

FACILITY OR
INSTITUTION NAME: _____

Jennifer R.P.
FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief

**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023-2024**

MONTH OF _____
OPERATION: _____

Jennifer R.P.
Jennifer Murphy, R.D., L.D./N
Public Health Nutrition Consultant

WEEK 1

Effective : 10/9/23								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c buttery oatmeal w/ brown sugar 2 ea pancakes (E)	2 ea breakfast sausage patty (E) 1 c buttery oatmeal	1 c buttery oatmeal w/ brown sugar 2 ea streusel coffee cake (E) (1/48 ea)	1/2 c country meat gravy (E) 1 c buttery grits	1/2 c scrambled eggs (E) 1 c buttery oatmeal	1 c bran flakes cereal 2 ea blueberry muffin square (E) (1/48 ea)	1/2 c scrambled eggs (E) 1 c buttery grits	2 ea bran muffin square (1/48ea)	
1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk 1 ea margarine	2 ea bakery biscuits (1/48 ea) 1/2 c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1/2 oz jelly 2 ea sugar pk	1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	2 ea bakery biscuits (1/48 ea) 1/2 c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1/2 oz jelly 2 ea sugar pk	2 ea tortillas 1/2 c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1 oz shredded cheese 2 ea sugar pk	1/2 c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	1/2 c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1/2 oz jelly 2 ea sugar pk		
No Alternate Entrée	2 oz cheese* (AE)	No Alternate Entrée	2 oz cheese* (AE)	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea meatloaf patty (E) 1/2 c mashed potatoes 1/2 c sweet peas 1/2 c cabbage 2 ea bread	3 oz peanut butter & jelly (E) (#12 disher) 1/2 c potato salad 1/2 c carrot sticks 2 ea bread 1 ea fudge brownie (1/48 cut)	1/2 c sloppy joe (E) 1/2 c corn 1 c dried beans 1/2 c green beans 2 ea bread	1/2 c tangy BBQ turkey E&P (E) 1/2 c greens 1/2 c carrots 2 ea bread 1 ea cookie	1 ea buffalo chicken patty (E) 1/2 c southern BBQ (E) 1/2 c rice 1 c dried beans 1/2 c carrots 2 ea bread	1/2 c sloppy joe (E) 1/2 c mashed potatoes 1 c baked beans 1/2 c coleslaw vinaigrette 2 ea bread	1/2 c sloppy joe (E) 1/2 c mashed potatoes 1 c baked beans 1/2 c coleslaw vinaigrette 2 ea bread	1/2 c sloppy joe (E) 1/2 c mashed potatoes 1 c baked beans 1/2 c coleslaw vinaigrette 2 ea bread	1/2 c sloppy joe (E) 1/2 c mashed potatoes 1 c baked beans 1/2 c coleslaw vinaigrette 2 ea bread
1/2 oz mustard 1/2 oz ketchup 1 c fortified tea	1/2 oz mustard 1/2 oz ketchup 1 c fortified tea	1/2 oz mustard 1/2 oz ketchup 1 c fortified tea	1/2 oz mustard 1/2 oz ketchup 1 c fortified tea	1/2 oz mayonnaise 1/2 oz mustard 1 c fortified tea	1/2 oz mayonnaise 1/2 oz mustard 1 c fortified tea	1/2 oz mayonnaise 1/2 oz mustard 1 c fortified tea	1/2 oz mayonnaise 1/2 oz mustard 1 c fortified tea	1/2 oz mayonnaise 1/2 oz mustard 1 c fortified tea
1 c dried beans (AE)	No Alternate Entrée	1 c dried beans (AE)	1 c dried beans (AE)	3 oz cheese* (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c baked beans (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz Italian red sauce 1/2 c pasta 1 c dried beans 1/2 c mixed vegetables 2 ea bread	1 ea chicken leg quarter, herbed (E) 1/2 c rice 1 c BBQ beans 1/2 c mixed vegetables 1 ea sweet cornbread (1/48 cut)	1 c taco skillet (E) 1/2 c broccoli 1 c dried beans 1/2 c garden salad 2 ea tortillas	1 ea country patty (E) 1/2 c pasta 1 c dried beans 1/2 c cabbage 2 ea bread	1 ea fish patty (E) 1 c cheesy grits 1/2 c green beans 1 c dried beans 2 ea bread	1 ea chicken sausage patty (E) 1/2 c mixed vegetables 1 c BBQ beans 1/2 c creamy coleslaw 2 ea bread	1 ea chicken sausage patty (E) 1/2 c mixed vegetables 1 c BBQ beans 1/2 c creamy coleslaw 2 ea bread	1 ea chicken sausage patty (E) 1/2 c mixed vegetables 1 c BBQ beans 1/2 c creamy coleslaw 2 ea bread	1 ea chicken sausage patty (E) 1/2 c mixed vegetables 1 c BBQ beans 1/2 c creamy coleslaw 2 ea bread
1 ea cake (1/48 cut)		1 ea cookie		1 ea cake (1/48 cut)		1 ea cookie		1 ea cookie
1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage
1 c dried beans (AE)	3 oz peanut butter (AE) (#12 disher) 2 ea bread	1 c dried beans (AE) 1/2 c rice	3 oz peanut butter (AE) (#12 disher)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	3 oz cheese* (AE)	

E denotes entree
AE denotes alternate entree
AE do not receive:
• gravy
• mustard or ketchup
• cornbread or pan biscuit when alternate is peanut butter
Salt shall be offered

* Cheese as Menu Item

Menu calls for:	Sliced	← OR, substitute →	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.

* standard ordered size is 1/2 oz. slices

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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

Effective : 10/9/23		FL Department of Corrections Approval Roosevelt Petithomme, Bureau Chief					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST							
1 c buttery oatmeal w/ brown sugar	2 ea breakfast sausage patty (E) 1 c buttery oatmeal	1 c buttery oatmeal w/ brown sugar	½ c country meat gravy (E) 1 c buttery grits	2 ea breakfast sausage patty (E) 1 c buttery grits	1 c buttery oatmeal w/ brown sugar	¼ c scrambled eggs (E) 1 c bran flakes cereal	
1 ea margarine	2 ea bakery biscuits (1/48 ea)	2 ea streusel coffee cake (E) (1/48 ea)	2 ea bakery biscuits (1/48 ea)	2 ea bran muffin squares (1/48 ea)	2 ea blueberry muffin squares (E) (1/48 ea)	2 ea bread	
2 sl french toast (E)	½ c Citrus Sunrise	1 ea fresh fruit	½ c Citrus Sunrise	½ c Citrus Sunrise	½ c canned or frozen fruit	½ c Citrus Sunrise	
1 ea fresh fruit	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	
1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	
2 oz syrup	½ oz jelly	2 ea sugar pk	½ oz jelly (#60 disher)	½ oz jelly	2 ea sugar pk	½ oz jelly (#60 disher)	
2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	
No Alternate Entrée	2 oz cheese* (AE)	No Alternate Entrée	2 oz cheese* (AE)	2 oz cheese* (AE)	No Alternate Entrée	No Alternate Entrée	
LUNCH							
1 ea crispy chicken patty (E)	3 oz peanut butter & jelly (E) (#12 disher)	1 c turkey (E&P) fried rice	1 c frito pie	2 oz luncheon meat (E)	1 c shepherd stew (E)	½ c taco meat (E)	
½ c rice	½ c potato salad	1 c dried beans	1 c dried beans	1 oz cheese (E)	1 c mashed potatoes	¼ c rice	
½ c broccoli	½ c carrot sticks	½ c carrots	½ c greens	1 c chips	1 c baked beans	1 c dried beans	
½ c garden salad	2 ea bread	1 ea bakery biscuit (1/48 cut)	1 ea sweet cornbread (1/48 cut)	½ c shredded lettuce	1 oz shredded cheese*	½ c garden salad	
2 ea bread	1 ea cake (1/48 cut)	1 ea cookie		2 ea bread	1 ea bakery biscuits (1/48 cut)	1 oz shredded cheese*	
½ fl oz dressing				1 ea brownie (1/48 cut)	1 ea cookie	2 ea tortillas	
½ oz mayonnaise				½ oz mayonnaise		½ fl oz dressing	
½ oz mustard				½ oz mustard		1 c fortified tea	
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	
1 c dried beans (AE)	No Alternate Entrée	1 c dried beans (AE)	1 c dried beans (AE)	3 oz cheese* (AE)	1 c baked beans (AE)	1 c dried beans (AE)	
		½ c rice (AE)			½ c carrots (AE)		
DINNER							
2 ea turkey hot dog (E)	1 ea chicken leg quarter, BBQ (E)	1 c chili mac (E)	1 ea charbroiled patty (E)	6 ea meatballs (E)	1 ea meatloaf patty (E)	1 ea zesty chicken patty (E)	
½ c pasta and cheese	1 c garlic mashed potatoes	1 c dried beans	½ c corn	2 oz Italian red sauce	¾ c pasta salad	¾ c pasta salad	
1 c dried beans	1 c dried beans	1 c dried beans	1 c dried beans	½ c pasta	¾ c rice	¾ c rice	
½ c carrot coleslaw	½ c mixed vegetables	½ c mixed vegetables	½ c shredded lettuce	½ c green beans	½ c carrots	½ c carrots	
2 ea bread	1 ea garlic roll	2 ea bread	3 ea pickle chips	½ c garden salad	¾ c shredded lettuce	¾ c shredded lettuce	
1 ea cookie			2 ea bread	1 ea garlic biscuit (1/48 cut)	2 ea bread	2 ea bread	
			1 ea cookie	1 ea cake (1/48 cut)		1 ea cake (1/48 cut)	
½ oz mustard			½ oz mustard		½ oz mustard	½ oz mustard	
½ oz ketchup			½ oz ketchup	½ fl oz dressing	½ oz ketchup	½ oz mayonnaise	
1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	
1 c dried beans (AE)	3 oz peanut butter (AE) (#12 disher)	1 c dried beans (AE)	3 oz peanut butter (AE) (#12 disher)	1 c dried beans (AE)	1 c dried beans (AE)	3 oz cheese* (AE)	
	2 ea bread	½ c pasta (AE)					

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• gravy
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* Cheese as Menu Item

Menu calls for:	Sliced	← OR, substitute →	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.

* standard ordered size is 1/2 oz. slices

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WEEK 3

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST							
1 c buttery oatmeal w/ brown sugar 2 ea pancakes (E)	2 ea breakfast sausage patty (E) 1 c buttery oatmeal	1 c buttery oatmeal w/ brown sugar 2 ea streusel coffee cake (E) (1/48 ea)	½ c country meat gravy (E) 1 c buttery grits	½ c scrambled eggs (E) 1 c buttery oatmeal	1 c bran flakes cereal 2 ea blueberry muffin square (E) (1/48 ea)	½ c scrambled eggs (E) 1 c buttery grits 2 ea bran muffin square (1/48ea)	
1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk 1 ea margarine	½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk	1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk	½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1 oz shredded cheese 2 ea sugar pk	½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk	
No Alternate Entrée	2 oz cheese* (AE)	No Alternate Entrée	2 oz cheese* (AE)	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH							
1 ea pepper chicken patty (E) ½ c pasta ½ c mixed vegetables	3 oz peanut butter & jelly (E) (#12 disher) ½ c potato salad ½ c carrot sticks	1 c western chili (E) ½ c rice ½ c corn ½ c garden salad	1 c shepherd stew (E) 1 c mashed potatoes 1 c dried beans	2 oz luncheon meat (E) 1 oz cheese (E) ½ c pasta salad ½ c shredded lettuce	1 ea chicken sausage patty (E) ½ c rice 1 c dried beans ½ c mixed vegetables	1 c chili mac (E) 1 c dried beans ½ c coleslaw vinaigrette	
2 ea bread ½ oz mustard ½ oz ketchup 1 c fortified tea	2 ea bread 1 ea cookie	1 ea southern cornbread (1/48 cut) ½ oz dressing 1 c fortified tea	1 ea bakery biscuit (1/48 cut) 1 oz shredded cheese*	2 ea bread 1 ea fudge brownie (1/48 cut) ½ oz mayonnaise ½ oz mustard 1 c fortified tea	2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified tea	1 ea southern cornbread (1/48 cut) 1 c fortified tea	
1 c dried beans (AE)	No Alternate Entrée	1 c dried beans (AE)	1 c dried beans (AE) ½ c carrots (AE)	3 oz cheese* (AE)	1 c dried beans (AE)	1 c dried beans (AE) ½ c pasta (AE)	
DINNER							
6 ea meatballs (E) 2 oz country gravy 1 c dried beans ½ c garlic mashed potatoes ½ c cabbage 2 ea bread	1 ea chicken leg quarter, herbed (E) ½ c yellow rice 1 c dried beans ½ c greens 1 ea sweet cornbread (1/48 cut)	1 ea 100% beef patty (E) 1 c dried beans ½ c scalloped potatoes ½ c coleslaw vinaigrette 2 ea bread	1 ea country patty (E) ½ c rice 1 c dried beans ½ c carrots ½ c garden salad 2 ea bread 2 oz country gravy	1 ea fish patty (E) ½ c cheesy grits 1 c baked beans ½ c creamy coleslaw 2 ea bread	1 ea meatloaf patty (E) ½ c garlic mashed potatoes ½ c pasta salad ½ c carrots 2 ea bread	3 oz peanut butter & jelly (E) (#12 disher) ½ c pasta salad ½ c carrot sticks 2 ea bread	
1 ea cake (1/48 cut) 1 c fortified beverage	1 c fortified beverage	1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified beverage	½ fl oz dressing 1 c fortified beverage	½ fl oz tartar sauce 1 c fortified beverage	½ oz mustard ½ oz ketchup 1 c fortified beverage	1 ea cookie 1 c fortified beverage	
1 c dried beans (AE)	3 oz peanut butter (AE) (#12 disher) 2 ea bread	3 oz peanut butter (AE) (#12 disher)	3 oz peanut butter (AE) (#12 disher)	1 c baked beans (AE)	1 c dried beans (AE)	No Alternate Entrée	

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Salt shall be offered

* Cheese as Menu Item

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1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.

* standard ordered size is 1/2 oz. slices

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WEEK 4

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST							
1 c bran flakes cereal	2 ea breakfast sausage patty (E) 1 c buttery oatmeal	1 c buttery oatmeal w/ brown sugar	½ c country meat gravy (E) 1 c buttery grits	2 ea breakfast sausage patty (E) 1 c buttery grits	1 c buttery oatmeal w/ brown sugar	½ c scrambled eggs (E) 1 c buttery grits	
1 ea margarine	2 ea bakery biscuits (1/48 ea)	2 ea streusel coffee cake (E) (1/48 ea)	2 ea bakery biscuits (1/48 ea)	2 ea bran muffin squares (1/48 ea)	2 ea blueberry muffin squares (E) (1/48 ea)	2 ea bread	
2 sl french toast (E)	½ c Citrus Sunrise	1 ea fresh fruit	½ c Citrus Sunrise	½ c Citrus Sunrise	½ c canned or frozen fruit	½ c Citrus Sunrise	
1 ea fresh fruit	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	
1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	
2 oz syrup	½ oz jelly	2 ea sugar pk	½ oz jelly	½ oz jelly	2 ea sugar pk	½ oz jelly	
2 ea sugar pk	2 ea sugar pk	No Alternate Entrée	2 ea sugar pk	2 ea sugar pk	No Alternate Entrée	2 ea sugar pk	
No Alternate Entrée	2 oz cheese* (AE)	No Alternate Entrée	2 oz cheese* (AE)	2 oz cheese* (AE)	No Alternate Entrée	No Alternate Entrée	
LUNCH							
1 c mac and cheese casserole (E)	1 ea buffalo chicken patty (E)	1 c yakisoba (E)	½ c sloppy joe (E) ½ c rice	1 ea zesty chicken patty (E) ½ c pasta salad	1 c western chili (E) ½ c rice	½ c taco meat (E) ½ c rice	
1 c dried beans	½ c creamy pasta	1 c dried beans	1 c baked beans	½ c shredded lettuce	½ c carrots	1 c dried beans	
½ c mixed vegetables	½ c shredded lettuce	½ c coleslaw vinaigrette	½ c corn	1 ea southern cornbread (1/48 cut)	1 ea cookie	½ c shredded lettuce 1 oz shredded cheese*	
1 ea bakery biscuits (1/48 cut)	2 ea tortillas	2 ea bread	2 ea bread	1 ea cake (1/48 cut)	1 ea cookie	2 ea tortillas	
	1 ea fudge brownie (1/48 cut)	1 ea cake (1/48 cut)		½ oz mustard		1 ea cookie	
	½ oz mustard	1 c fortified tea	1 c fortified tea	½ oz ketchup	1 c fortified tea	1 c fortified tea	
1 c fortified tea	1 c fortified tea	1 c dried beans (AE)	1 c baked beans (AE)	1 c fortified tea	1 c dried beans (AE)	1 c fortified tea	
1 c dried beans (AE)	3 oz cheese* (AE)	½ c pasta (AE)	1 c dried beans (AE)	3 oz cheese* (AE)	1 c dried beans (AE)	1 c dried beans (AE)	
½ c pasta							
DINNER							
1 ea charbroiled patty (E)	1 ea chicken leg quarter, cajun (E)	6 ea meatballs (E)	1 ea fish patty (E)	1 ea meatloaf patty (E)	1 ea chicken sausage patty (E)	1 ea charbroiled patty (E)	
½ c garlic mashed potatoes	½ c rice	2 oz Italian red sauce	½ c cheesy grits	2 oz country gravy	½ c rice	½ c pasta & cheese	
½ c shredded lettuce	1 c dried beans	½ c pasta	1 c dried beans	1 c mashed potatoes	1 c ranch beans	½ c carrots	
3 ea pickle chips	½ c carrots	½ c mixed vegetables	½ c greens	1 c chili beans	½ c creamy coleslaw		
2 ea bread	1 ea sweet cornbread (1/48 cut)	½ c garden salad	2 ea bread	½ c green beans			
1 ea cookie		½ oz dressing		1 ea sweet cornbread (1/48 cut)	2 ea bread	2 ea bread	
		1 ea bakery biscuits (1/48 cut)		1 ea fudge brownie (1/48 cut)	½ oz mustard	½ oz mustard	
½ oz mustard			½ fl oz tartar sauce		½ oz ketchup	½ oz mayo	
½ oz ketchup			1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	
1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c dried beans (AE)	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	
3 oz peanut butter (AE) (#12 disher)	3 oz peanut butter (AE) (#12 disher)	1 c dried beans (AE)	1 c dried beans (AE)	1 c chili beans (AE)	1 c ranch beans (AE)	3 oz cheese* (AE)	
2 ea bread	2 ea bread						

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Salt shall be offered

* Cheese as Menu Item

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1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
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