Proposed: 4/17 Implemented: 4/17 Revised: 4/18, 11/18, 5/19, 9/19, 11/19, 4/20, 3/21

Standardized Heart Healthy Spring/Summer Menu 2021 Tennessee DOC DeBerry Daily average 2500 calories per day



Week:

Mosl Nama: Braskfact

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Medi Nallie, Dieaniast	Jebiu									- Commission of the Commission		
Bran Flakes Cereal	1 1/2 CID	Whole Grain Oatmeal w/ Cinnamon	5	Cheesy Grits	1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2	innamon 1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	Cheesy Grits	1 1/2 cup	Cheesy Grits	1 1/2 cup
Scrambled Eggs	3 07w	Breakfast Sausage (1 ozw each)	1 patty	Scrambled Eggs	3 ozw	Scrambled Eggs	3 ozw	Breakfast Sausage (1 ozw each) 1 patty	Grilled T. Bologna	1 ozw	Breakfast Gravy 4/1 (1 oz)~	4 ozw
Hash Brown Potatoes	2	French Toast Bake	-	Banana Muffin	-	Blueberry Muffin	1/60 cut	Pancakes (2 fl oz each) 2 each	Cream Gravy	4 floz	Bakery Biscuit	1/60 cut
Flour Tortilla (6")	a sach	Syrup	2 floz	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Syrup 2 floz	Bakery Biscuit	1/60 cut	Hash Brown w/Peppers & Onions	ns 3/4 cup
Salsa	1 1107	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	Whipped Margarine	Cottage Fries	3/4 cup	1% Milk (Half Pint)	1 each
1% Milk (Half Pint)	1 each	Coffee		Coffee	1 cup	Coffee	1 cup	1% Milk (Half Pint) 1 each	1% Milk (Half Pint)	1 each	Coffee	1 cup
Coffee	1 cup	Sugar Sub 2	packet	Sugar Sub		Sugar Sub	2 packet	Coffee 1 cup		1 cup	Sugar Sub	packet
Sugar Sub	1 packet							Sugar Sub 2 packet	Sugar Sub	1 packet		
Meal Name: Lunch	'n											
Meatballs (1/2 oz each)	6 each	Sloppy Joe Filling (2oz)~	4 ozw	Turkey Salad (4 oz diced turkey)	y) 5 ozw	Baked Potato	1 each	Taco Filling (2 oz)~ 4 ozw	Herbed Rice Casserole (2 oz diced turkey) 8	WZO	T. Ham & Pinto Beans (2 oz diced t.ham) 8	8 ozw

Medi ladine: "mirch						
Meatballs (1/2 oz each) 6 each	Sloppy Joe Filling (2oz)~ 4	Turkey Salad (4 oz diced turkey) 5 ozw	Baked Potato 1 each	Taco Filling (2 oz)~ 4 ozw	Herbed Rice Casserole (2 oz diced turkey) 8 ozw	T. Ham & Pinto Beans (2 oz diced t.ham) 8 ozw
Italian Tomato Sauce 3 floz	Enriched Bread 2 s	Enriched Bread 2 slice	Chili w/ Beans (2oz)~ 8 ozw	Cheese Sauce 1 floz	Carrots LF 1/2 cup	Cajun Potatoes LF 1/2 cup
Ziti LF 3/4 cup	Creamy Coleslaw 1/2 cup	AuGratin Potatoes 1 cup	Cheese Sauce 1 floz	Salsa 1 floz	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Coleslaw Vinaigrette 1/2 cup
Carrots LF 1/2 cup	Parsley Potatoes LF 1	Irish Blend Vegetables 1/2 cup	Chopped Onion 2 tablespoon	Shredded Lettuce 1/2 cup	French Dressing LF 1/2 fl oz	Southern Combread 1/60 cut
Tossed Salad w/ Cabbage & Carrots 1/2 cub	Fruit or Juice (1/2 cup equivalent) 1 portion	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Flour Tortilla (6") 2 each	n Fresh Baked Wheat Roll 2 ozw	Whipped Margarine 1/3 ozw
French Dressing LF	Lemon Cake 1/60 cut	French Dressing LF 1/2 fl oz	Ranch Salad Dressing 1/2 fl oz	Refried Pinto Beans LF 1/2 cup	Whipped Margarine 1/3 ozw	Fruit or Juice (1/2 cup equivalent) 1 portion
Enriched Bread 2 slice	Orange Fruit Drink w/ Vitamin C	Blueberry Sugar Cookie (1.5 oz)	Southern Combread 1/60 cut	Spice Cake 1/60 cut	Fruit or Juice (1/2 cup equivalent) 1 portion	Grape Fruit Drink w/ Vitamin C 1 cup
Fudge Brownie 1/60 cut		Cherry Fruit Drink w/ Vitamin C	Whipped Margarine 1/3 ozw	Orange Fruit Drink w/ Vitamin C	Cherry Fruit Drink w/ Vitamin C 1 cup	
Grape Fruit Drink w/ Vitamin C			Fresh Baked Lemon Cookie (1.5 oz) 1 each			
			Grape Fruit Drink w/ Vitamin C 1 cup	0		
Meal Name: Dinner						
)	H	A STATE OF THE PROPERTY OF THE

				D, E & Calcium 1 cup	iced lea 1 cup		D, E & Calcium 1 cup			
1 cup	D, E & Calcium 1 cu	1 cup	Iced Tea	Chocolate Oatmeal Cookie (1.5 ozw) 1 each	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	-	Peanut Butter Brownie	Tea 1 cup	1 cup Iced Tea	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup
1/60 cut	Peanut Butter Brownie	resh Baked Sugar Cookie (1.5 oz) 1 each 1 each	Fresh Baked St	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	2 slice	Enriched Bread	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	1/3 ozw Fres	Whipped Margarine 1/3
1/3 ozw	vvnipped warganne	2 slice	Enriched Bread	Fresh Baked Wheat Roll 2 ozw	Southern Combread 1/60 cut	1/2 cup	Creamy Coleslaw	hup 1/2 fl oz	1/60 cut Ketchup	Coffeecake 1/60
1/60 cut	Southern Compress	Sauce 3/4 cup	Ziti W/ Tomato Sauce	French Dressing LF 1/2 fl oz	Cabbage LF 1/2 cup	1/2 cup	Green Beans	Enriched Bread 2 slice	ozw Enri	Breakfast Gravy 4/1 (1 oz)~
1/2 cup	Carrots LF	1/2 cup	Mixed Vegetable	Tossed Salad w/ Cabbage & Carrots Mixed vegetables	Macaroni & Cheese 3/4 cup	1 cup	Cottage Fries	1/2 cup	1/60 cut Corn LF	Bakery Biscuit 1/60
1/2 cup	BBQ Black Beans	1/2 cup	Coney Sauce	Green Beans LF 1/2 cup	BBQ Sauce 1/2 fl oz	1 ozw	Sauteed Onions	Pinto Beans LF 3/4 cup	cup	Cheesy Grits
WZO 8	Asian Fried Rice 8/2 (2 oz)~	5 oz each) 2 each	T. Hot Dogs (1.5 oz each)	Rotini with Italian Sauce (2 oz)~ 8 ozw	Glazed BBQ Patty (3 ozw each) 1 patty	1 each	Smoked T. Sausage (3 oz each)	Country Patty (3 ozw each) 1 patty	-	Scrambled Eggs w/ Onions & Peppers 3 ozw

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookes, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

AThis item made with a combination of mechanically separated poultry (75%) used in accordance with USDA standards and texturized vegetable protein (25%).

NUTRITION STATEMENT: This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin A, vitamin C, calcium, and iron are included.

FLM QUARTERLY MENU REVIEW (Initial/date) Q1 Q2 Q3 In accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

Reviewed 3/2021

Aramark Dietitian's Signature: MS.MBA.BO.LDH. abbusysts

TDOC Director of Food Service::

Date: 4.1.21

Proposed: 4/17 Implemented: 4/17 Revised: 4/18, 11/18, 5/19, 9/19, 11/19, 4/20, 3/21

Standardized Heart Healthy Spring/Summer Menu 2021 Daily average 2500 calories per day Tennessee DOC DeBerry



MONDAY
Meal Name: Breakfast Week: N

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Contract Contract	1 cup	Iced Tea	-	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup							1		
Control Charley Control Ch	1/60 cut	Blueberry & Whole Grain Oat B	ach	Fresh Baked Lemon C						ns B12, C, 1 cup	Lemon Fruit Drink w/ Vitamin		
Control Cont	1/2 cup	Refried Pinto Beans	slice	Enriched Bread	1		Lemon Fruit Drink w/ Vitamins B12, C D, E & Calcium 1 c		Iced Tea	1/2 cup	Vanilla Pudding	1 cup	Iced Tea
Control Cont	1 cup	Spanish Rice	-	Italian Dressing			Fresh Baked Sugar Cookie (1.5 oz)	-	Blueberry Sugar Cookie (1.5 o	1/3 ozw		lice Cookie (1.5	Fresh Baked Oatmeal Spice Cookie (1.5
Contribution 1/2 cut Contribution 1/2	1 ozw	Tortilla Chips	1	Tossed Salad w/ Cabb	rd & Ketchup (1/2 oz each) 1 serving	-	Enriched Bread 2 sli		Enriched Bread	2 slice	Enriched Bread	1/3 ozw	Whipped Margarine
Confecicio 1/12 cup Conf	1/4 cup	Shreaded Lettuce	1	Navy Beans	ed Bread 2 slice			1/2 cup	Carrots LF	1/2 cup	Peas LF	2 ozw	Fresh Baked Wheat Roll
	1 floz	Salsa	1	Rotini	tables LF	-	38	1 cup	Mac & Cheese LF	1 cup	Lyonnaise Potatoes LF	1/2 cup	Black Beans LF
	1 floz	Cheese Sauce		Ketchup			ω	1/2 fl oz	Mayo-Type Dressing	3 fl oz	Gravy	1.	Irish Blend Vegetables LF
Coffee also 1/12 cup Coffee also 1/12 cup Coffee		Taco Filling (2 oz)~	1 patty	Charbroiled Patty (3 oz	oz each) 2		ury Steak (3 ozw each)		Crispy Chicken Patty (3 ozw ea	1 each	Country Patty (3 ozw each)	serole 8/2 (2 8 ozw	Macaroni & Cheese Casserole 8/2 (2
												ner	Meal Name: Dinner
Coffee 1/12 cub Coffee Coffee	>	Cherry Fruit Drink w/ Vitamin C	1 cup	Orange Fruit Drink w/		b	-						
		Fruit or Juice (1/2 cup equivale	t) portion	Fruit or Juice (1/2 cup					Orange Fruit Drink w/ Vitamin	_	Grape Fruit Drink w/ Vitamin		Cherry Fruit Drink w/ Vitamin C
	1/3 ozw	Whipped Marganne		Whipped Margarine	Baked Oatmeal Spice Cookie (1.5			1/60 cut	Lemon Cake	1/3 ozw	Whipped Margarine	uivalent)	Fruit or Juice (1/2 cup equivalent)
Coffeecake 11/2 cup Coff		Fresh baked wheat Koll	-	Enriched Bread	ed Bread 2 slice		2		Enriched Bread	1/60 cut	Peanut Butter Brownie	2 slice	Enriched Bread
Coffeecake	1/2 cup	insh blend vegetables LF		Kettle Blend Mixed Ve	Potatoes			1 cup	Cottage Fries LF	1/60 cut	Southern Combread		Green Beans LF
Coffeecake		Gravy LS		Lyonnaise Potatoes Li			Tossed Salad w/ Cabbage & Carrots 1/2 c	1/2 fl oz	Italian Dressing	1/2 cup	Carrots LF		Gravy LS
Coffeecake	1 cup	Mashed Potatoes LF	2 floz	Gravy LF/LS				arrots 1/2 cup	Tossed Salad w/ Cabbage & C		Rotini		Mashed Potatoes LF
Coffeecake		I. Ham	6 each	Meatballs (1/2 oz each	Ch		œ	4 ozw	Sloppy Giuseppe (2 oz)~		Chili w/ Beans (2oz)~	3 ozw	Roast Turkey
Coffee Caffee 1/12 cup Coffee Caffee Caffee 1/12 cup Coffee Caffee Caffee 1/12 cup Coffee Caffee												ch	Meal Name: Lunch
Coffee C								1 packet	Sugar Sub				
Coffee 1 cup Coffee Coffee 1 cup Coffee 1 cup Coffee 1 cup Coffee 1 cup Coffee	packe	Sugar Sub	packet	Sugar Sub	1		N	1 cup	Coffee	1 packet	Sugar Sub	2 packet	Sugar Sub
Coffeecake 1/3 ozw Syrup 1/3 ozw 1/3 ozw Syrup 1/3 ozw Syrup 1/3 ozw Syrup 1/3 ozw 1/3 ozw Syrup 1/3 ozw Syrup 1/3 ozw Syrup 1/3 ozw 1/3 ozw Syrup 1/3 ozw 1/3 ozw Syrup 1/3 ozw 1	1 cup	Coffee		Coffee		_		1 each	1% Milk (Half Pint)	1 cup	Coffee	_	Coffee
1/12 cup 1/12 cup	1 each	1% Milk (Hall Pint)		1% Milk (Half Pint)	If Pint)	_		1/3 ozw	Whipped Margarine	1 each	1% Milk (Half Pint)		1% Milk (Half Pint)
1/12 cup 1/12 cup	3/4 cup	Cottage Fries LF		Hash Brown Potatoes					Syrup	1/3 ozw	Whipped Margarine	2 fl oz	Syrup
1/12 cup 1/12 cup	1/60 cut	Coffeecake	1	Bakery Biscuit					Pancakes (2 fl oz each)	1/60 cut	Coffeecake		French Toast Bake
1 1/2 cup 1 1/2 cup 1 1/2 cup 1 1/2 cup	1-2-	Breakfast Sausage (1 ozw each	4 ozw	Creamy Country Gravy			Scrambled Eggs 3 o:	_	Breakfast Sausage (1 ozw eac	1 ozw	Grilled T. Bologna	3 ozw	Scrambled Eggs
Cheesy Grits Whole Grain Oatmeal W Cinnamon Cheesy Grits whole Grain Oatmeal W Cinnamon Brain Flakes Cereal	1/2 cup	Bran Flakes Cereal	1 1/2 cup	Whole Grain Catmeal			Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	1 1/2 cup	Cheesy Grits	1 1/2 cup	Frosted Flakes Cereal	Cinnamon 1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup

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FLM QUARTERLY MENU REVIEW (Initial/date) Q1 Q2 Q3 L44
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Aramark Dietitian's Signature: MS. MAL ND. IDH 400413735

Reviewed 3/2021

TDOC Director of Food Service::

Date: 4. 1.2

Standardized Heart Healthy Spring/Summer Menu 2021 Tennessee DOC DeBerry Daily average 2500 calories per day



Proposed: 4/17 Implemented: 4/17 Revised: 4/18, 11/18, 5/19, 9/19, 11/19, 4/20, 3/21

Week: Monday
Meal Name: Breakfast ယ

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

				Tea 1 cun	Iced Tea		Iced Tea	lce	
	1 cup	Iced Tea		Fresh Baked Oatmeal Cookie (1.5 oz)	-		Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	-	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup
D, E & Calcium 1 cup	1/60 cut D, E	Peanut Butter Brownie	D, E & Calcium 1 cup			Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Enriched Bread 2 slice		Coffeecake 1/60
Blueberry Lemon Cookie (1.3 oz) 1 each	1 floz	Salsa	Chocolate Pudding 1/2 cup	Cottage Fries LF 3/4 cup	-	Fresh Baked Lemon Cookie (1.5 oz)	French Dressing LF 1/2 fl oz		Whipped Margarine 1/3
Whipped Malganille 1/3 ozw	2 each	Ionilia (o)	Mustard & Ketchup (1/2 oz each) 1 serving	1/2 cup	2 slice Carro	Enriched Bread	Tossed Salad w/ Cabbage & Carrots 1/2 cup		Bakery Biscuit 1/60
Southern Comblead 1/60 cut	1/2 cup	Spanish Rice	Enriched Bread 2 slice	1/2 fl oz	1 cup Ketchup	Paprika Potatoes	Parslied Rotini LF 1 cup		Cream Gravy 6
Greens 1/2 cup	1/2 ozw	Spreaded Cheese	baked beans 1/2 cup	d Lettuce 1/2 cup	1/2 cup Shree	Carrots	Shredded Cheese 1/2 ozw		Cheesy Grits 1 1/2
Black Beans LF 1/2 cup	1/2 cup	Com LF	3/4 cup	1/2 ozw	1 floz Chee	BBQ Sauce	Italian Tomato Sauce 1 fl oz	patty	Breakfast Sausage (1 ozw each)
oz)~ 8 ozw	8 ozw	Southwest Burnto Hilling (2 oz)~	(3 ozw each) 1 each	Charbroiled Patty (3 ozw) 1 patty	1 patty	Glazed BBQ Patty (3 ozw each)	Crispy Chicken Patty (3 ozw each) 1 patty	OZW	Scrambled Eggs 3
									Meal Name: Dinner
Orange Fruit Unnk W/ Vitamin C 1 cup	OR			Orange Fruit Drink w/ Vitamin C 1 cup	1 cup	Grape Fruit Drink w/ Vitamin C		cup	Orange Fruit Drink w/ Vitamin C
Fruit or Juice (1/2 cup equivalent) 1 portion	1 cup	Grape Fruit Drink W/ Vitamin C	Cherry Fruit Drink w/ Vitamin C 1 cup	1 each	1/60 cut Chen	Peanut Butter Brownie	Cherry Fruit Drink w/ Vitamin C 1 cup		Chocolate Cake 1/60
Enriched bread 2 slice	portion	1 = 3	Chocolate Cake 1/60 cut	Fresh Baked Wheat Roll 2 ozw	2 slice Fresh	Enriched Bread	Spice Cake 1/60 cut		Whipped Margarine 1/3
Viustard 1/2 fl oz	2 ozw	Fresh baked wheat Koll	Fresh Seasonal Fruit 1 each	1/2 fl oz	-	Mustard	Whipped Margarine 1/3 ozw		Southern Combread 1/60
Cappage LF 1/2 cup	1/2 fl oz		Enriched Bread 2 slice	age & Carrots 1/2 cup	1/2 cup	Creamy Coleslaw	Southern Combread 1/60 cut		Kettle Blend Mixed Vegetables LF 1/2 cup
Lyonnalse Folatoes Lr 3/4 cup		1/2 cup	Green Beans LF 1/2 cup		1 cup Ziti	Baked Beans	Peas LF 1/2 cup	1 1 3 5 1	Mashed Potatoes LF 3/4
Sauteed Unions 1 ozw		Insh Blend Vegetables LF	Parsley Potatoes LF 3/4 cup	Italian Tornato Sauce 3 floz	1/2 ozw Italian	Sliced Cheese			Gravy LF 3
Smoked I. Sausage (3 oz each) 1 each	WZO 8	American Goulash 8/2 (2 oz)~	Sloppy Joe Filling (2oz)~ 4 ozw	Meatballs (1/2 oz each) 6 each	2 ozw Meat	T. Bologna	AuGratin Potato Casserole (2 oz)~ 8 ozw	patty	Baked Meatloaf (3 ozw each)
									Meal Name: Lunch
Sugar Sub 1 packet	Su		Sugar Sub 1 packet					packet	Sugar Sub 1 pa
free 1 cup	packet	Sugar Sub 2	Coffee 1 cup	Sugar Sub 2 packet	1 packet Suga	Sugar Sub	Sugar Sub 2 packet		Coffee 1
1% Milk (Half Pint) 1 each	1 cup 1%	Coffee	1% Milk (Half Pint) 1 each	e 1 cup	1 cup Coffee	Coffee	_	Coffee	- 1
Cottage Fries 3/4 cup	1 each Cot	k (Half Pint)	Whipped Margarine 1/3 ozw	1% Milk (Half Pint) 1 each		1% Milk (Half Pint)	1% Milk (Half Pint) 1 each		Salsa
Bakery Biscuit 1/60 cut	4 cup	ppers & Onio	Syrup 2 floz	Whipped Margarine 1/3 ozw	15.7	Syrup	Whipped Margarine 1/3 ozw		Flour Tortilla (6")
Cream Gravy 4 floz	30 cut	Bakery Biscuit	Pancakes (2 fl oz each) 2 each	Blueberry Muffin 1/60 cut	-	French Toast Bake		-	
Grilled T. Bologna 1 ozw		y 4/1 (1 oz)~	Breakfast Sausage (1 ozw each) 1 patty		1 patty	Breakfast Sausage (1 ozw each)	Scrambled Eggs 3 ozw	-	Scrambled Eggs
1 1/2 cup	I/Z Cup	l	7 7/2 cup	1 1/2 cup	1 1/2 cup		1 1/2 cup	_	1 1/2 cup

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FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2 Q3 PARTIES (in accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings. Reviewed 3/2021 Aramark Dietitian's Signature: พร.พลง คอ เอพ สออัสสาร

TDOC Director of Food Service:

Date: 4. 1.2

Proposed: 4/17 Implemented: 4/17 Revised: 4/18, 11/18, 5/19, 9/19, 11/19, 4/20, 3/21

Tennessee DOC DeBerry Standardized Heart Healthy Spring/Summer Menu 2021 Daily average 2500 calories per day



Week: 4 MONDAY Meal Name: Breakfast

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	cup	Iced Tea				1 cup	Iced Tea				
D, E & Calcium 1 cup	/60 cut D, E	Peanut Butter Brownie 1/6	1 cup	Iced Tea	D, E & Calcium 1 cup	1/60 cut	Banana Cake			1 cup	Iced Tea
Blueberry Lemon Cookie (1.5 oz) 1 each	1/3 ozw Blue	Whipped Margarine	1/60 cut	Chocolate Cake	Fresh Baked Sugar Cookie (1.5 oz) 1 each	1/2 fl oz	Ketchup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Dri D, E & Calcium	1/60 cut	Fudge Brownie
Whipped Margarine 1/3 ozw	1/60 cut Whi		2 slice	Enriched Bread	Flour Tortilla (6") 2 each	2 slice	Enriched Bread	Blueberry & Whole Grain Oat Bar 1/60 cut	Blueberry & W	2 slice	Enriched Bread
	1/2 cup Bak		ns 1 cup	Lyonnaise Potatoes	Com LF 1/2 cup	1/2 cup	Irish Blend Vegetables LF	d 2 slice	Enriched Bread		AuGratin Potatoes LF
Navy Beans 1/2 cup	fl oz	Gravy 2	1/2 cup	Carrots LF	Spanish Rice 1 cup	1 cup	Cottage Fries LF	1/2 cup	Peas	v 1/2 cup	Creamy Colesiaw
Cabbage LF 1/2 cup	3/4 cup	d Potatoes	2 floz	Cream Gravy	Shredded Cheese 1/2 ozw	1/2 ozw	Sliced Cheese	1/2 cup	Carrots LF	1 floz	BBQ Sauce
AuGratin Potato Casserole (2 oz)~ 8 ozw	patty AuG	Salisbury Steak (3 ozw each)	zw each) 1 patty	Country Patty (3 ozw each)	Southwest Burrito Filling (2 oz)~ 8 ozw	1 patty	Charbroiled Patty (3 ozw)	oe 8/2 (2 oz)~ 8 ozw	Asian Fried Rice 8/2 (2 oz)~	Crispy Chicken Patty (3 ozweach) 1 patty	Crispy Chicken F
										: Dinner	Meal Name: Dinner
						n C 1 cup	Cherry Fruit Drink w/ Vitamin C				
						1/60 cut	Oatmeal Cookie Bar				
Grape Fruit Drink w/ Vitamin C 1 cup	Gra		(w/ Vitamin C 1 cup	Orange Fruit Drink w/ Vitamin C		1/3 ozw	Whipped Margarine	Orange Fruit Drink w/ Vitamin C 1 cup	Orange Fruit D		
Fruit or Juice (1/2 cup equivalent) 1 portion	1 cup Frui	Cherry Fruit Drink w/ Vitamin C	ruit 1 each	Fresh Seasonal Fruit		1/60 cut	Southern Combread		Cherry Cookie (1.5 oz)		
Enriched Bread 2 slice	portion Enri	=	1/3 ozw	Whipped Margarine	Grape Fruit Drink w/ Vitamin C 1 cup	1/2 fl oz	Italian Dressing	arine 1/3 ozw	Whipped Margarine	w/ Vitamin C 1 cup	Grape Fruit Drink w/ Vitamin C
talian Dressing 1/2 fl oz	1/3 ozw Italia	Whipped Margarine	Wheat Roll 2 ozw	Fresh Baked Whea	Chocolate Oatmeal Cookie (1.5 ozw) 1 each	% Carrots 1/2 cup	// Cabbage		Southern Combread	Fresh Baked Lemon Cookie (1.5 oz) 1 each	Fresh Baked Ler
Tossed Salad w/ Cabbage & Carrots 1/2 cup	WZO	Fresh Baked Wheat Roll 2	_F 1/2 fl oz		Enriched Bread 2 slice	2 tablespoon	Chopped Onion 2	F 1/2 cup	Green Beans LF	eat Roll 2 ozw	Fresh Baked Wheat Roll
Rice O'Brien 1/2 cup	1/2 cup		lossed Salad w/ Cabbage & Carrots	lossed Salad w/ C	Creamy Colesiaw 1/2 cup	1 floz	Cheese Sauce	leese 1 cup	Macaroni & Cheese	1/2 cup	Broccoli LF
Gravy LF 2 floz	1/2 cup Gra	LF/LS	Mixed Vegetables 1/2 cup	Kettle Blend Mixec	BBQ Beans LF/LS 3/4 cup	8 ozw	Chili w/ Beans (2oz)~	3/4 cup	Pinto Beans LF	Sauce 1 cup	Rotini w/ Tomato Sauce
Glazed BBQ Patty (3 ozweach) 1 patty	WZO	Cheesy Macaroni w/ T. Ham (2 oz T. Ham) 8	1 8/2 (2 oz)~ 8 ozw	American Goulash 8/2 (2 oz)~	Turkey Salad (4 oz diced turkey) 5 ozw	1 each	Baked Potato	2 ozw	T. Ham	Whole Grain T. Sausage & Cheese Pizza 1 each	Whole Grain T. 9 Pizza
										: Lunch	Meal Name: Lunch
Sugar Sub 1 packet			1 packet	Sugar Sub							
fee 1 cup	packet Coffee	Sugar Sub 2	1 cup		Sugar Sub 2 packet	1 packet	Sugar Sub	2 packet	Sugar Sub	1 packet	Sugar Sub
1% Milk (Half Pint) 1 each	1 cup 1%	Coffee	1 each		Coffee 1 cup	1 cup	Coffee	1 cup	Coffee	1 cup	Coffee
Cottage Fries LF 3/4 cup	1 each Cot	k (Half Pint)	1/3 ozw	Whipped Margarine	1% Milk (Half Pint) 1 each	1 each	1% Milk (Half Pint)		1% Milk (Half Pint)	1	1% Milk (Half Pint)
Bakery Biscuit 1/60 cut	3/4 cup Bak	Hash Brown Potatoes	2 floz	Syrup	Whipped Margarine 1/3 ozw	1/3 ozw	Whipped Margarine	arine 1/3 ozw	Whipped Margarine	2 floz	Syrup
Cream Gravy 4 floz	1/60 cut	Bakery Biscult 1/	2	Pancakes (2 fl oz each)	Bakery Biscuit 1/60 cut	1/60 cut	Blueberry Muffin	1/60 cut	Bakery Biscuit	1/3	French Toast Bake
Breakfast Sausage (1 ozw each) 1 patty		Breakfast Gravy 4/1 (1 oz)~	e (1 ozw each) 1 patty	Breakfast Sausage (1 ozw each)	Scrambled Eggs 3 ozw	1 ozw	Grilled T. Bologna	gs 3 ozw	Scrambled Eggs	3 ozw	Scrambled Eggs
Bran Flakes Cereal 1 1/2 cup		Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	1 1/2 cup	Cheesy Grits	Whole Grain Catmeal w/ Cinnamon 1 1/2 cup	1 1/2 cup	Cheesy Grits	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	Whole Grain O	1 1/2 cup	Cheesy Grits
	1			1						meal Name: Breaklast	meal Name

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

**This item made with a combination of mechanically separated poultry (75%) used in accordance with USDA standards and texturized vegetable protein (25%).

NUTRITION STATEMENT: This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicines. National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

In accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings FLM QUARTERLY MENU REVIEW (initial/date) Q1_ 22

Reviewed 3/2021

Aramark Dietitian's Signature: MS, New PO, LDN 40033335

TDOC Director of Food Service::

Date: 4, 1, 2)