

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

Tennessee DOC  
 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	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	Scrambled Eggs	3 ozw	Breakfast Sausage (1 ozw each)	1 patty
Hash Brown potatoes	1 cup	French Toast Bake	1/30 cut	Banana Muffin	1/60 cut	Whipped Margarine	1/3 ozw	Pancakes (2 fl oz each)	2 each
Flour Tortilla (6")	1 each	Syrup	2 fl oz	Whipped Margarine	1/3 ozw	Whipped Margarine	1/3 ozw	Syrup	2 fl oz
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	Coffee	1 cup	Coffee	1 cup	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	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
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
Ziti LF	3/4 cup	Creamy Coleslaw	1/2 cup	AutGratin Potatoes	1 cup	Cheese Sauce	1 fl oz	Salsa	1 fl oz
Carrots LF	1/2 cup	Parsley Potatoes LF	1 cup	Irish Blend Vegetables	1/2 cup	Chopped Onion	2 tablespoon	Shredded Lettuce	1/2 cup
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
French Dressing LF	1/2 oz	Lemon Cake	1/60 cut	French Dressing LF	1/2 fl oz	French Salad Dressing	1/2 fl oz	Refried Pinto Beans LF	1/2 cup
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
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				


**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	Roast w/ Italian Sauce (2 oz)~	8 ozw
Cheesy Grits	1 cup	Pinto Beans LF	3/4 cup	Sautéed Onions	1 ozw	BBQ Sauce	1/2 fl oz	Green Beans LF	1/2 cup
Bakery Biscuit	1/60 cut	Corn LF	1/2 cup	Collage Fries	1 cup	Maceroni & Cheese	3/4 cup	Tossed Salad w/ Cabbage & Carrots	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
Coffee/Tea	1/60 cut	Ketchup	1/2 fl oz	Creamy Coleslaw	1/2 cup	Southern Cornbread	1/60 cut	Fresh Baked Wheat Roll	2 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
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
				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

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 \*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-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: 

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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	Breakfast Gray/2 (2 oz)~ 8 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 2@) 1/30 cut	Cream Gravy 6 fl oz
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 1 cup	Bakery Biscuit 1/60 cut
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	Fruit or Juice (1/2 cup equivalent) 1 portion	Cottage Fries LF 1 cup
Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each	Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each	Cottage Fries LF 1 cup
Sugar Sub 2 packet	Sugar Sub 1 packet	Coffee 1 cup	Sugar Sub 2 packet	Sugar Sub 1 packet	Coffee 1 cup	Coffeecake 1/60 cut
						Fruit or Juice (1/2 cup equivalent) 1 portion
						Coffee 1 each
						1% Milk (Half Pint) 1 each
						Coffee 1 cup
						Sugar Sub 2 packet
						Coffee 1 each
						1% Milk (Half Pint) 1 each
						Coffee 1 cup
						Sugar Sub 1 packet

**Meal Name: Lunch**

Roast Turkey 3 ozw	Chili w/ Beans (2oz)~ 8 ozw	Sloppy Giuseppe (2 oz)~ 4 ozw	Roast w/ Italian Sauce (2 oz)~ 8 ozw	T. Ham Salad (4 oz T Ham) 5 ozw		
Mashed Potatoes LF 1 cup	Roletti 1 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Green Beans LF 1/2 cup	Sliced Cheese 1/2 ozw		
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		
Green Beans LF 1/2 cup	Southern Cornbread 1/60 cut	Cottage Fries LF 1 cup	French Salad Dressing 1/2 fl oz	Oven Browned Potatoes 1 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		
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 Cookies (1.5 oz) 1 each		
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		


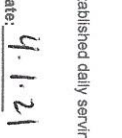
**Meal Name: Dinner**

Macaroni & Cheese Casserole 8/2 (2 oz)~ 8 ozw	Country Patty (3 oz each) 1 each	Crispy Chicken Patty (3 ozw each) 1 patty	Saltisbury 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	Lyontabke Potatoes LF 1 cup	Mac & Cheese LF 1 cup	Mashed Potatoes 1 cup	Fresh Blend Vegetables LF 1/2 cup	Roletti 1 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 cup	Corn LF 1/2 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	Shredded Lettuce 1/4 cup
Fresh Baked Oatmeal Spice Cookies (1.5 oz) 1 each	Whipped Margarine 1/3 ozw	Blueberry Sugar Cookies (1.5 oz) 1 each	Fresh Baked Sugar Cookies (1.5 oz) 1 each	Spice Cake 1/60 cut	Italian Dressing 1/2 fl oz	Tortilla Chips 1 ozw
Iced Tea 1 cup	Vanilla Pudding 1/2 cup	Iced Tea 1 cup	Fresh Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Iced Tea 1 cup	Enriched Bread 2 slice	Spanish Rice 3/4 cup
	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup				Fresh Baked Lemon Cookies (1.5 oz) 1 each	Ruffed Pinto Beans 1 cup
					Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Blueberry & Whole Grain Oat Bar 1/60 cut
						Iced Tea 1 cup

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 TDOC Director of Food Service:  Date: 4.1.21

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 11/1/9, 4/20, 3/21

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Week: 3

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Meal Name: Breakfast	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cheesy Grits	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	Whole Grain Oatmeal w/ Cinnamon 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 (8/2 (2 oz)~) 8 ozw	Grilled T. Bologna 1 ozw
Collage Fries LF	1 cup	French Toast Bake 1/30 cut	Blueberry Muffin 1/60 cut	Pancakes (2 fl oz each) 2 each	Bakery Biscuit (1/60 2@) 1/30 cut	Cream Gravy 6 fl oz
Flour Tortilla (6")	1 each	Syrup 2 fl oz	Whipped Margarine 1/3 ozw	Syrup 2 fl oz	Hash Browns w/Peppers & Onions 1 cup	Bakery Fries 1/60 cut
Salsa	1 fl oz	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	Whipped Margarine 1/3 ozw	Fruit or Juice (1/2 cup equivalent) 1 portion	Collage Fries 1 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 2 packet	Coffee 1 cup	1% Milk (Half Pint) 1 cup	Fruit or Juice (1/2 cup equivalent) 1 portion
Sugar Sub	1 packet			Sugar Sub 1 packet	Sugar Sub 2 packet	Coffee 1 cup

Meal Name: Lunch	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Meatloaf (3 ozw each)	1 patty	AutGratin Potato Casserole (2 oz)~ 8 ozw	T. Bologna 2 ozw	Sliced Cheese 1/2 ozw	Baked Beans 1 cup	Creamy Colelaw 1/2 cup
Gravy LF	3 fl oz	Navy Beans LF 1/2 cup	Baked Beans 1 cup	Mustard 1/3 fl oz	Spice Cake 1/60 cut	Cherry Fruit Drink w/ Vitamin C 1 cup
Mashed Potatoes LF	3/4 cup	Peas LF 1/2 cup	Baked Beans 1 cup	Mustard 1/3 fl oz	Spice Cake 1/60 cut	Cherry Fruit Drink w/ Vitamin C 1 cup
Keftle Blend Mixed Vegetables LF	1/2 cup	Southern Combread 1/60 cut	Mustard 1/3 fl oz	Enriched Bread 2 slice	Peanut Butter Brownie 1/60 cut	Orange Fruit Drink w/ Vitamin C 1 cup
Southern Combread	1/60 cut	Whipped Margarine 1/3 ozw	Mustard 1/3 fl oz	Enriched Bread 2 slice	Peanut Butter Brownie 1/60 cut	Orange Fruit Drink w/ Vitamin C 1 cup
Whipped Margarine	1/3 ozw	Spice Cake 1/60 cut	Enriched Bread 2 slice	Cherry Cookie (1.5 oz) 1 each	Cherry Fruit Drink w/ Vitamin C 1 cup	
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	
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	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	BBQ Sauce 1 fl oz	Carrots 1/2 ozw	Shredded Cheese 1/2 cup
Breakfast Sausage (1 ozw each)	1 patty	Italian Tomato Sauce 1 fl oz	BBQ Sauce 1 fl oz	Carrots 1/2 ozw	Shredded Cheese 1/2 cup	Shredded Cheese 1/2 cup
Cheesy Grits	1 1/2 cup	Shredded Cheese 1/2 ozw	Carrots 1/2 cup	Carrots 1/2 ozw	Shredded Cheese 1/2 cup	Shredded Cheese 1/2 cup
Cream Gravy	6 fl oz	Parried Rolet LF 1 cup	Paprika Potatoes 1 cup	Enriched Bread 2 slice	Collage Fries LF 3/4 cup	Salsa 1 fl oz
Bakery Biscuit	1/60 cut	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Enriched Bread 2 slice	Collage Fries LF 3/4 cup	Salsa 1 fl oz	Peanut Butter Brownie 1/60 cut
Whipped Margarine	1/3 ozw	French Dressing LF 1/2 fl oz	Fresh Baked Lemon Cookie (1.5 oz) 1 each	Enriched Bread 2 slice	Peanut Butter Brownie 1/60 cut	
Coffeecake	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	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	Enriched Bread 2 slice		
		Iced Tea 1 cup	Iced Tea 1 cup	Iced Tea 1 cup		

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

