

Revised October 2013

*Shane Phillips*  
Department of Corrections Approval  
Shane Phillips, Operations Manager

*Kathleen L. Fuhman*  
Kathleen L. Fuhman, MS, RD, LD #ND-234  
Public Health Nutrition Program Manager

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
1 or scrambled eggs (E) 1 c grits N c lyonnaise potatoes 2 ea biscuits 4 oz fruit juice 1 c coffee 1 c breakfast beverage N or jelly # 60 scp 2 ea sugar pk N or margarine #60 scp No Alternate Entree	1 c oatmeal 2 ea pancakes (E) 4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 or syrup 2 ea sugar pk N or margarine #60 scp No Alternate Entree	2 or breakfast sausage pty (E) 1 c grits N c hashbrown potatoes 2 ea biscuits or bread 4 oz fruit juice 1 c coffee 1 c breakfast beverage N or jelly # 60 scp 2 ea sugar pk N or margarine #60 scp 2 or cheese (AE)	1 c oatmeal 2 ea coffee cake (E) 4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 ea sugar pk N or margarine #60 scp No Alternate Entree	1 c breakfast meat gravy (E) 1 c grits N c lyonnaise potatoes 2 ea biscuits 4 oz fruit juice 1 c coffee 1 c breakfast beverage N or jelly # 60 scp 2 ea sugar pk N or margarine #60 scp 2 or cheese (AE)	2 or breakfast sausage pty (E) 1 c grits N c hashbrown potatoes 2 ea biscuits or bread 4 oz fruit juice 1 c coffee 1 c breakfast beverage 1 T jelly 2 ea sugar pk N or margarine #60 scp 2 or cheese (AE)	1 c oatmeal 2 ea coffee cake (E) 4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 ea sugar pk N or margarine #60 scp No Alternate Entree
<b>LUNCH</b>						
N c pork meat (E) N c rice N c dried beans N c vegetable salad 2 ea bread N or dressing 1 or shredded cheese (FSS) 1 c fortified tea 1 c dried beans(AE)	4 or zesty patty (E) N c potato salad N c stewed tomatoes N c carrot stew 2 ea bread 1 ea cake w/ icing 1 ea mustard 1 ea ketchup 1 c fortified tea 1 c dried beans (AE)	2 c meaty Spanish rice (E) N c green beans N c vegetable salad 2 ea bread or 1 ea pan biscuit 1 ea cookie N or dressing 1 c fortified tea 1 c dried beans (AE) N c rice	N c sloppy joe (E) N c oven stripped potatoes N c dried beans N c squash w/onions 2 ea bread 1 ea cookie 1 c fortified tea 1 c dried beans(AE)	1 c yellow cake (E) N c dried beans N c coleslaw 2 ea bread or 1 ea pan biscuit 1 ea cookie 1 c fortified tea 1 c dried beans (AE) N c spaghetti	1 c cheesy meat casserole (E) N c greens N c vegetable salad 2 ea bread or 1 ea pan biscuit N c pudding N or dressing 1 c fortified tea 1 c dried beans(AE) N c macaroni	N c southern BBQ (E) N c pasta salad N c carrots N c vegetable salad 2 ea bread N or dressing 1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>						
2 or turkey ham N c cheesy grits N c vegetable blend N c vegetable salad 2 ea bread or 1 ea pan biscuit N or dressing N or margarine #100 scp 1 c fortified beverage 1 c dried beans (AE)	2 ea poultry hot dogs N c ovenbrowned potatoes N c baked beans N c coleslaw 2 ea bread 1 ea brownie 2 ea mustard 2 ea ketchup N or margarine #100 scp 1 c fortified beverage 1 c dried beans (AE)	1 ea baked chicken N N c rice N c carrots 2 ea bread N c pudding N or margarine #100 scp 1 c fortified beverage 4 or LS peanut butter	4 or country patty N c rice N c vegetable blend N c carrot coins 2 ea bread 1 ea cake w/ icing N or LF gravy N or margarine #100 scp 1 c fortified beverage 1 c dried beans (AE)	2 ea chili dogs N c rice N c mixed vegetables N c vegetable salad 2 ea bread N c bread pudding N or dressing N or margarine #100 scp 1 c fortified beverage 1 c dried beans (AE)	3 or smoked turkey sausage N c ovenbrowned potatoes N c vegetable blend N c coleslaw 2 ea bread N c canned fruit 2 ea mustard 1 c fortified beverage 4 or LS peanut butter (FSS)	1 c Texas hash N c corn N c cabbage 2 ea bread or 1 ea pan biscuit N or margarine #100 scp 1 c fortified beverage 1 c dried beans (AE)

(E) - Denotes Entree  
(AE) - Denotes Alternate Entree  
(AE) do not receive:  
gravy  
mustard or catsup  
shredded cheese at lunch  
\* Salt/Pepper shall be offered

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

*Kathleen L. Fuhman*  
Food Service Director

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

Revised October 2013

*Shane Phillips*  
Department of Corrections Approval  
Shane Phillips, Operations Manager

*Kathleen L. Fuhman*  
Kathleen L. Fuhman, MS, RD, LD #ND-234  
Public Health Nutrition Program Manager

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
1 or scrambled eggs (E) 1 c grits N c lyonnaise potatoes 2 ea biscuits 4 oz fruit juice 1 c coffee 1 c breakfast beverage N or jelly # 60 scp 2 ea sugar pk N or margarine #60 scp No Alternate Entree	1 c oatmeal 2 ea pancakes (E) 4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 or syrup 2 ea sugar pk N or margarine #60 scp No Alternate Entree	2 or breakfast sausage pty (E) 1 c grits N c hashbrown potatoes 2 ea biscuits or bread 4 oz fruit juice 1 c coffee 1 c breakfast beverage N or jelly # 60 scp 2 ea sugar pk N or margarine #60 scp 2 or cheese (AE)	1 c oatmeal 2 ea coffee cake (E) 4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 ea sugar pk N or margarine #60 scp No Alternate Entree	1 c breakfast meat gravy (E) 1 c grits N c lyonnaise potatoes 2 ea biscuits 4 oz fruit juice 1 c coffee 1 c breakfast beverage N or jelly # 60 scp 2 ea sugar pk N or margarine #60 scp 2 or cheese (AE)	2 or breakfast sausage pty (E) 1 c grits N c hashbrown potatoes 2 ea biscuits or bread 4 oz fruit juice 1 c coffee 1 c breakfast beverage 1 T jelly 2 ea sugar pk N or margarine #60 scp 2 or cheese (AE)	1 c oatmeal 2 ea coffee cake (E) 4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 ea sugar pk N or margarine #60 scp No Alternate Entree
<b>LUNCH</b>						
1 c cabbage roll casserole (E) N c dried beans N c vegetable salad 1 ea cornbread N or dressing 1 c fortified tea 1 c dried beans (AE) N c rice	N c southern BBQ (E) N c parsley potatoes N c squash w/onions N c cole slaw 2 ea bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 c chili mac (E) N c dried beans N c vegetable blend 2 ea bread 1 ea cake w/ icing 1 c fortified tea 1 c dried beans (AE) N c macaroni	4 or zesty patty (E) N c ovenbrowned potatoes N c dried beans N c mixed vegetables N c carrot slaw 2 ea bread 1 ea cookie 1 ea mustard 1 ea ketchup 1 c fortified tea 1 c dried beans (AE)	1 c yellow cake (E) N c dried beans N c mixed vegetables N c coleslaw 2 ea bread or 1 ea pan biscuit N c pudding 1 c fortified tea 1 c dried beans (AE) N c spaghetti	1 c meaty Spanish rice (E) N c dried beans N c vegetable salad 2 ea bread or 1 ea pan biscuit 1 ea cookie 1 c fortified tea 1 c dried beans (AE) N c rice	N c sloppy joe (E) N c ovenbrowned potatoes N c carrots N c squash w/onions 2 ea bread N or dressing 1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>						
4 or Salisbury patty N c mashed potatoes N c broccoli N c coleslaw 2 ea bread or 1 ea pan biscuit 2 or gravy N or margarine #100 scp 1 c fortified beverage 1 c dried beans (AE)	1 c country meat gravy N c rice N c cabbage N c vegetable salad 2 ea bread or 1 ea pan biscuit 1 ea brownie N or dressing N or margarine #100 scp 1 c fortified beverage 1 c dried beans (AE)	1 ea baked chicken N N c rotini N c dried beans N c carrots 2 ea bread N c pudding N or margarine #100 scp 1 c fortified beverage 4 or LS peanut butter	1 ea tomato pizza N c rice N c dried beans N c vegetable salad 1 ea banana N or dressing 1 c fortified beverage 1 c dried beans (AE)	4 or southwestern patty N c rice N c greens N c vegetable salad 2 ea bread 2 ea cake w/ icing 2 or gravy N or margarine #100 scp 1 c fortified beverage 1 c dried beans (AE)	2 ea poultry hot dogs N c cheesy rotini N c dried beans N c coleslaw 2 ea bread 2 ea bread pudding 2 ea ketchup N or margarine #100 scp 1 c fortified beverage 4 or LS peanut butter	N c Italian meat sauce N c rotini N c corn N c vegetable salad 1 ea garlic biscuit N or dressing N or margarine #100 scp 1 c fortified beverage 1 c dried beans (AE)

(E) - Denotes Entree  
(AE) - Denotes Alternate Entree  
(AE) do not receive:  
gravy  
mustard or catsup  
shredded cheese at lunch  
\* Salt/Pepper shall be offered

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

*Kathleen L. Fuhman*  
Food Service Director

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