

# Standardized Inmate Menu

(Modified - Reflects Ongoing Changes)

Quarter 2, Week 7

|                                  | Breakfast                                                                                                                                                                                           | Lunch                                                                                                                                                                                 | Dinner                                                                                                                                                                                                                    |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>NOV 14 2011</b><br><b>MAN</b> | Fruit Juice 8 oz<br>Hot Cereal 6 oz<br>Pancakes 3 ea<br>Syrup 2 ea<br>Margarine 2 ea<br>Peanut Butter (2oz) 1 ea<br>Non-Fat Milk, 1/2-Pint 1 ea<br>Coffee 8 oz                                      | Lunch Meat w/ Cheese 2 oz<br>Wheat Bread 4 sl<br>Mustard 2 ea<br>Almonds 1 pk<br>Graham Crackers 2 pk<br>Fresh Fruit 1 ea<br>Punch 1 ea                                               | Tossed Green Salad 3/4 cp<br>Salad Dressing 1 ea<br>Chili Beans 6 oz<br>Flour Tortillas 2 ea<br>Cheese 1 oz<br>Spanish Rice 6 oz<br>Mexican Corn 4 oz<br>Salsa 2 oz<br>Cake w/ Icing 1 pc<br>Beverage 8 oz                |
|                                  |                                                                                                                                                                                                     | Cheese 2 ea                                                                                                                                                                           | Halal Chicken Patty 1 ea<br>Vegetarian Beans 6 oz                                                                                                                                                                         |
| <b>NOV 15 2011</b><br><b>TUE</b> | Fruit Juice 8 oz<br>Hot Cereal 6 oz<br>Creamed Beef 6 oz<br>Biscuit 2 ea<br>Hash Brown Potatoes (Dahy) 4 oz<br>Non-Fat Milk, 1/2-Pint 1 ea<br>Coffee 8 oz                                           | Peanut Butter 1 ea<br>Jelly 1 ea<br>Wheat Bread 4 sl<br>Chips 1 ea<br>Cookies 1 pk<br>Fresh Fruit 1 ea<br>Punch 1 ea                                                                  | Cottage Cheese w/ Fruit 4 oz<br>Sloppy Joe 6 oz<br>Hamburger Bun 1 ea<br>Baked Beans 6 oz<br>Vegetable of the Day 4 oz<br>Pudding 4 oz<br>Beverage 8 oz                                                                   |
|                                  |                                                                                                                                                                                                     |                                                                                                                                                                                       | Halal Beef Patty 1 ea<br>Vegetarian Baked Beans 6 oz                                                                                                                                                                      |
| <b>NOV 16 2011</b><br><b>WED</b> | Fruit Juice 8 oz<br>Hot Cereal 6 oz<br>Scrambled Eggs 4 oz<br>Pinto Beans 6 oz<br>Flour Tortillas 2 ea<br>Salsa 2 oz<br>Non-Fat Milk, 1/2-Pint 1 ea<br>Coffee 8 oz                                  | Lunch Meat w/ Cheese 2 oz<br>Wheat Bread 4 sl<br>Mustard 2 ea<br>Peanut Butter Crackers 1 pk<br>Graham Crackers 2 ea<br>Fresh Fruit 1 ea<br>Punch 1 ea                                | Tossed Green Salad 3/4 cp<br>Salad Dressing 1 ea<br>Baked Chicken 1 pc<br>Blackeyed Peas 6 oz<br>Vegetable of the Day 4 oz<br>Dinner Roll 1 ea<br>Cake w/ Icing 1 ea<br>Beverage 8 oz                                     |
|                                  |                                                                                                                                                                                                     | Cheese 2 ea                                                                                                                                                                           | Halal Baked Chicken 1 pc<br>Vegetarian Rice/Cheese 4 oz                                                                                                                                                                   |
| <b>NOV 17 2011</b><br><b>THU</b> | Fresh Fruit 1 ea<br>Cold Cereal 6 oz<br>Breakfast Packet (V) 1 ea<br>Taco Sauce 2 ea<br>Non-Fat Milk, 1/2-Pint 1 ea<br>Coffee 8 oz                                                                  | Lunch Meat w/ Cheese 2 oz<br>Hoagie Roll 1 ea<br>Mustard 2 ea<br>Mayonnaise 1 ea<br>Relish 1 ea<br>Cookies 1 pk<br>Fresh Fruit 1 ea<br>Punch 1 ea                                     | Tossed Green Salad 3/4 cp<br>Salad Dressing 1 ea<br>Bean & Cheese Burrito 2 ea<br>Spanish Rice 6 oz<br>Vegetable of the Day 4 oz<br>Salsa 2 oz<br>Brownie 1 pc<br>Beverage 8 oz                                           |
|                                  |                                                                                                                                                                                                     | Cheese 2 ea                                                                                                                                                                           |                                                                                                                                                                                                                           |
| <b>NOV 18 2011</b><br><b>FRI</b> | Canned Fruit 4 oz<br>Hot Cereal 6 oz<br>Breakfast Pastry 1 ea<br>Sausage Patty 2 oz<br>Non-Fat Milk, 1/2-Pint 1 ea<br>Coffee 8 oz                                                                   | Peanut Butter 1 ea<br>Jelly 1 ea<br>Wheat Bread 4 sl<br>Snack Pack 1 ea<br>Graham Crackers 2 ea<br>Fresh Fruit 1 ea<br>Punch 1 ea                                                     | Coleslaw Salad 4 oz<br>Breaded Fish 4 oz<br>Tartar Sauce 2 oz<br>Steamed Rice 6 oz<br>Wheat Bread 2 ea<br>Vegetable of the Day 4 oz<br>Jello 4 oz<br>Beverage 8 oz                                                        |
|                                  |                                                                                                                                                                                                     | Peanut Butter 2 oz                                                                                                                                                                    | Baked Beans 6 oz                                                                                                                                                                                                          |
| <b>NOV 19 2011</b><br><b>SAT</b> | Fresh Fruit 4 oz<br>Hot Cereal 6 oz<br>Turkey Ham 2 oz<br>Waffles 3 ea<br>Syrup 2 ea<br>Margarine 2 ea<br>Non-Fat Milk, 1/2-Pint 1 ea<br>Coffee 8 oz                                                | Tuna 2 oz<br>Wheat Bread 4 sl<br>Mayonnaise 1 ea<br>Mustard 1 ea<br>Relish 1 ea<br>Cookies 1 pk<br>Peanut Butter Crackers 1 ea<br>Fresh Fruit 1 ea<br>Celery Stick 1 ea<br>Punch 1 ea | Grilled Beef Patty 4 oz<br>Hamburger Bun 1 ea<br>Cheese 1 sl<br>Lettuce, Tomato, Onion & Pickle 1 cp<br>Vegetable of the Day 4 oz<br>Potato Wedges 4 oz<br>Ketchup / Mustard 2 ea<br>Fruit Turnover 1 ea<br>Beverage 8 oz |
|                                  |                                                                                                                                                                                                     | Peanut Butter (2 oz) 1 ea                                                                                                                                                             | Halal Beef Patty 1 ea<br>Vegetarian Potatoes/Cheese 4 oz                                                                                                                                                                  |
| <b>NOV 20 2011</b><br><b>SUN</b> | Fruit Juice 8 oz<br>Hot Cereal 6 oz<br>Fried Eggs 2 ea<br>Sausage Links 2 oz<br>Fried Potatoes (F) 4 oz<br>Toast 2 ea<br>Margarine 2 ea<br>Jelly 1 ea<br>Non-Fat Milk, 1/2-Pint 1 ea<br>Coffee 8 oz | Lunch Meat w/ Cheese 1 ea<br>Wheat Bread 4 sl<br>Mustard 2 ea<br>Carrot Sticks 1 ea<br>Fresh Fruit 1 ea<br>Cookies 1 pk<br>Pretzels 1 pk<br>Punch 1 ea                                | Three Bean Salad 4 oz<br>Roast Beef 4 oz<br>Mashed Potatoes 6 oz<br>Gravy 2 oz<br>Deli Roll 1 ea<br>Vegetable of the Day 4 oz<br>Ice Cream 1 ea<br>Beverage 8 oz                                                          |
|                                  |                                                                                                                                                                                                     | Peanut Butter & Jelly 1 ea                                                                                                                                                            | Halal Turkey Franks w/ Buns 2 ea<br>Vegetarian Beans 6 oz                                                                                                                                                                 |

Menu is Subject to Change Without Notice

Shaded items denote Religious Substitutions. Use in place of meat items when inmate presents a valid MCSP Religious Dietary Card.