

FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

*Angela Gaskins*  
FL Department of Corrections Approval  
Angela Gaskins, Bureau Chief

STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
ADULT MASTER MENU FY 2020-2021

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

*Brenda Patterson*  
Brenda Patterson, R.D., L.D./N  
Public Health Nutrition Consultant

**Effective: June 28, 2020**  
**Revised: October 18, 2020**

**WEEK 1**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
2 ea hard boiled eggs 1 c grits ¾ c lyonnaise potatoes	1 c oatmeal	1 ea breakfast sausage patty 1 c grits ¾ c hashbrown casserole	1 c oatmeal 2 ea coffee cake	¾ c country meat gravy 1 c oatmeal ¾ c lyonnaise potatoes	3 oz eggs 1 c oatmeal ¾ c hashbrown potatoes	1 c oatmeal 2 ea blueberry coffee cake
2 ea. bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	2 ea pancakes 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	2 ea bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	2 ea biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 c jelly (#60 disher) 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	2 ea tortilla ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 oz shredded cheese (#16 disher) 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat
No Alternate Entrée	No Alternate Entrée	2 oz cheese (AE) (4 sliced or ½ c shred)	No Alternate Entrée	3 oz cheese (AE) (6 slice or ¾ c shred)	No Alternate Entrée	No Alternate Entrée
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
½ c taco meat ¾ c rice 1 c dried beans ½ c lettuce 1 oz shredded cheese (#16 disher) 2 ea tortilla  1 ea cookie  1 c fortified tea 1 c dried beans (AE)	1 ea beefy patty ¾ c mashed potatoes ½ c cabbage ½ c sweet peas 2 ea bread  1 ea mustard (pk or tsp) 1 ea catsup (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	3 oz peanut butter & jelly (#12 disher) ¾ c potato salad  ½ c carrot coins 2 ea bread  ½ c canned fruit  1 c fortified tea No Alternate Entrée	½ c sloppy joe ½ c corn 1 c dried beans ½ c green beans 2 ea bread  1 c fortified tea 1 c dried beans (AE)	1 c chicken and potato casserole ½ c sweet peas ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE) ½ c potatoes (AE)	2 oz luncheon meat ¾ c pasta salad with vinaigrette ½ c lettuce 1 oz cheese (2 slices) 2 ea bread  1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard (pk or 1 tsp) 1 c fortified tea 3 oz cheese (AE) (serve 6 slices or ¾ c shredded)	½ c southern BBQ ¾ c rice 1 c dried beans ½ c carrots 2 ea bread  1 ea cookie  1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
2 oz luncheon meat ¾ c pasta salad ½ c carrot coins ½ c lettuce 2 ea bread 1 oz cheese, sliced  1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 3 oz cheese (AE) (serve 6 slices or ¾ c shredded)	6 ea meatballs 2 oz Italian red sauce ¾ c pasta 1 c dried beans ½ c california blend 1 ea garlic pan biscuit  1 ea cake with icing 1 c fortified beverage 1 c dried beans (AE)	1 ea oven fried chicken quarter 2 oz country gravy ¾ c rice 1 c black eyed peas ½ c greens 1 ea cornbread (with /E)  1 c fortified beverage 3 oz peanut butter (#12 disher) (AE) 2 ea bread (AE)	1 c taco skillet 1 c dried beans ½ c broccoli ½ c tossed salad 2 ea tortilla  1 ea cookie 1 ea dressing 1 c fortified beverage 1 c dried beans (AE) ½ c rice (AE)	4 oz country fried patty ¾ c pasta 1 c dried beans ½ c cabbage 2 ea bread  1 ea mustard ( tsp or pk) 1 ea catsup ( tsp or pk ) 1 c fortified beverage 3 oz peanut butter (#12 disher) (AE)	3 oz fish patty ¾ c cheesy grits ½ c sweet peas  2 ea bread  1 ea spice cake with icing 1 ea tartar sauce 1 c fortified beverage 1 c dried beans (AE)	2 ea poultry hot dogs 1 c baked beans ¾ c mixed vegetables  ½ c coleslaw 2 ea bread  2 ea mustard (pk or tsp) 2 ea catsup (pk or tsp) 1 c fortified beverage 1 c baked beans (AE)

- Denotes Entree  
(A) - Denotes Alternate Entree  
(AE) do not receive:  
• gravy  
• mustard or catsup  
• cornbread or pan biscuit when alternate is peanut butter  
Salt/Pepper shall be offered

**Cheese Slice or Shredded**  
1 oz = 2 slice or ¼ cup  
2 oz = 4 slice or ½ cup  
3 oz = 6 slice or ¾ cup

**Measurements:**  
½ c = 4 oz  
¾ c = 6 oz  
1 c = 8 oz

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

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Food Service Director

**MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES**

**NUTRITIONAL REQUIREMENTS FOR THIS MENU ARE EVALUATED AND APPROVED FOR THE WEEKLY AVERAGE, (SUNDAY THROUGH SATURDAY), TO MEET RECOMMENDED NATIONAL GUIDELINES. APPROVED SUBSTITUTIONS HAVE BEEN EVALUATED AND MAY BE USED AS NECESSARY TO MEET THE WEEKLY REQUIREMENTS.**

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**WEEK 2**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
3 oz eggs 1 c grits ¾ c lyonnaise potatoes  2 ea biscuits/or bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat No Alternate Entrée	1 c oatmeal  2 ea waffles 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat No Alternate Entrée	1 ea breakfast sausage patty 1 c grits ¾ c hashbrown casserole  2 ea bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat 2 oz cheese (AE) (4 slices or 1/2 c shred)	1 c oatmeal 2 ea coffee cake  1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat No Alternate Entrée	¾ c country meat gravy 1 c oatmeal ¾ c lyonnaise potatoes  2 ea biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat 3 oz cheese (AE) (6 slices or 3/4 c shred)	1 ea breakfast sausage patty 1 c grits 1 ea hashbrown patty  2 ea bread, 20 or 24 oc. ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat 2 oz cheese (AE) (4 slices or 1/2 c shred)	1 c oatmeal 2 ea blueberry coffee cake  ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat No Alternate Entrée
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
½ c sloppy joe ¾ c hashbrown casserole 1 c dried beans ¾ c marinated vegetable medley  2 ea bread  1 c fortified tea 1 c dried beans (AE)	4 oz breaded chicken patty ¾ c rice ½ c broccoli ¾ c tossed salad 2 oz country gravy 2 ea bread 1 ea dressing 1 pk mayonnaise 1 pk mustard (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	3 oz peanut butter & jelly (#12 disher) ¾ c potato salad  ¾ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea No Alternate Entrée	1 c chicken & rice casserole  1 c dried beans ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE) ¾ c rice (AE)	½ c sweet & sour chicken ¾ c fried rice 1 c dried beans ¾ c cabbage 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	2 oz luncheon meat ¾ c pasta salad with vinaigrette  ½ c lettuce 1 oz cheese (2 slices) 2 ea bread ½ c canned fruit 1 ea mayonnaise pk 1 ea mustard ( pk or 1 tsp ) 1 c fortified tea 3 oz cheese (AE) (serve 6 slices or ¾ c shredded)	1 c shepherds stew ¾ c mashed potatoes 1 c dried beans 1 oz shredded cheese (#16) 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
¾ c chicken salad ¾ c pasta salad w/vinaigrette ¾ c lettuce  2 ea tortilla 1 ea cookie 1 c fortified beverage 3 oz cheese (AE) (serve 6 slices or ¾ c shredded)	2 ea poultry hot dogs ¾ c macaroni & cheese 1 c baked beans ¾ c coleslaw  2 ea bread 2 ea mustard (tsp or pk) 2 ea catsup (tsp or pk) 1 c fortified beverage 1 c baked beans (AE)	1 ea BBQ chicken quarter ¾ c garlic cheese potatoes 1 c dried beans ¾ c squash 2 ea bread 1 c fortified beverage 3 oz peanut butter (#12 disher) (AE)	1 c chili mac  1 c dried beans ¾ c mixed vegetables 1 ea cornbread 1 c fortified beverage 1 c dried beans (AE) ¾ c pasta (AE)	1 ea 100% beef patty ¾ c corn 1 c dried beans ¾ c lettuce 2 ea pickle slice 2 ea bread 1 ea mustard (tsp or pk) 1 ea catsup (tsp or pk) 1 c fortified beverage 3 oz peanut butter (#12 disher) (AE)	6 ea meatballs 2 oz italian red sauce ¾ c pasta ¾ c green beans ¾ c tossed salad 1 ea garlic pan bread 1 ea dressing 1 c fortified beverage 1 c dried beans (AE)	1 ea beefy patty ¾ c rice ¾ c greens ¾ c marinated vegetable medley 2 ea bread 1 ea mustard (pk or tsp) 1 ea catsup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)

- Denotes Entree  
(A - Denotes Alternate Entree  
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Salt/Pepper shall be offered

**Cheese Slice or Shredded**  
1 oz = 2 slice or ¼ cup  
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**Measurements:**  
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**WEEK 3**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
2 ea hard boiled eggs 1 c grits ¾ c Lyonnaise potatoes	1 c oatmeal	1 ea breakfast sausage patty 1 c grits ¾ c hashbrown casserole	1 c oatmeal 2 ea coffee cake	¾ c country meat gravy 1 c oatmeal ¾ c lyonnaise potatoes	3 oz eggs 1 c oatmeal ¾ c hashbrowns	1 c oatmeal 2 ea blueberry coffee cake
2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat	2 ea pancakes ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat	2 ea bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 c breakfast beverage 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat	1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat	2 ea biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 c breakfast beverage 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat	2 ea tortilla ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 oz shredded cheese (#16 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat	1 c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat
No Alternate Entrée	No Alternate Entrée	2 oz cheese (AE) (4 slices or ¾ c shred)	No Alternate Entrée	3 oz cheese (AE) (6 slices or ¾ c shred)	No Alternate Entrée	No Alternate Entrée
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
½ c taco meat ¾ c rice 1 c dried beans ¾ c tossed salad	¾ c chicken a la king ¾ c pasta 1 c peas with carrots	3 oz peanut butter & jelly (#12 disher) ¾ c potato salad ¾ c carrot coins	1 c western chili ¾ c rice ½ c corn ¾ c tossed salad	1 c shepherd stew ¾ c mashed potatoes 1 c dried beans	2 oz luncheon meat ¾ c pasta salad with vinaigrette ¾ c lettuce	1 ea smoked sausage ¾ c au gratin potatoes ¾ c mixed vegetables
2 ea tortilla 1 oz shredded cheese (#16 disher) 1 ea dressing	1 ea pan bread	2 ea bread 1 ea fresh fruit	1 ea cornbread 1 ea dressing	1 ea pan bread 1 oz shredded cheese	2 ea bread 1 oz cheese (2 slices) ½ c canned fruit 1 ea mayonnaise pk 1 ea mustard (pk or 1 tsp)	2 ea bread 1 ea cookie 1 ea mustard (pk or tsp)
1 c fortified tea 1 c dried beans (AE)	1 c fortified tea 1 c dried beans (AE)	1 c fortified tea No Alternate Entrée	1 c fortified tea 1 c dried beans (AE)	1 c fortified tea 1 c dried beans (AE)	1 c fortified tea 3 oz cheese (AE)* (serve 6 slices or ¾ c shredded)	1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
2 oz luncheon meat 1 oz cheese ¾ c pasta salad	6 ea meatballs 2 oz country gravy 1 c dried beans ¾ c mashed potatoes ¾ c cabbage	1 ea baked chicken quarter ¾ c yellow rice 1 c black eyed peas ¾ c marinated vegetable medley	2 ea poultry hot dogs ¾ c garlic & herb pasta 1 c baked beans ½ c coleslaw	4 oz country fried patty 2 oz country gravy ¾ c rice ½ c greens ¾ c tossed salad	3 oz fish patty ¾ c cheesy grits 1 c dried beans ¾ c coleslaw	1 ea beefy patty ¾ c rice 1 c black-eyed peas ¾ c carrots ¾ c marinated vegetable medley
2 ea bread	2 ea bread	1 ea cornbread	2 ea bread	2 ea bread	2 ea bread	2 ea bread
1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage	1 ea cake with icing 1 c fortified beverage	1 c fortified beverage	1 ea spice cake with glaze 2 ea mustard (pk or tsp) 2 ea catsup (pk or tsp) 1 c fortified beverage	1 ea dressing 1 c fortified beverage	1 ea tartar sauce 1 c fortified beverage	1 ea mustard (pk or tsp) 1 ea catsup (pk or tsp) 1 c fortified beverage
3 oz cheese (AE) (serve 6 slices or ¾ c shredded)	1 c dried beans (AE)	3 oz peanut butter (#12 disher) (AE)	1 c baked beans (AE)	3 oz peanut butter (#12 disher) (AE)	1 c dried beans (AE)	1 c black-eye peas (AE)

- Denotes Entree  
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• gravy  
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**Salt/Pepper shall be offered**

**Cheese Slice or Shredded**  
1 oz = 2 slice or ¼ cup  
2 oz = 4 slice or ½ cup  
3 oz = 6 slice or ¾ cup

**Measurements:**  
½ c = 4 oz  
¾ c = 6 oz  
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**WEEK 4**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
3 oz eggs 1 c grits ¾ c lyonnaise potatoes  2 ea bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat No Alternate Entrée	¾ c cereal  2 ea waffles ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat No Alternate Entrée	1 ea breakfast sausage patty 1 c grits ¾ c hashbrown casserole  2 ea bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 oz jelly (#60 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat 2 oz cheese (AE) (4 slices or ¾ c shred)	1 c oatmeal 2 ea coffee cake  1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat No Alternate Entrée	¾ c country meat gravy 1 c oatmeal ¾ c lyonnaise potatoes  2 ea biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat 3 oz cheese (AE) (6 slices or ¾ c shred)	1 ea breakfast sausage patty 1 c grits 1 ea hashbrown patty  2 ea bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat 2 oz cheese (AE) (4 slices or ¾ c shred)	1 c oatmeal 2 ea blueberry coffee cake  ¾ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ¾ oz margarine (#100 disher) or 1 pat No Alternate Entrée
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
1 c chili mac  1 c dried beans ¾ c marinated vegetable medley  1 ea cornbread  1 c fortified tea 1 c dried beans (AE) ¾ c pasta (AE)	¾ c BBQ diced chicken ¾ c rice 1 c dried beans ¾ c squash  1 ea pan bread  1 c fortified tea 1 c dried beans (AE)	2 oz luncheon meat ¾ c potato salad  ¾ c lettuce 2 ea tortilla 1 oz cheese ¾ c canned fruit 1 ea mustard (pk or tsp) 1 ea mayonnaise pk 1 c fortified tea 3 oz cheese (AE)	1 c yakisoba  1 c dried beans ¾ c marinated vegetable medley  2 ea bread ¾ c canned fruit  1 c fortified tea 1 c dried beans (AE) ¾ c pasta (AE)	¾ c sloppy joe ¾ c rice 1 c dried beans ¾ c corn  2 ea bread  1 c fortified tea 1 c dried beans (AE)	¾ c chicken salad ¾ c pasta salad  ¾ c lettuce 2 ea bread 1 ea fresh fruit  1 c fortified tea 3 z cheese (AE)	1 c western chili w/beans ¾ c rice  ¾ c carrots 1 ea cornbread 1 ea cookie  1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
3 oz peanut butter & jelly (#12 disher) ¾ c pasta salad ¾ c carrot coins  2 ea bread 1 ea cookie  1 c fortified beverage No Alternate Entrée	1 ea 100% beef patty ¾ c garlic cheese potatoes ¾ c lettuce 2 ea sliced pickles  2 ea bread 1 ea cookie 1 ea mustard (pk or tsp) 1 ea catsup (pk or tsp) 1 c fortified beverage 3 oz peanut butter (#12 disher) (AE)	1 ea mojo chicken quarter 2 ea country gravy ¾ c rice 1 c black-eyed peas ¾ c greens  1 ea cornbread (w/ E)  1 c fortified beverage 3 oz peanut butter (#12 disher) (AE) 2 ea bread (w/ AE)	6 ea meatballs 2 oz Italian red sauce ¾ c pasta ¾ c mixed vegetables ¾ c tossed salad  1 ea garlic pan bread  1 ea dressing 1 c fortified beverage 1 c dried beans (AE)	1 ea breaded fish patty  ¾ c cheesy grits ¾ c coleslaw  2 ea bread  1 ea tartar sauce 1 c fortified beverage 1 c dried beans (AE)	1 c cheesy meat casserole  1 c chili beans ¾ c green beans  1 ea cornbread ¾ c canned fruit  1 c fortified beverage 1 c chili beans (AE) ¾ c pasta (AE)	2 ea poultry hot dogs  ¾ c macaroni and cheese 1 c baked beans ¾ c coleslaw  2 ea bread 2 ea mustard (pk or tsp) 2 ea catsup (pk or tsp) 1 c fortified beverage 1 c baked beans (AE)

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• gravy  
• mustard or catsup  
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**Cheese Slice or Shredded**  
  
1 oz = 2 slice or ¼ cup  
  
2 oz = 4 slice or ½ cup  
  
3 oz = 6 slice or ¾ cup

**Measurements:**  
  
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