

FACILITY OR
INSTITUTION NAME: _____

**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
ADULT MASTER MENU FY 2021-2022
WEEK 1**

MONTH OF _____
OPERATION: _____

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

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

Effective: 7/4/2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ea hard boiled eggs (E) 1 c buttery grits	1 c buttery oatmeal	1 ea breakfast sausage patty (E) 1 c buttery oatmeal ¾ c hashbrown casserole	1 c buttery oatmeal 2 ea coffee cake (E)	¾ c country meat gravy (E) 1 c buttery grits	3 oz eggs (E) 1 c buttery oatmeal ¾ c hashbrown potatoes	1 c buttery oatmeal 2 ea blueberry coffee cake (E)
2 ea. bread or biscuits 1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk	2 ea waffles (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk	2 ea. bread or biscuits ½ c fruit drink 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	2 ea biscuits ½ c canned fruit 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk	2 ea tortilla ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 oz shredded cheese 2 ea sugar pk	½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk
No Alternate Entrée	No Alternate Entrée	2 oz cheese (AE)	No Alternate Entrée	3 oz cheese (AE)	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c taco meat (E) ¾ c rice 1 c dried beans ½ c lettuce 1 oz shredded cheese 2 ea tortilla	1 ea meatloaf patty (E) 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	3 oz peanut butter & jelly (E) ¾ c potato salad ½ c carrot coins 2 ea bread ½ c canned fruit 1 c fortified tea	½ c sloppy joe (E) ¾ c corn 1 c dried beans ½ c green beans 2 ea bread 1 ea cookie 1 c fortified tea	1 c chicken and yellow rice (E) ¾ c sweet peas ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese (E) ¾ c pasta salad w/ vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard (pk or 1 tsp) 1 c fortified tea	½ c southern BBQ (E) 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)	1 c dried beans (AE)	No Alternate Entrée	1 c dried beans (AE)	1 c dried beans (AE) ½ c yellow rice (AE)	3 oz cheese (AE)	1 c dried beans (AE)
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
2 oz luncheon meat (E) 1 oz cheese (E) ¾ c creamy pasta salad ½ c carrot coins ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage	6 ea meatballs (E) 2 oz Italian red sauce ¾ c pasta 1 c dried beans ½ c vegetable blend 1 ea garlic pan bread 1 c fortified beverage	1 ea seasoned chicken (E) 1 c dried beans ¾ c buttery rice 1 c dried beans ½ c greens 1 ea cornbread (with /E) 1 c fortified beverage	1 c taco skillet (E) 1 c dried beans ½ c broccoli 2 ea tortilla 1 ea cookie 1 c fortified beverage	4 oz country fried patty (E) ¾ c garlic and herb 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 fish patty (E) ¾ c cheesy grits ½ c green beans 1 c dried beans 2 ea bread 1 ea spice cake with icing 1 ea tartar sauce 1 c fortified beverage	2 ea poultry hot dogs (E) 1 c baked beans ½ c mixed vegetables ½ c creamy coleslaw 2 ea bread 2 ea mustard (pk or tsp) 2 ea catsup (pk or tsp) 1 c fortified beverage
3 oz cheese (AE)	1 c dried beans (AE)	3 oz peanut butter (AE) 2 ea bread (AE)	1 c dried beans (AE) ½ c rice (AE)	3 oz peanut butter (AE)	1 c dried beans (AE)	1 c baked beans (AE)

E denotes entree
AE 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

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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**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
ADULT MASTER MENU FY 2021- 2022
WEEK 2**

MONTH OF _____
OPERATION: _____

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

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

Effective: 7/4/2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
3 oz eggs (E) 1 c buttery grits 2 ea biscuits or bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk No Alternate Entrée	1 c buttery oatmeal 2 ea waffles (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk No Alternate Entrée	1 ea breakfast sausage patty (E) 1 c buttery oatmeal ¾ c hashbrown casserole 2 ea bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk 2 oz cheese (AE)	1 c buttery oatmeal 2 ea coffee cake (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk No Alternate Entrée	¾ c country meat gravy (E) 1 c buttery grits 2 ea biscuits ½ c canned fruit 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk 3 oz cheese (AE)	1 ea breakfast sausage patty (E) 1 c buttery grits ¾ c hashbrown potatoes 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk 2 oz cheese (AE)	1 c buttery oatmeal 2 ea blueberry coffee cake (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c sloppy joe (E) ¾ c hashbrown casserole 1 c dried beans ½ c marinated vegetable medley 2 ea bread 1 c fortified tea 1 c dried beans (AE)	4 oz breaded chicken patty (E) 2 oz gravy ¾ c rice ½ c broccoli ½ c tossed salad 1 ea pan bread 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	3 oz peanut butter & jelly (E) ¾ c creamy pasta salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea No Alternate Entrée	1 c chicken & rice casserole (E) 1 c dried beans ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE) ½ c rice (AE)	½ c sweet & sour chicken (E) ¾ c fried rice 1 c dried beans ½ c cabbage 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	2 oz luncheon meat (E) 1 oz cheese (E) ¾ c potato salad ½ c lettuce 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 ¼ c shredded)	1 c shepherd stew (E) ¾ c mashed potatoes 1 c dried beans 1 oz shredded cheese 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
¾ c chicken salad (E) ¾ c pasta salad w/vinaigrette ½ c lettuce 2 ea tortilla 1 ea cookie 1 c fortified beverage 3 oz cheese (AE)	2 ea poultry hot dogs (E) ¾ c macaroni & cheese 1 c baked beans ½ c creamy 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 seasoned chicken(E) ¾ c garlic cheese potatoes 1 c dried beans ½ c squash 1 ea garlic pan bread (w/E) 1 c fortified beverage 3 oz peanut butter (AE) 2 ea bread (AE)	1 c chili mac (E) 1 c dried beans 1 c mixed vegetables 1 ea cornbread 1 c fortified beverage 1 c dried beans (AE) ½ c pasta (AE)	1 ea beef patty (E) ½ c corn 1 c dried beans ½ 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 (AE)	6 ea meatballs (E) 2 oz italian red sauce ¾ c pasta ½ c green beans ½ c tossed salad 1 ea garlic pan bread 1 ea cake w/ icing 1 ea dressing 1 c fortified beverage 1 c dried beans (AE)	1 ea meatloaf patty (E) ¾ c rice ½ c greens ½ 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)

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• 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

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Food Service Director

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

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**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
ADULT MASTER MENU FY 2021 - 2022
WEEK 3**

MONTH OF _____
OPERATION: _____

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FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

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

Effective: 7/4/2021

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

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- gravy
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Salt/Pepper shall be offered

Cheese Slice or Shredded

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2 oz = 4 slice or ½ cup
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Measurements:

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ADULT MASTER MENU FY 2021 - 2022
WEEK 4**

MONTH OF _____
OPERATION: _____

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Angela Gaskins, Bureau Chief

Brenda Patterson
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
3 oz eggs (E) 1 c buttery grits 2 ea bread or biscuits 1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk No Alternate Entrée	¾ c dry cereal 2 ea waffles (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk No Alternate Entrée	1 ea breakfast sausage patty (E) 1 c buttery oatmeal ¾ c hashbrown casserole 2 ea bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk 2 oz cheese (AE)	1 c buttery oatmeal 2 ea coffee cake (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk No Alternate Entrée	¾ c country meat gravy (E) 1 c buttery grits 2 ea biscuits ½ c canned fruit 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk 3 oz cheese (AE)	1 ea breakfast sausage patty 1 c buttery grits ¾ c hashbrown potatoes 2 ea bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk 2 oz cheese (AE)	1 c buttery oatmeal 2 ea blueberry coffee cake (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c chili mac (E) 1 c dried beans ½ c marinated vegetable medley 1 ea cornbread 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	½ c BBQ diced chicken (E) ¾ c rice 1 c dried beans ½ c squash 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	2 oz luncheon meat (E) 1 oz cheese (E) ¾ c creamy pasta salad ½ c lettuce 2 ea tortilla 1 ea fresh fruit 1 ea mustard (pk or tsp) 1 ea mayonnaise pk 1 c fortified tea 3 oz cheese (AE)	1 c yakisoba (E) 1 c dried beans ½ c marinated vegetable medley 2 ea bread 1 ea fresh fruit 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	½ c sloppy joe (E) ¾ c rice 1 c dried beans ½ c corn 2 ea bread 1 c fortified tea 1 c dried beans (AE)	¾ c chicken salad (E) ¾ c pasta salad w/ vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 c fortified tea 3 z cheese (AE)	1 c western chili (E) ¾ c rice ½ c carrots 1 ea cornbread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
3 oz peanut butter & jelly (E) ¾ c potato salad ½ c carrot coins 2 ea bread 1 ea cookie 1 c fortified beverage No Alternate Entrée	1 ea beef patty (E) ¾ c garlic cheese potatoes ½ c lettuce 2 ea sliced pickles 2 ea bread 1 ea cake w/ icing 1 ea mustard (pk or tsp) 1 ea catsup (pk or tsp) 1 c fortified beverage 3 oz peanut butter (AE)	1 ea seasoned chicken (E) ¾ c rice 1 c dried beans ½ c greens 1 ea cornbread (w/ E) 1 c fortified beverage 3 oz peanut butter (AE) 2 ea bread (w/ AE)	6 ea meatballs (E) 2 oz Italian red sauce ¾ c pasta ½ c mixed vegetables 1 c dried beans 1 ea garlic pan bread 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) ¾ c cheesy grits 1 c dried beans ½ c coleslaw 2 ea bread 1 ea tartar sauce 1 c fortified beverage 1 c dried beans (AE)	1 ea meatloaf patty (E) 2 oz gravy 1 c chili beans ½ c green beans ¾ c mashed potatoes 1 ea cornbread ½ c canned fruit 1 c fortified beverage 1 c chili beans (AE)	2 ea poultry hot dogs (E) ¾ c macaroni and cheese 1 c baked beans ½ c creamy 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)

E denotes entree
AE denotes alternate entree
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- gravy
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Salt/Pepper shall be offered

Cheese Slice or Shredded

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