken Fajitas	Citrus Tilapia
Week 2	Teriyaki Chicken	½ Virginia Pork BBQ ½ Chicken BBQ	Italian Feast – Lasagna	Fried Chicken	Jamaican Jerk Chicken
Week 3	Chicken Marsala	Baked Potato Bar	Orange Glazed Chicken	Carolina-style BBQ Chicken	Italian Feast – Shells
Week 4	Chipotlé Chicken	Vegetable Stir Fry	Hawaiian Chicken	Sandwich Buffet	Tuscan Chicken

(See Academy Menu for meal descriptions.)

2018 DJJ Training Academy Meal Menu

- Alternate Box Lunch** – Assorted sandwiches on a 6” white or wheat sub roll: Oven-roasted turkey & Swiss; honey Ham & Swiss; Albacore Tuna Salad; Chicken Salad with cranberries & pecans; Fresh Mozzarella, Tomato, & Basil (veg); comes with chips, pasta salad, and a cookie.
- Baked Potato Bar** – Baked Russet potatoes served with our award-winning beef and bean chili, bacon, steamed fresh broccoli, sour cream, cheese, and butter.
- Barbecue** – Smoked in-house! Tender, mouth-watering Virginia pulled pork BBQ and chicken BBQ. Served with buns, brown sugar baked beans, and coleslaw on the side.
- Carolina Style BBQ Chicken** – Fall-off-the-bone chicken leg quarters slow roasted in North Carolina BBQ sauce, served with smashed potatoes and seasonal vegetables.
- Chicken Marsala** – Pan-seared chicken breast in a flavorful marsala wine and mushroom sauce. Served with long-grain and wild rice, and seasonal vegetables.
- Chicken Parmigiana** – Chicken breast lightly dusted and sautéed in olive oil, topped with our own marinara sauce & four Italian cheeses, then baked to perfection. Served with penne pasta & marinara sauce.
- Chicken Salad** – With candied pecans and dried cranberries; this is no ordinary chicken salad! Served over a bed of greens with assortment of breads.
(Not on schedule, available for Program Coordinator to order.)
- Chipotlé Chicken** – Marinated and grilled chicken in chipotlé sauce, served with black bean and corn rice, cilantro, sour cream, and warm tortillas.
- Citrus Tilapia** – Moist, oven-roasted tilapia, glazed with citrus reduction. Served with rice pilaf and roasted baby carrots with sage butter.
- Fried Chicken** – Crispy southern fried chicken served with smashed potatoes and seasonal vegetables. Two to three pieces per guest.
- Grilled Chicken Fajitas** – Perfectly grilled seasoned chicken, with warm flour tortillas, sautéed multi-colored peppers and onions, salsa, sour cream and cheese. Served with Spanish rice and vegetarian refried beans.
- Hawaiian Chicken** – Leg quarters marinated for 48 hours in a blend of soy, honey, ginger, and brown sugar, then baked to perfection. Served with coconut Basmati rice and mixed vegetables.
- Italian Feast** – Four cheese beef lasagna or stuffed shells with marinara.
- Jamaican Jerk Chicken** – Jerk marinated and grilled chicken, with traditional red beans and rice, and homemade cornbread muffins.
- Mixed Grill** – A flavorful combination of boneless chicken thigh and country-style pork ribs rubbed with our own sweet and savory spice mix and homemade BBQ sauce. Served with brown sugar cinnamon baked beans and cornbread muffins.
- Orange Glazed Chicken** – Tender chicken breast, lightly floured and stir-fried with orange glaze and seasonal vegetables. Served with white rice and vegetarian egg rolls.
- Penne Alfredo** – Penne pasta with chicken and broccoli, served in our creamy homemade Alfredo sauce.
- Sandwich Buffet** – Served on fresh baked hoagie rolls, with leaf lettuce, and accompanied by Greek pasta salad and assorted chips.
- Stuffed Chicken Breast** – Chicken breast filets rolled up with spinach, roasted red pepper and smoked gouda, smothered in a Swiss cheese cream sauce. Served with rice pilaf.
(Not on schedule, available for Program Coordinator to order.)
- Teriyaki Chicken** – Sautéed chicken breasts finished in a flavorful teriyaki sauce and topped with pineapple. Served with steamed white rice and seasonal vegetables.
- Tuscan Chicken** – Italian marinated and baked chicken breast, topped with tomato basil bruschetta and feta crumbles, served with garlic butter penne pasta.
- Vegetable Stir Fry** – Crisp fresh vegetables stir-fried in our own Asian-inspired sauce, served with steamed white rice and vegetarian spring rolls, with homemade duck sauce.

Hot lunch orders* come with aluminum pans, plates, cutlery, napkins, cups, ice, iced tea and lemonade. Each is served with our seasonal apple pecan salad (fall and winter) or strawberry walnut salad (spring and summer), homemade vinaigrette, Italian, and ranch dressings, yeast rolls (or other bread type), and cookies.