

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



**Week: 1** **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	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	Grilled T. Bologna	1 ozw	Breakfast Gravy 4/1 (1 oz)~	4 ozw
Hash Brown Potatoes	1 cup	French Toast Bake	1/30 cut	Banana Muffin	1/60 cut	Pancakes (2 fl oz each)	2 each	Cream Gravy	4 fl oz	Bakery Biscuit	1/60 cut
Flour Tortilla (6")	1 each	Syrup	2 fl oz	Whipped Margarine	1/3 ozw	Syrup	2 fl oz	Bakery Biscuit	1/60 cut	Hash Brown w/Peppers & Onions	3/4 cup
Salsa	1 fl oz	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	Whipped Margarine	1/3 ozw	Cottage Fries	3/4 cup	1% Milk (Half Pint)	1 each
1% Milk (Half Pint)	1 each	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	1 packet	Coffee	1 cup	Coffee	1 cup	Sugar Sub	1 packet
Sugar Sub	1 packet			Sugar Sub	2 packet	Sugar Sub	2 packet	Sugar Sub	1 packet	Sugar Sub	1 packet

**Meal Name: Lunch**

Meatballs (1/2 oz each)	6 each	Sloppy Joe Filling (2oz)~	4 ozw	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 ham)	8 ozw
Italian Tomato Sauce	3 fl oz	Enriched Bread	2 slice	Enriched Bread	2 slice	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 Coleslaw	1/2 cup	AUGRAIN Potatoes	1 cup	Cheese Sauce	1 fl oz	Salsa	1 fl oz	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Coleslaw Vinaigrette	1/2 cup
Carrots LF	1/2 cup	Parley Potatoes LF	1 cup	Irish Blend Vegetables	1/2 cup	Chopped Onion	1 fl oz	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	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Flour Tortilla (6")	2 each	Fresh Baked Wheat Roll	2 ozw	Whipped Margarine	1/3 ozw
French Dressing LF	1/2 cup	Lemon Cake	1/60 cut	French Dressing LF	1/2 fl oz	Ranch Salad Dressing	1/2 cup	Refried Pinto Beans LF	1/2 cup	Fruit or Juice (1/2 cup equivalent)	1 portion	Fruit or Juice (1/2 cup equivalent)	1 portion
Enriched Bread	2 slice	Orange Fruit Drink w/ Vitamin C	1 cup	Blueberry Sugar Cookie (1.5 oz)	1 each	Southern Cornbread	1/60 cut	Spice Cake	1/60 cut	Cherry Fruit Drink w/ Vitamin C	1 cup	Grape 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 (1.5 oz)	1 each	Fresh Baked Lemon Cookie (1.5 oz)	1 each						
				Grape Fruit Drink w/ Vitamin C	1 cup	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	Rotini with Italian Sauce (2 oz)~	8 ozw	T. Hot Dogs (1.5 oz each)	2 each	Asian Fried Rice 8/2 (2 oz)~	8 ozw
Cheesy Grits	1 cup	Pinto Beans LF	3/4 cup	Sauteed Onions	1 ozw	BBQ Sauce	1/2 fl oz	Green Beans LF	1/2 cup	Coney Sauce	1/2 cup	BBQ Black Beans	1/2 cup
Bakery Biscuit	1/60 cut	Corn LF	1/2 cup	Cottage Fries	1 cup	Macaroni & Cheese	3/4 cup	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Mixed Vegetables	1/2 cup	Carrots LF	1/2 cup
Breakfast Gravy 4/1 (1 oz)~	4 ozw	Enriched Bread	2 slice	Green Beans	1/2 cup	Cabbage LF	1/2 cup	French Dressing LF	1/2 fl oz	Ziti w/ Tomato Sauce	3/4 cup	Southern Cornbread	1/60 cut
Coffeecake	1/60 cut	Ketchup	1/2 fl oz	Creamy Coleslaw	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	Fresh Baked Oatmeal Cookie (1.5 oz)	1 each	Enriched Bread	2 slice	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Fresh Baked Sugar Cookie (1.5 oz)	1 each	Peanut Butter Brownie	1/60 cut
Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Lead Tea	1 cup	Peanut Butter Brownie	1/60 cut	Fresh Baked Oatmeal Cookie (1.5 oz)	1 each	Chocolate Oatmeal Cookie (1.5 oz)	1 each	Fresh Baked Sugar Cookie (1.5 oz)	1 each	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	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 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. Initiation 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-A-LD-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:** \_\_\_\_\_ **DOC Director of Food Service:** \_\_\_\_\_ **Date:** 4.1.21

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



Week: **2**  
**MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

**Meal Name: Breakfast**

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	Breakfast Sausage (1 ozw each)	1 patty	Scrambled Eggs	3 ozw	Scrambled Eggs	3 ozw	Creamy Country Gravy (1 oz)~	4 ozw	Breakfast Sausage (1 ozw each)	1 patty
French Toast Bake	1/30 cut	Coffeecake	1/60 cut	Pancakes (2 fl oz each)	2 each	Blueberry Muffin	1/60 cut	Bakery Biscuit	1/60 cut	Bakery Biscuit	1/60 cut	Coffeecake	1/60 cut
Syrup	2 fl oz	Whipped Margarine	1/3 ozw	Syrup	2 fl oz	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Hash Brown Potatoes	3/4 cup	Collage Fries LF	3/4 cup
1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	Whipped Margarine	1/3 ozw	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 each	Coffee	1 cup	Coffee	1 cup	Coffee	1 cup	Coffee	1 cup
Sugar Sub	2 packet	Sugar Sub	1 packet	Sugar Sub	1 cup	Sugar Sub	2 packet	Sugar Sub	1 packet	Sugar Sub	2 packet	Sugar Sub	1 packet

**Meal Name: Lunch**

Roast Turkey	3 ozw	Chili w/ Beans (2oz)~	8 ozw	Stippy Giuseppe (2 oz)~	4 ozw	Rollini with Italian Sauce (2 oz)~	8 ozw	T. Ham Salad (4 oz T.Ham)	5 ozw	Meatballs (1/2 oz each)	6 each	T. Ham	3 ozw
Mashed Potatoes LF	1 cup	Rotini	1 cup	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Green Beans LF	1/2 cup	Sliced Cheese	1/2 ozw	Gravy LF/LS	2 fl oz	Mashed Potatoes LF	1 cup
Gravy LS	3 fl oz	Carrots LF	1/2 cup	Italian Dressing	1/2 fl oz	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Shredded Lettuce	1/2 cup	Lyonnaise Potatoes LF	3/4 cup	Gravy LS	3 fl oz
Green Beans LF	1/2 cup	Southern Cornbread	1/60 cut	Collage Fries LF	1 cup	Ranch Salad Dressing	1/2 fl oz	Oven Browned Potatoes	1 cup	Kelle Blend Mixed Vegetables LF	1/2 cup	Irish Blend Vegetables LF	1/2 cup
Enriched Bread	2 slice	Peanut Butter Brownie	1/60 cut	Enriched Bread	2 slice	Fresh Baked Wheat Roll	2 ozw	Enriched Bread	2 slice	Enriched Bread	2 slice	Fresh Baked Wheat Roll	2 ozw
Fruit or Juice (1/2 cup equivalent)	1 portion	Whipped Margarine	1/3 ozw	Lemon Cake	1/60 cut	Whipped Margarine	1/3 ozw	Fresh Baked Oatmeal Spice Cookie (1.5 oz)	1 each	Whipped Margarine	1/3 ozw	Fruit or Juice (1/2 cup equivalent)	1 portion
Cherry Fruit Drink w/ Vitamin C	1 cup	Grape Fruit Drink w/ Vitamin C	1 cup	Orange Fruit Drink w/ Vitamin C	1 cup	Peanut Butter Brownie	1/60 cut	Grape Fruit Drink w/ Vitamin C	1 cup	Fruit or Juice (1/2 cup equivalent)	1 portion	Whipped Margarine	1/3 ozw
				Cherry 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**

Macaroni & Cheese Casserole 8/2 (2 oz)~	8 ozw	Country Patty (3 ozw each)	1 each	Crispy Chicken Patty (3 ozw each)	1 patty	Salisbury Steak (3 ozw each)	1 patty	T. Hot Dogs (1.5 oz each)	2 each	Charbroiled Patty (3 ozw)	1 patty	Taco Filling (2 oz)~	4 ozw
Irish Blend Vegetables LF	1/2 cup	Gravy	3 fl oz	Mayo-Type Dressing	1/2 fl oz	Gravy	3 fl oz	Blackeyed Peas	1 cup	Ketchup	1/2 fl oz	Cheese Sauce	1 fl oz
Black Beans LF	1/2 cup	Lyonnaise Potatoes LF	1 cup	Mac & Cheese LF	1 cup	Mashed Potatoes	1 cup	Irish Blend Vegetables LF	1/2 cup	Rotini	1/2 cup	Salsa	1 fl oz
Fresh Baked Wheat Roll	2 ozw	Peas LF	1/2 cup	Carrots LF	1/2 cup	Black Beans LF	1/2 cup	Enriched Bread	2 slice	Navy Beans	1/2 cup	Shredded Lettuce	1/4 cup
Whipped Margarine	1/3 ozw	Enriched Bread	2 slice	Enriched Bread	2 slice	Enriched Bread	2 slice	Mustard & Ketchup (1/2 oz each)	1 serving	Tossed Salad w/ Cabbage & Carrots	1/2 cup	Torilla Chips	1 ozw
Fresh Baked Oatmeal Spice Cookie (1.5 oz)	1 each	Whipped Margarine	1/3 ozw	Blueberry Sugar Cookie (1.5 oz)	1 each	Fresh Baked Sugar Cookie (1.5 oz) each	2 slice	Spice Cake	1/60 cut	Italian Dressing	1/2 fl oz	Spanish Rice	1 cup
Iced Tea	1 cup	Vanilla Pudding	1/2 cup	Iced Tea	1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Iced Tea	1 cup	Enriched Bread	2 slice	Refried Pinto Beans	1/2 cup
		Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup							Fresh Baked Lemon Cookie (1.5 oz)	1 each	Blueberry & Whole Grain Oat Bar	1/60 cut
										Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium	1 cup	Iced Tea	1 cup


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**FLM QUARTERLY MENU REVIEW (Initial/date)** Q1 \_\_\_\_\_ Q2 \_\_\_\_\_ Q3 \_\_\_\_\_ Q4 \_\_\_\_\_

In accordance with ACA Standard (ref. 4-4-LDF-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:  Date: 4.1.21

TDOC Director of Food Service:  Date: \_\_\_\_\_

Tennessee DOC DeBerry  
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Week: 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meal Name: Breakfast	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cheesy Grits	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
Collage Fries LF	1 cup	Banana Muffin 1/60 cut	French Toast Bake 1/30 cut	Blueberry Muffin 1/60 cut	Pancakes (2 fl oz each) 2 each	Bakery Biscuit 1/60 cut	Cream Gravy 4 fl oz
Flour Tortilla (6")	1 each	Whipped Margarine 1/3 ozw	Syrup 2 fl oz	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	1% Milk (Half Pint) 1 each	Whipped Margarine 1/3 ozw	1% Milk (Half Pint) 1 each	Collage Fries 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 2 packet	Sugar Sub 1 packet	Sugar Sub 2 packet	Coffee 1 cup	Sugar Sub 2 packet	Coffee 1 cup
Sugar Sub	1 packet				Sugar Sub 1 cup		Sugar Sub 1 cup



Meal Name: Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Meatloaf (3 ozw each)	1 patty	AuGratin Potato Casserole (2 oz)~ 8 ozw	T. Bologna 2 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	Navy Beans LF 1/2 cup	Sliced Cheese 1/2 ozw	Italian Tomato Sauce 3 fl oz	Parley Potatoes LF 3/4 cup	Irish Blend Vegetables LF 1/2 cup	Sauteed Onions 1 ozw
Mashed Potatoes LF	3/4 cup	Peas LF 1/2 cup	Baked Beans 1 cup	Ziti 1 cup	Green Beans LF 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Lyonnaise Potatoes LF 3/4 cup
Kettle Blend Mixed Vegetables LF	1/2 cup	Southern Cornbread 1/60 cut	Creamy Coleslaw 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Enriched Bread 2 slice	French Dressing LF 1/2 fl oz	Cabbage LF 1/2 cup
Southern Cornbread	1/60 cut	Whipped Margarine 1/3 ozw	Mustard 1/3 fl oz	Ranch Salad Dressing 1/2 fl oz	Fresh Seasonal Fruit 1 each	Fresh Baked Wheat Roll 2 ozw	Mustard 1/2 fl oz
Whipped Margarine	1/3 ozw	Spice Cake 1/60 cut	Enriched Bread 2 slice	Fresh Baked Wheat Roll 1/3 fl oz	Chocolate Cake 1/60 cut	Fruit or Juice (1/2 cup equivalent) 1 portion	Enriched Bread 2 slice
Chocolate Cake	1/60 cut	Cherry Fruit Drink w/ Vitamin C 1 cup	Peanut Butter Brownie 1/60 cut	Cherry Cookie (1.5 oz) 1 each	Cherry Fruit Drink w/ Vitamin C 1 cup	Grape Fruit Drink w/ Vitamin C 1 cup	Fruit or Juice (1/2 cup equivalent) 1 portion
Orange Fruit Drink w/ Vitamin C	1 cup		Grape Fruit Drink w/ Vitamin C 1 cup	Orange Fruit Drink w/ Vitamin C 1 cup			Orange Fruit Drink w/ Vitamin C 1 cup

Meal Name: Dinner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Scrambled Eggs	3 ozw	Crispy Chicken Patty (3 ozw each) 1 patty	Glazed BBQ Patty (3 ozw each) 1 patty	Charbroiled Patty (3 ozw) 1 patty	Country Patty (3 ozw each) 1 each	Southwest Burrito Filling (2 oz)~ 8 ozw	Macaroni & Cheese Casserole 8/2 (2 oz)~ 8 ozw
Breakfast Sausage (1 ozw each)	1 patty	Italian Tomato Sauce 1 fl oz	BBQ Sauce 1 fl oz	Cheese Slice 1/2 ozw	Potato Salad 3/4 cup	Corn LF 1/2 cup	Black Beans LF 1/2 cup
Cheesy Grits	1 1/2 cup	Shredded Cheese 1/2 ozw	Carrots 1/2 cup	Shredded Lettuce 1/2 cup	Baked Beans 1/2 cup	Shredded Cheese 1/2 ozw	Greens 1/2 cup
Cream Gravy	6 fl oz	Paraleil Rollin LF 1 cup	Paprika Potatoes 1/2 cup	Ketchup 1/2 fl oz	Enriched Bread 2 slice	Spanish Rice 1/2 cup	Southern Cornbread 1/60 cut
Bakery Biscuit	1/60 cut	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Enriched Bread 2 slice	Carrots LF 1/2 fl oz	Mustard & Ketchup (1/2 oz each) 1 serving	Flour Tortilla (6") 2 each	Whipped Margarine 1/3 ozw
Whipped Margarine	1/3 ozw	French Dressing LF 1/2 fl oz	Fresh Baked Lemon Cookie (1.5 oz) 1 each	Collage Fries LF 3/4 cup	Chocolate Pudding 1/2 cup	Salsa 1 fl oz	Blueberry Lemon Cookies (1.5 oz) 1 each
Coffecake	1/60 cut	Enriched Bread 2 slice	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Enriched Bread 2 slice	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Peanut Butter 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	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each		Fresh Baked Oatmeal Cookie (1.5 oz) 1 each			
		Iced Tea 1 cup		Iced Tea 1 cup		Iced Tea 1 cup	

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 Reviewed 3/2021 Aramark Dietitian's Signature:  M.S. NAMA, RD, LDH #48433333  
 TDOC Director of Food Service:  Date: 4.1.21

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



Week: **MONDAY** 4

Meal Name: **Breakfast**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	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 3 ozw	Grilled T. Bologna 1 ozw	Scrambled Eggs 3 ozw	Breakfast Sausage (1 ozw each) 1 patty	Breakfast Gray 4/1 (1 oz)- 4 ozw	Breakfast Sausage (1 ozw each) 1 patty
French Toast Bake 1/80 cut	Bakery Biscuit 1/80 cut	Blueberry Muffin 1/80 cut	Bakery Biscuit 1/80 cut	Pancakes (2 fl oz each) 2 each	Bakery Biscuit 1/80 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	Hash Brown Potatoes 3/4 cup	Bakery Biscuit 1/80 cut
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	1% Milk (Half Pint) 1 each	Cottage Fries LF 3/4 cup
Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each	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	Sugar Sub 2 packet	Coffee 1 cup

Meal Name: **Lunch**

Whole Grain T. Sausage & Cheese 1 each	T. Ham 2 ozw	Baked Potato 1 each	Turkey Salad (4 oz diced turkey) 5 ozw	American Goulash 8/2 (2 oz)- 8 ozw	Cheesy Macaroni w/ T. Ham (2 oz 1. Ham) 8 ozw	Glazed BBQ Patty (3 ozw each) 1 patty
Pizza 1 each	Pinto Beans LF 3/4 cup	Chili w/ Beans (2oz)- 8 ozw	BBQ Beans LF/LS 3/4 cup	Kettle Blend Mixed Vegetables 1/2 cup	BBQ Beans LF/LS 1/2 cup	Gravy LF 2 fl oz
Roletti w/ Tomato Sauce 1 cup	Macaroni & Cheese 1 cup	Cheese Sauce 8 ozw	Creamy Colelaw 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Cabbage LF 1/2 cup	Rice O'Brien 1/2 cup
Broccoli LF 1/2 cup	Green Beans LF 1 cup	Chopped Onion 1 fl oz	Enriched Bread 1/2 cup	French Dressing LF 1/2 cup	Fresh Baked Wheat Roll 2 ozw	Tossed Salad w/ Cabbage & Carrots 1/2 cup
Fresh Baked Wheat Roll 2 ozw	Southern Cornbread 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Chocolate Oatmeal Cookie (1.5 ozw) 1 each	Fresh Baked Wheat Roll 2 ozw	Whipped Margarine 1/3 ozw	Italian Dressing 1/2 fl oz
Fresh Baked Lemon Cookie (1.5 oz) 1 each	Whipped Margarine 1/3 ozw	Italian Dressing 1/2 fl oz	Grape Fruit Drink w/ Vitamin C 1 cup	Whipped Margarine 1/3 ozw	Fruit or Juice (1/2 cup equivalent) 1 portion	Enriched Bread 1/2 cup
Grape Fruit Drink w/ Vitamin C 1 cup	Cherry Cookie (1.5 oz) 1 each	Southern Cornbread 1/80 cut	Orange Fruit Drink w/ Vitamin C 1 cup	Fresh Seasonal Fruit 1 each	Cherry Fruit Drink w/ Vitamin C 1 cup	Fruit or Juice (1/2 cup equivalent) 1 portion
	Orange 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
	Oatmeal Cookie Bar 1/80 cut					
	Cherry Fruit Drink w/ Vitamin C 1 cup					

Meal Name: **Dinner**

Crispy Chicken Patty (3 ozw each) 1 patty	Asian Fried Rice 8/2 (2 oz)- 8 ozw	Charbroiled Patty (3 ozw) 1 patty	Southwest Burrito Filling (2 oz)- 8 ozw	Country Patty (3 ozw each) 1 patty	S Salisbury Steak (3 ozw each) 1 patty	AugGratin Potato Casserole (2 oz)- 8 ozw
BBQ Sauce 1 fl oz	Carrots LF 1/2 cup	Sliced Cheese 1/2 ozw	Shredded Cheese 1/2 ozw	Cream Gravy 2 fl oz	Mashed Potatoes 3/4 cup	Cabbage LF 1/2 cup
Creamy Colelaw 1/2 cup	Peas 1/2 cup	Cottage Fries LF 1 cup	Spanish Rice 1 cup	Carrots LF 1/2 cup	Gravy 2 fl oz	Navy Beans 1/2 cup
AugGratin Potatoes LF 1 cup	Enriched Bread 2 slice	Irish Blend Vegetables LF 1/2 cup	Corn LF 1/2 cup	Lyonnaise Potatoes 1 cup	Corn 2 fl oz	Bakery Biscuit 1/80 cut
Enriched Bread 2 slice	Blueberry & Whole Grain Oat Bar 1/80 cut	Enriched Bread 2 slice	Flour Tortilla (6") 2 each	Enriched Bread 2 slice	Southern Cornbread 1/2 cup	Whipped Margarine 1/3 ozw
Fudge Brownie 1/80 cut	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Keitchip 1/2 fl oz	Fresh Baked Sugar Cookie (1.5 oz) 1 each	Chocolate Cake 1/80 cut	Whipped Margarine 1/3 ozw	Blueberry Lemon Cookie (1.5 oz) 1 each
Iced Tea 1 cup	Banana Cake 1/80 cut	Iced Tea 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Iced Tea 1 cup	Peanut Butter Brownie 1/80 cut	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 cooked, 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 textured vegetable protein (25%).

**NUTRITION STATEMENT:** This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRIs 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 services supervisor/ staff to verify adherence to the established daily servings.

Reviewed 3/2021

Aramark Dietitian's Signature:

M.S. ARAMARK NO. LDM 06053375

TDOC Director of Food Services:

Date:

4.1.21