

Proposed
Implemented:
Revised: 9/21

Tennessee DOC DeBerry
Standardized Heart Healthy Fall/Winter Menu 2021-22
Daily average 2500 calories per day



Week: **MONDAY** 1 **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

Meal Name: Breakfast

Bran Flakes Cereal	1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon	1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon	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 ozw	Breakfast Sausage (1 ozw each)	1 patty	Scrambled Eggs	3 ozw	Breakfast Sausage (1 ozw each)	1 patty	Breakfast Gravy 4/1 (1 oz)-	4 ozw	Grilled T. Bologna	1 ozw
Hash Browns w/Peppers & Onions	1 cup	Bakery Biscuit	1/60 cut	Banana Muffin	1/60 cut	Pancakes (2 fl oz each)	2 each	Bakery Biscuit	1/60 cut	Cream Gravy	4 fl oz
Four Tortilla (6")	1 each	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Syrup	2 fl oz	Hash Browns w/Peppers & Onions	3/4 cup	Bakery Biscuit	1/60 cut
Salsa	1 fl oz	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	Whipped Margarine	1/3 ozw	1% Milk (Half Pint)	1 each	Cheesy Hashbrowns	3/4 cup
1% Milk (Half Pint)	1 each	Coffee	1 cup	Coffee	1 cup	1% Milk (Half Pint)	1 each	Coffee	1 cup	Coffeecake	1/60 cut
Coffee	1 cup	Sugar Sub	2 packet	Sugar Sub	1 packet	Coffee	1 cup	Sugar Sub	1 packet	1% Milk (Half Pint)	1 each
Sugar Sub	1 packet			Sugar Sub	1 packet	Sugar Sub	2 packet	Sugar Sub	1 packet	Coffee	1 cup
						Sugar Sub	2 packet	Sugar Sub	1 packet		1 packet

Meal Name: Lunch

Meatballs (1/2 oz each)	6 each	Stippy Joe Filling (2oz)-	4 ozw	Vegetable Soup (1/2 cup veg.)LS	1 cup	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 ham)	8 ozw
Italian Tomato Sauce	2 fl oz	Enriched Bread	2 slice	Saltine Crackers (2/pkg)	1 pack	Chili w/ Beans (2oz)-	8 ozw	Cheese Sauce	1 fl oz	Carrots LF	1/2 cup	Cajun Potatoes LF	1/2 cup
Ziti LF	3/4 cup	Creamy Colelaw	1/2 cup	Turkey Salad (4 oz diced turkey)	5 ozw	Cheese Sauce	1 fl oz	Salsa	1 fl oz	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Coleslaw Vinaigrette	1/2 cup
Carrots	1/2 cup	Parsley Potatoes LF	1 cup	Enriched Bread	2 slice	Chopped Onion	2 tablespoon	Shredded Lettuce	1/2 cup	French Dressing LF	1/2 fl oz	Southern Cornbread	1/60 cut
Tossed Salad w/ Cabbage & Carrots	1/2 cup	Fruit or Juice (1/2 cup equivalent)	1 portion	AuGratin Potatoes LF	1 cup	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Four Tortilla (6")	2 each	Fresh Baked Wheat Roll	2 ozw	Whipped Margarine	1/3 ozw
French Dressing LF	1/2 fl oz	Lemon Cake	1/60 cut	Irish Blend Vegetables LF	1/2 cup	Ranch Salad Dressing	1/2 fl oz	Refried Pinto Beans LF	1/2 cup	Fruit or Juice (1/2 cup equivalent)	1 portion	Grape Fruit Drink w/ Vitamin C	1 cup
Fresh Baked Wheat Roll	2 ozw	Orange Fruit Drink w/ Vitamin C	1 cup	Blueberry Sugar Cookies (1.5 oz)	1 each	Fresh Baked Wheat Roll	2 ozw	Spice Cake	1/60 cut	Cherry Fruit Drink w/ Vitamin C	1 cup		
Fudge Brownie	1/60 cut			Cherry Fruit Drink w/ Vitamin C	1 cup	Whipped Margarine	1/3 ozw	Orange Fruit Drink w/ Vitamin C	1 cup				
Grape Fruit Drink w/ Vitamin C	1 cup					Fresh Baked Lemon Cookie	1 each						
						Grape Fruit Drink w/ Vitamin C	1 cup						

Meal Name: Dinner

Scrambled Eggs w/ Onions & Peppers	3 ozw	Country Patty (3 ozw each)	1 patty	Smoked T. Sausage (3 oz each)	1 each	Glazed BBQ Patty (3 ozw each)	1 patty	Roiti w/ Italian Sauce (2 oz)-	8 ozw	T. Hot Dogs (1.5 oz each)	2 each	Stroganoff (2oz)-	8 ozw
Cheesy Grits	1 cup	Gray LS	3 fl oz	Sautéed Onions	1 ozw	BBQ Sauce	1/2 fl oz	Green Beans	1/2 cup	Coney Sauce	3/4 cup	Roiti LF	1/2 cup
Bakery Biscuit	1/60 cut	Pinto Beans LF	3/4 cup	Collage Fries LF	1 cup	Macaroni & Cheese	3/4 cup	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Ziti w/ Tomato Sauce	3/4 cup	Carrots LF	1/2 cup
Breakfast Gravy 4/1 (1 oz)-	4 ozw	Corn LF	1/2 cup	Green Beans	1/2 cup	Cabbage	1/2 cup	French Dressing LF	1/2 fl oz	Kettle Blend Mixed Vegetables	1/2 cup	Fresh Baked Wheat Roll	2 ozw
Coffeecake	1/60 cut	Enriched Bread	2 slice	Coleslaw Vinaigrette	1/2 cup	Southern Cornbread	1/60 cut	Fresh Baked Wheat Roll	2 ozw	Enriched Bread	2 slice	Whipped Margarine	1/3 ozw
Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Enriched Bread	2 slice	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Oatmeal Cookie Bar	1/60 cut	Peanut Butter Brownie	1/60 cut
Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Fresh Baked Oatmeal Cookie (1.5 oz)	1 each	Peanut Butter Brownie	1/60 cut	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fresh Baked Oatmeal Cookie (1.5 oz)	1 each	Lead Tea	1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup
		Lead Tea	1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Lead Tea	1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup				

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 Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

FLM QUARTERLY MENU REVIEW (Initial/Date) Q1 _____ Q2 _____ Q3 _____ Q4 _____
In accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisor staff to verify adherence to the established daily servings.

Reviewed 9/2021 Aramark Dietitian's Signature: TDOC Director of Food Service: Date: 9.21

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Tennessee DOC DeBerry
Standardized Heart Healthy Fall/Winter Menu 2021-22
Daily average 2500 calories per day



Week: **2**

Meal Name: Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	Frosted Flakes Cereal 1 1/2 cup	Cheesy Grits 1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	Cheesy Grits 1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	Bran Flakes Cereal 1 1/2 cup
Scrambled Eggs 3 ozw	Grilled T. Bologna 1 ozw	Scrambled Eggs 3 ozw	Scrambled Eggs 3 ozw	Breakfast Sausage (1 ozw each) 1 patty	Breakfast Gray/4/1 (1 oz)~ 4 ozw	Country Patty (3 ozw each) 1 patty
French Toast Bake 1/30 cut	Coffee/Cake 1/60 cut	Blueberry Muffin 1/60 cut	Whipped Margarine 1/3 ozw	Pancakes (2 fl oz each) 2 each	Bakery Biscuit 1/60 cut	Cream Gravy 4 fl oz
Syrup 2 fl oz	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Syrup 2 fl oz	Cheesy Hashbrowns 3/4 cup	Bakery Biscuit 1/60 cut
Whipped Margarine 1/3 ozw	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	Whipped Margarine 1/3 ozw	1% Milk (Half Pint) 1 each	Hash Browns w/Peppers & Onions 3/4 cup
1% Milk (Half Pint) 1 each	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each	Coffee 1 cup	1% Milk (Half Pint) 1 each
Coffee 1 cup	Sugar Sub 1 packet	Sugar Sub 1 packet	Sugar Sub 2 packet	Coffee 1 cup	Sugar Sub 2 packet	Coffee 1 cup
Sugar Sub 2 packet				Sugar Sub 1 packet		Sugar Sub 1 packet

Meal Name: Lunch

Roast Turkey 3 ozw	Chili w/ Beans (2oz)~ 8 ozw	Cream of Broccoli Soup 1 cup	Roletti with Italian Sauce (2 oz)~ 8 ozw	Roletti with Italian Sauce (2 oz)~ 8 ozw	Stippy/Gluseppe (2 oz)~ 4 ozw	Salisbury Steak (3 ozw each) 1 patty	T. Ham 3 ozw
Mashed Potatoes LF 1 cup	Roletti 1 cup	Saltine Crackers (2/pkg) 1 pack	T. Ham Salad (4 oz T. Ham) 5 ozw	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Enriched Bread 2 slice	Gray/ L.F.L.S 2 fl oz	Mashed Potatoes LF 3/4 cup
Gravy L.S 3 fl oz	Carrots LF 1/2 cup	Cheddar 1/2 cup	Cheddar 1/2 cup	Italian Dressing 1/2 cup	Lyonnaise Potatoes LF 3/4 cup	Gravy L.F.L.S 2 fl oz	Irish Blend Vegetables LF 2 fl oz
Green Beans LF 1/2 cup	Southern Cornbread 1/60 cut	Enriched Bread 2 slice	Fresh Baked Wheat Roll 2 ozw	Fresh Baked Wheat Roll 2 ozw	Kettle Blend Mixed Vegetables LF 1/2 cup	Irish Blend Vegetables LF 2 fl oz	Irish Blend Vegetables LF 2 fl oz
Enriched Bread 2 slice	Peanut Butter Brownie 1/60 cut	Enriched Bread 2 slice	Fresh Baked Wheat Roll 2 ozw	Pasta Salad LF (1/4 cup veg) 1 cup	Fresh Baked Wheat Roll 2 ozw	Fresh Baked Wheat Roll 2 ozw	Fresh Baked Wheat Roll 2 ozw
Fruit or Juice (1/2 cup equivalent) 1 portion	Whipped Margarine 1/3 ozw	Collage Fries LF 1 cup	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Fresh Baked Oatmeal Spice Cookie (1.5 oz) 1 each	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw
Cherry Fruit Drink w/ Vitamin C 1 cup	Grape Fruit Drink w/ Vitamin C 1 cup	Lemon Cake 1/60 cut	Peanut Butter Brownie 1/60 cut	Whipped Margarine 1/3 ozw	Grape Fruit Drink w/ Vitamin C 1 cup	Fruit or Juice (1/2 cup equivalent) 1 portion	Fruit or Juice (1/2 cup equivalent) 1 portion
		Orange Fruit Drink w/ Vitamin C 1 cup	Cherry Fruit Drink w/ Vitamin C 1 cup	Orange Fruit Drink w/ Vitamin C 1 cup		Cherry Fruit Drink w/ Vitamin C 1 cup	Cherry Fruit Drink w/ Vitamin C 1 cup

Meal Name: Dinner

Macaroni & Cheese Casserole 8/2 (2 oz)~ 8 ozw	Smoked T. Sausage (3 oz each) 1 each	Crispy Chicken Patty (3 ozw each) 1 patty	Mayo-Type Dressing 1/2 fl oz	Salisbury Steak (3 ozw each) 1 patty	Charbroiled Patty (3 ozw) 1 patty	Meatballs (1/2 oz each) 8 each	Taco Filling (2 oz)~ 4 ozw
Irish Blend Vegetables LF 1/2 cup	Mustard 1/2 fl oz	Gravy 3 fl oz	Mac & Cheese LF 1 cup	Gravy 3 fl oz	Ketchup 1/2 fl oz	Roletti LF 1/2 cup	Cheese Sauce 1 fl oz
Tossed Salad w/ Cabbage & Carrots 1/2 cup	Lyonnaise Potatoes LF 1 cup	Rice 1 cup	Creamy Coleslaw 1/2 cup	Rice 1 cup	Shredded Lettuce 1/2 cup	Navy Beans LF 1/2 cup	Salsa 1 fl oz
Ranch Salad Dressing 1/2 fl oz	Peas & Corn LF 1/2 cup	Peas LF 1/2 cup	Enriched Bread 2 slice	Southern Cornbread 1/60 cut	Greens LF 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Shredded Lettuce 1/4 cup
Fresh Baked Wheat Roll 2 ozw	Enriched Bread 2 slice	Southern Cornbread 1/60 cut	Enriched Bread 2 slice	Oven Brown Potatoes 3/4 cup	Italian Dressing 1/2 fl oz	Italian Dressing 1/2 fl oz	Tortilla Chips 1 ozw
Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Blueberry Sugar Cookie (1.5 oz) 1 each	Whipped Margarine 1/3 ozw	Enriched Bread 2 slice	Fresh Baked Wheat Roll 2 ozw	Spanish Rice 1/2 cup
Fresh Baked Oatmeal Spice Cookie (1.5 oz) 1 each	Vanilla Pudding 1/2 cup	Lead Tea 1 cup	Fresh Baked Sugar Cookie (1.5 oz) 1 each	Spice Cake 1/60 cut	Spice Cake 1/60 cut	Whipped Margarine 1/3 ozw	Refried Pinto Beans 1/2 cup
Lead Tea 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lead Tea 1 cup	Lead Tea 1 cup	Fresh Baked Lemon Cookie 1 each	Blueberry & Whole Grain Oat Bar 1/60 cut
						Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lead Tea 1 cup

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TDOC Director of Food Service: _____

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Week: 3 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Meal Name: Breakfast	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bran Flakes Cereal	1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	Bran Flakes Cereal 1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	Cheesy Grits 1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	Cheesy Grits 1 1/2 cup
Scrambled Eggs	3 ozw	Scrambled Eggs 3 ozw	Breakfast Sausage (1 ozw each) 1 patty	Scrambled Eggs 3 ozw	Breakfast Sausage (1 ozw each) 1 patty	Breakfast Sausage (1 ozw each) 1 patty	Grilled T. Bologna 1 ozw
Hash Browns w/Peppers & Onions	1 cup	Bakery Biscuit 1/60 cut	Banana Muffin 1/60 cut	Blueberry Muffin 1/60 cut	Pancakes (2 fl oz each) 2 each	Bakery Biscuit 1/60 cut	Coffee/Cake 1/60 cut
Flour Tortilla (6")	1 each	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Hash Browns w/Peppers & Onions 3/4 cup	Cheesy Hashbrowns 3/4 cup
Salsa	1 fl oz	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each
1% Milk (Half Pint)	1 each	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each	Coffee 1 cup	Coffee 1 cup
Coffee	1 cup	Sugar Sub 2 packet	Sugar Sub 1 packet	Sugar Sub 2 packet	Coffee 1 cup	Sugar Sub 2 packet	Sugar Sub 1 packet
Sugar Sub	1 packet						

Meal Name: Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Meatloaf (3 ozw each)	1 patty	Black Bean Soup 1 cup	Jambalaya Rice 8/2 (2 oz)- 8 ozw	Meatballs (1/2 oz each) 6 each	Sloppy Joe Filling (2oz)- 4 ozw	American Goulash 8/2 (2 oz)- 8 ozw	Smoked T. Sausage (3 oz each) 1 each
Gravy LF	3 fl oz	Saltine Crackers (2/pkg) 2 pack	Navy Beans LF 1/2 cup	Italian Tomato Sauce 3 fl oz	Fresh Baked Wheat Roll 2 ozw	Irish Blend Vegetables LF 1/2 cup	Sautéed Onions 1 ozw
Mashed Potatoes LF	3/4 cup	T. Bologna 2 ozw	Coleslaw Vinaigrette 1/2 cup	Ziti 1 cup	Parley Potatoes LF 3/4 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Lyonnais Potatoes LF 3/4 cup
Kettle Blend Mixed Vegetables LF	1/2 cup	Cheese 1/2 ozw	Southern Cornbread 1/60 cut	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Peas LF 1/2 cup	French Dressing LF 1/2 fl oz	Cabbage 1/2 cup
Southern Cornbread	1/60 cut	Enriched Bread 2 slice	Whipped Margarine 1/3 ozw	Ranch Salad Dressing 1/2 cup	Fresh Seasonal Fruit 1 each	Fresh Baked Wheat Roll 2 ozw	Mustard 1/3 fl oz
Whipped Margarine	1/3 ozw	Paprika Potatoes 1 cup	Peanut Butter Brownie 1/60 cut	Fresh Baked Wheat Roll 2 ozw	Chocolate Cake 1/60 cut	Whipped Margarine 1/3 ozw	Enriched Bread 2 slice
Chocolate Cake	1/60 cut	Green Beans 1/2 cup	Grape Fruit Drink w/ Vitamin C 1 cup	Whipped Margarine 1/3 ozw	Cherry Fruit Drink w/ Vitamin C 1 cup	Fruit or Juices (1/2 cup equivalent) 1 portion	Fruit or Juices (1/2 cup equivalent) 1 portion
Orange Fruit Drink w/ Vitamin C	1 cup	Mustard 1/2 fl oz	Spice Cake 1/60 cut	Cherry Cookie (1.5 oz) 1 each	Orange Fruit Drink w/ Vitamin C 1 cup	Grape Fruit Drink w/ Vitamin C 1 cup	Orange Fruit Drink w/ Vitamin C 1 cup
Cherry Fruit Drink w/ Vitamin C	1 cup						

Meal Name: Dinner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Scrambled Eggs	3 ozw	Glazed BBQ Patty (3 ozw each) 1 patty	Crispy Chicken Patty (3 ozw each) 1 patty	Charbroiled Patty (3 ozw) 1 patty	T. Hot Dogs (1.5 oz each) 2 each	Southwest Burrito Filling (2 oz)- 8 ozw	Macaroni & Cheese Casserole 8/2 (2 oz)- 8 ozw
Breakfast Sausage (1 ozw each)	1 patty	BBQ Sauce 1/2 fl oz	Italian Tomato Sauce 1 fl oz	Sliced Cheese 1/2 ozw	Potato Salad 3/4 cup	Corn LF 1/2 cup	Pinto Beans LF 1/2 cup
Cheesy Grits	1 cup	Rice 1 cup	Shredded Cheese 1/2 ozw	Shredded Lettuce 1/2 cup	Baked Beans 1/2 cup	Shredded Cheese 1/2 ozw	Greens LF 1/2 cup
Cream Gravy	6 fl oz	Carrots LF 1/2 cup	Parried Rotini LF 1 cup	Ketchup 1/2 fl oz	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Spanish Rice 1/2 cup	Southern Cornbread 1/60 cut
Bakery Biscuit	1/60 cut	Fresh Baked Wheat Roll 2 ozw	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Carrots LF 1/2 cup	French Dressing LF 1/2 fl oz	Flour Tortilla (6") 2 each	Whipped Margarine 1/3 ozw
Whipped Margarine	1/3 ozw	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	French Dressing LF 1/2 fl oz	Cottage Fries 3/4 cup	Enriched Bread 2 slice	Salsa 1 fl oz	Fresh Baked Sugar Cookie (1.5 oz) 1 each
Coffee/Cake	1/60 cut	Iced Tea 1 cup	Fresh Baked Wheat Roll 2 ozw	Enriched Bread 2 slice	Mustard & Ketchup (1/2 oz each) 1 serving	Peanut Butter Brownie 1/60 cut	Lemon Fruit Drink w/ Vitamin B12, C, D, E & Calcium 1 cup
Lemon Fruit Drink w/ Vitamin B12, C, D, E & Calcium	1 cup		Fresh Baked Lemon Cookie 1 each	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	Chocolate Pudding 1/2 cup	Iced Tea 1 cup	Lemon Fruit Drink w/ Vitamin B12, C, D, E & Calcium 1 cup

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In accordance with ACA Standard (ref: 4-ALD-F-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.
Reviewed 9/20/21 Aramark Dietitian's Signature: M.S. MA, RD, LD, RDN 06/03/15 TDOC Director of Food Service: Date: 9.21

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Week: 4

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Meal Name: Breakfast

Bran Flakes Cereal	1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon	1 1/2 cup	Cheesy Grits	1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon	1 1/2 cup	Bran Flakes Cereal	1 1/2 cup
Scrambled Eggs	3 ozw	Scrambled Eggs	1 1/2 cup	Grilled T. Bologna	1 ozw	Scrambled Eggs	3 ozw	Breakfast Sausage (1 ozw each)	1 patty
French Toast Bake	1/30 cut	Bakery Biscuit	1/60 cut	Blueberry Muffin	1/60 cut	Bakery Biscuit	1/60 cut	Pancakes (2 fl oz each)	2 each
Syrup	2 fl oz	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Syrup	2 fl oz
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	Whipped Margarine	1/3 ozw
Coffee	1 cup	Coffee	1 each	Coffee	1 cup	Coffee	1 cup	1% Milk (Half Pint)	1 each
Sugar Sub	1 packet	Sugar Sub	2 packet	Sugar Sub	1 packet	Sugar Sub	2 packet	Coffee	1 cup

Meal Name: Lunch

Whole Grain T. Sausage & Cheese Fizza	1 each	T. Ham	2 ozw	Baked Potato	1 each	Navy Bean Soup	1 cup	American Goulash 8/2 (2 oz)-	8 ozw
Rollin' w/ Tomato Sauce	1 cup	Pinto Beans	3/4 cup	Chili w/ Beans (2oz)-	8 ozw	Saline Crackers (2/pkg)	1 pack	Kettle Blend Mixed Vegetables	1/2 cup
Broccoli LF	1/2 cup	O'Brien Potatoes LF	1 cup	Cheese Sauce	1 fl oz	Turkey Salad (4 oz diced turkey)	5 ozw	Tossed Salad w/ Cabbage & Carrots	1/2 cup
Fresh Baked Wheat Roll	2 ozw	Green Beans LF	1/2 cup	Chopped Onion	2 tablespoons	Enriched Bread	2 slice	French Dressing LF	1/2 fl oz
Fresh Baked Lemon Cookie	1 each	Southern Cornbread	1/60 cut	Tossed Salad w/ Cabbage & Carrots	2 tablespoons	Rice O'Brien LF	1 cup	Fresh Baked Wheat Roll	2 ozw
Grape Fruit Drink w/ Vitamin C	1 cup	Whipped Margarine	1/3 ozw	Ranch Salad Dressing	1/2 fl oz	Coleslaw Vinaigrette	1/2 cup	Fresh Seasonal Fruit	1 each
		Oatmeal Cookie Bar	1/60 cut	Southern Cornbread	1/60 cut	Fresh Baked Oatmeal Cookie (1.5 oz)	1 each	Orange Fruit Drink w/ Vitamin C	1 cup
		Orange Fruit Drink w/ Vitamin C	1 cup	Whipped Margarine	1/3 ozw	Cherry Cookie (1.5 oz)	1 each		
		Cherry Fruit Drink w/ Vitamin C	1 cup	Cherry Fruit Drink w/ Vitamin C	1 cup				

Meal Name: Dinner

Noodles & Gravy (2 oz)-	8 ozw	Crispy Chicken Patty (3 ozw each)	1 patty	Roast Turkey	3 ozw	Chambroiled Patty (3 ozw)	1 patty	Sticky Giuseppe (2 oz)-	4 ozw
Creamy Colelaw	1/2 cup	BBQ Sauce	1 fl oz	Gray LS	3 fl oz	Sliced Cheese	1/2 ozw	Parisied Rollin' LF	1 cup
Irish Blend Vegetables LF	1/2 cup	Augrain Potatoes LF	3/4 cup	Mashed Potatoes	1 cup	Cottage Fries LF	1 cup	Irish Blend Vegetables LF	1/2 cup
Fresh Baked Wheat Roll	2 ozw	Carrots LF	1/2 cup	Corn LF	1/2 cup	Carrots LF	1/2 cup	Peas LF	1/2 cup
Whipped Margarine	1/3 ozw	Bakery Biscuit	1/60 cut	Fresh Baked Wheat Roll	2 ozw	Fresh Baked Wheat Roll	2 ozw	Enriched Bread	2 slice
Chocolate Cake	1/60 cut	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Ketchup	1/2 fl oz	Whipped Margarine	1/3 ozw
Iced Tea	1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Banana Cake	1/60 cut	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Fudge Brownie	1/60 cut
				Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Iced Tea	1 cup

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 baker 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 textured 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 C, calcium, and iron are included.

FLM QUARTERLY MENU REVIEW (Initial/Date) Q1 _____ Q2 _____ Q3 _____ Q4 _____
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 9/20/21 Aramark Dietitian's Signature: _____ Date: 9.21
TDOC Director of Food Service: _____

Tennessee DOC



Sack Lunch Menu - Enhanced / Work Crew

Day 1	2 oz pc 4 pkt 4 sl 1 @ 1 each (1 1/2 ozw) 8 oz	Peanut Butter Jelly Enriched Bread Fresh Fruit Cookies Beverage*
Day 2	4 oz / 2 oz 4 sl 2 @ 1 @ 1/60 cut 8 oz	Turkey / Cheese Enriched Bread Mustard, pc Fresh Fruit Brownie Beverage*
Day 3	4 oz / 2 oz 4 sl 2 @ 1 @ 1/60 cut 8 oz	T. Ham / Cheese Enriched Bread Mustard, pc Fresh Fruit Unfrosted Cake Beverage*
Day 4	4 oz / 2 oz 4 sl 2 @ 1 @ 1 each (1 1/2 ozw) 8 oz	T. Bologna / Cheese Enriched Bread Mustard, pc Fresh Fruit Cookies Beverage*
Day 5	2 oz pc 4 pkt 4 sl 1 @ 1/60 cut 8 oz	Peanut Butter Jelly Enriched Bread Fresh Fruit Unfrosted Cake Beverage*
Day 6	4 oz / 2 oz 4 sl 2 @ 1 @ 1/60 cut 8 oz	T. Salami / Cheese Enriched Bread Mustard, pc Fresh Fruit Brownie Beverage*

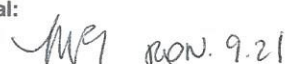
Menu is free of Pork/Pork additives

NOTE: Sack meals must be stored and transported at temperatures of 41F or below in an ice chest provided by the State.

*Inside Work Crew & Chain Bus: 8 oz carton beverage

* Outside Work Crew Beverage: March - October: Bulk Fruit Drink (prepared)
November - February: Instant Coffee (& Hot Water)

Aramark Dietitian Approval: 
S.H./M.A. RDN, LDN, #00200046

TDOC Food Services Director/ Dietitian
Approval:  RON. 9.21

Tennessee DOC



Sack Breakfast Menu - Enhanced / Work Crew

Day 1	1 oz pc 2 pkt 2 sl 1 ea 1 @ 1 1/2 cup 8 oz	Peanut Butter Jelly Enriched Bread Hard Cooked Egg Fresh Fruit Cereal Milk
Day 2	2 oz pc 2 pkt 2 sl 1/60 cut 1 @ 3/4 cup 8 oz	Peanut Butter Jelly Enriched Bread Coffeecake or Muffin Fresh Fruit Cereal Milk
Day 3	1 oz pc 2 pkt 2 sl 1 ea 1 @ 1 1/2 cup 8 oz	Peanut Butter Jelly Enriched Bread Hard Cooked Egg Fresh Fruit Cereal Milk
Day 4	2 oz pc 2 pkt 2 sl 1/60 cut 1 @ 3/4 cup 8 oz	Peanut Butter Jelly Enriched Bread Coffeecake or Muffin Fresh Fruit Cereal Milk
Day 5	1 oz pc 2 pkt 2 sl 1 ea 1 @ 1 1/2 cup 8 oz	Peanut Butter Jelly Enriched Bread Hard Cooked Egg Fresh Fruit Cereal Milk
Day 6	2 oz pc 2 pkt 2 sl 1/60 cut 1 @ 3/4 cup 8 oz	Peanut Butter Jelly Enriched Bread Coffeecake or Muffin Fresh Fruit Cereal Milk

Menu is free of Pork/Pork additives

NOTE: Sack meals must be stored and transported at temperatures of 41F or below in an ice chest provided by the State.

***A bowl and spoon/spork will be provided with each meal

Aramark Dietitian Approval:

TDOC Food Services Director/ Dietitian Approval: