


Attachment J - FDC Menu

STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
ADULT MASTER MENU  
WEEK 1

FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

MONTH OF  
OPERATION: \_\_\_\_\_

December 4, 2016

  
FL Department of Corrections Approval  
Shane Phillips, Bureau Chief

  
Craig McCormick, MS, RD, LD/N  
Public Health Nutrition Program Manager

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
3 oz eggs (E) 1 c grits ¼ c Lyonnais potatoes 2 ea biscuits or bread  1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	1 c oatmeal 2 ea pancakes (E)  4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	2 oz breakfast sausage pty (E) 1 c grits ¾ c hash brown potatoes 2 ea biscuits or bread  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	1 c oatmeal 2 ea coffee cake (E)  1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz margarine (# 60 disher) No Alternate Entrée	¼ c breakfast meat gravy (E) 1 c grits ¼ c Lyonnais potatoes 2 ea biscuits  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	2 oz breakfast sausage pty (E) 1 c grits ¾ c hash brown potatoes 2 ea biscuits or bread  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	1 c oatmeal 2 ea coffee cake (E)  1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz margarine (# 60 disher) No Alternate Entrée
<b>LUNCH</b>						
½ c torta meat (E) ¼ c rice ¼ c dried beans ½ c marinated vegetable medley 2 ea bread 1 ea cake w/ icing 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified tea 1 c dried beans(AE)	4 oz zesty patty (E) ¼ c rice ½ c stewed tomatoes ½ c carrot slaw 2 ea bread 1 ea cake w/ icing 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	4 oz peanut butter & jelly (E) (#10 scoop) ¼ c dried beans ½ c marinated vegetable medley 2 ea bread ½ c pudding 1 c fortified tea No Alternate Entrée	¼ c sloppy joe (E) ¼ c rice pilaf ¼ c dried beans ¼ c squash 2 ea bread 1 ea cookie 1 c fortified tea 1 c dried beans(AE)	1 c yakisoba (E) ¼ c dried beans ½ c coleslaw 2 ea bread or 1 ea pan biscuit 1 ea cookie 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	1 c cheesy meat casserole (E) ½ c greens ½ c marinated vegetable medley 2 ea bread or 1 ea pan biscuit ½ c pudding 1 c fortified tea 1 c dried beans(AE) ½ c pasta (AE)	½ c southern BBQ (E) ¼ c pasta salad ¼ c dried beans ¼ c carrots ½ c marinated vegetable medley 2 ea bread 1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>						
2 oz turkey ham (E) ¼ c cheesy grits ¼ c baked beans ½ c vegetable blend ½ c marinated vegetable medley 2 ea bread or 1 ea pan biscuit  ½ oz margarine (# 100 disher) 1 c fortified beverage 1 c dried beans (AE)	2 ea poultry hot dogs (E) ¼ c oven browned potatoes ¼ c baked beans ½ c coleslaw 2 ea bread 1 ea brownie 2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea oven fried chicken leg ¼ (E) ¼ c rice ½ c carrots 2 ea bread ½ c bread pudding 1 c fortified beverage 4 oz peanut butter (# 10 disher) (AE)	4 oz country patty (E) ¼ c rice ½ c vegetable blend ½ c carrot coins 2 ea bread 1 ea cake w/ icing ½ oz margarine (# 100 disher) 1 c fortified beverage 1 c dried beans (AE)	1 ea beef patty (E) ¼ c mashed potatoes ¼ c cabbage ½ c marinated vegetable medley 2 ea bread ½ c pudding 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 4 oz peanut butter (# 10 disher) (AE)	3 oz smoked turkey sausage (E) ¼ c oven browned potatoes ½ c vegetable blend ½ c coleslaw 2 ea bread ½ c canned fruit 2 ea mustard (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	2 ea hot dogs (E) w/ 2 oz chili ¼ c rice ½ c mixed vegetables ½ c marinated vegetable medley 2 ea bread 1 c fortified beverage 1 c dried beans (AE)

(E) - Denotes Entree  
(AE) - Denotes Alternate Entree  
(AE) do not receive:  
gravy  
mustard or catsup  
  
+ Salt/Pepper shall be offered

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Food Service Director

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


Attachment J - FDC Menu

STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
ADULT MASTER MENU  
WEEK 2

FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

MONTH OF  
OPERATION: \_\_\_\_\_

December 4, 2016

  
FL Department of Corrections Approval  
Shane Phillips, Bureau Chief

  
Craig McCormick, MS, RD, LD/N  
Public Health Nutrition Program Manager

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
3 oz eggs (E) 1 c grits ¼ c Lyonnais potatoes 2 ea biscuits or bread  1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	1 c oatmeal 2 ea pancakes (E)  4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	2 oz breakfast sausage pty (E) 1 c grits ¼ c hash brown potatoes 2 ea biscuits or bread  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	1 c oatmeal 2 ea coffee cake (E)  1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz margarine (# 60 disher) No Alternate Entrée	¼ c breakfast meat gravy (E) 1 c grits ¼ c Lyonnais potatoes 2 ea biscuits  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	2 oz breakfast sausage pty (E) 1 c grits ¼ c hash brown potatoes 2 ea biscuits or bread  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	1 c oatmeal 2 ea coffee cake (E)  1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz margarine (# 60 disher) No Alternate Entrée
<b>LUNCH</b>						
1 c cabbage roll casserole (E) ¼ c dried beans ½ c marinated vegetable medley 1 ea cornbread  1 c fortified tea 1 c dried beans (AE) ½ c rice (AE)	½ c southern BBQ (E) ¼ c rice pilaf ½ c squash ½ c cole slaw 2 ea bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 c chili mac (E) ¼ c dried beans ½ c marinated vegetable medley 1 ea cornbread  1 ea cake w/ icing 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	4 oz zesty patty (E) ¼ c oven brown potatoes ½ c carrot slaw 2 ea bread  1 ea cookie 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	1 c yakisoba (E)  ½ c mixed vegetables ½ c coleslaw 2 ea bread or 1 ea pan biscuit ½ c pudding 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	2 ea poultry hot dogs (E) ¼ c garlic & herb pasta ¼ c dried beans ½ c coleslaw 2 ea bread 1 ea cookie 2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	½ c sloppy joe (E) ¼ c rice ¼ c dried beans ½ c carrots ½ c squash 2 ea bread  1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>						
4 oz salisbury patty (E) ¼ c mashed potatoes ½ c broccoli ½ c coleslaw 2 ea bread or 1 ea pan biscuit  ½ oz margarine (# 100 disher) 1 c fortified beverage 1 c dried beans (AE)	1 c country meat gravy (E) ¼ c rice ¼ c cabbage ½ c marinated vegetable medley 2 ea bread or 1 ea pan biscuit  1 c fortified beverage 1 c dried beans (AE)	1 ea oven fried chicken leg ¼ (E) ¼ c rotini ¼ c dried beans ¼ c carrots 2 ea bread ½ c pudding 1 c fortified beverage 4 oz peanut butter (# 10 disher) (AE)	1 ea tamale pizza (E) ¼ c rice ¼ c dried beans ½ c marinated vegetable medley ½ c bread pudding 1 c fortified beverage 1 c dried beans (AE)	1 ea beef patty (E) ¼ c rice ¼ c dried beans ½ c carrot coins 2 ea bread ½ c pudding 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 4 oz peanut butter (# 10 disher) (AE)	4 oz southwestern patty (E) ¼ c rice ½ c greens ½ c marinated vegetable medley 2 ea bread 1 ea cake w/ icing 1 c fortified beverage 1 c dried beans (AE)	¼ c Italian meat sauce (E) ¼ c rotini ½ c corn ½ c marinated vegetable medley 1 ea garlic biscuit  1 c fortified beverage 1 c dried beans (AE)

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gravy  
mustard or catsup  
  
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Food Service Director


Attachment J - FDC Menu

STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
ADULT MASTER MENU  
WEEK 3

FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

MONTH OF  
OPERATION: \_\_\_\_\_

December 4, 2016

  
FL Department of Corrections Approval  
Shane Phillips, Bureau Chief

  
Craig McCormick, MS, RD, LD/N  
Public Health Nutrition Program Manager

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
3 oz eggs (E) 1 c grits ¾ c Lyonnais potatoes 2 ea biscuits or bread  1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	1 c oatmeal  2 ea pancakes (E)  4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	2 oz breakfast sausage pty (E) 1 c grits ¾ c hash brown potatoes 2 ea biscuits or bread  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	1 c oatmeal  2 ea coffee cake (E)  1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	¾ c breakfast meat gravy (E) 1 c grits ¾ c Lyonnais potatoes 2 ea biscuits  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	2 oz breakfast sausage pty (E) 1 c grits ¾ c hash brown potatoes 2 ea biscuits or bread  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	1 c oatmeal  2 ea coffee cake (E)  1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée
<b>LUNCH</b>						
½ c torta meat (E) ¾ c rice ½ c marinated vegetable medley 2 ea bread 1 oz shredded cheese (#16) 1 c fortified tea 1 c dried beans (AE)	4 oz peanut butter & jelly (E) (#10 disher) ¾ c dried beans ½ c marinated vegetable medley 2 ea bread 1 ea cookie 1 c fortified tea No Alternate Entrée	1 c western chili (E) ¾ c rice ½ c squash w/ onions ½ c marinated vegetable medley 1 ea cornbread 1 c fortified tea 1 c dried beans (AE)	1 c cabbage roll casserole (E) ¾ c dried beans ½ c carrots ½ c marinated vegetable medley 1 ea cornbread ½ c pudding 1 c fortified tea ½ c rice (AE)	1 c meat fried rice (E) ½ c corn ½ c vegetable blend 1 ea cornbread ½ c pudding 1 c fortified tea ½ c rice (AE)	2 oz turkey ham (E) ¾ c cheesy grits ¾ c dried beans 2 ea bread 1 ea cake w/ icing 1 ea mustard (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	4 oz zesty patty (E) ¾ c fiesta rice ¾ c dried beans ½ c cole slaw 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>						
2 ea poultry hot dogs (E) ¾ c garlic & herb pasta ¾ c baked beans ½ c marinated vegetable medley 2 ea bread  2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	4 oz southwestern patty (E) ¾ c fiesta rice ½ c cole slaw 2 ea bread  1 ea cookie 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea oven fried chicken leg ¼ (E)  ¾ c dried beans ½ c stewed tomatoes ½ c coleslaw 2 ea bread  1 ea cookie 1 c fortified beverage 4 oz peanut butter (# 10 disher) (AE)	2 ea hot dogs (E) w/ 2 oz chili ¾ c rotini ½ c greens 2 ea bread  ½ c canned fruit 1 c fortified beverage 1 c dried beans (AE)	1 ea beef patty (E)  ¾ c garlic & herb pasta ½ c cabbage ½ c green beans 2 ea bread  ½ c bread pudding 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 4 oz peanut butter (# 10 disher) (AE)	3 oz smoked turkey sausage (E) ¾ c fiesta rice ¾ c dried beans ½ c coleslaw 2 ea bread  1 ea cookie 2 ea mustard (pk or tsp) ½ oz margarine (# 100 disher) 1 c fortified beverage 1 c dried beans (AE)	4 oz country patty (E) 1 ea rice pilaf ¾ c carrots ½ c marinated vegetable medley 2 ea bread or  1 ea pan biscuit ½ oz margarine (# 100 disher) 1 c fortified beverage 1 c dried beans (AE)

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gravy  
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Food Service Director


Attachment J - FDC Menu


STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
ADULT MASTER MENU  
WEEK 4

FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

MONTH OF  
OPERATION: \_\_\_\_\_

December 4, 2016

  
FL Department of Corrections Approval  
Shane Phillips, Bureau Chief

  
Craig McCormick, MS, RD, LD/N  
Public Health Nutrition Program Manager

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
3 oz eggs (E) 1 c grits ¾ c Lyonnais potatoes 2 ea biscuits or bread  1 ea fresh fruit 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	1 c oatmeal  2 ea pancakes (E)  4 oz fruit juice 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	2 oz breakfast sausage pty (E) 1 c grits ¾ c hash brown potatoes 2 ea biscuits or bread  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	1 c oatmeal  2 ea coffee cake (E)  1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	¾ c breakfast meat gravy (E) 1 c grits ¾ c Lyonnais potatoes 2 ea biscuits  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	2 oz breakfast sausage pty (E) 1 c grits ¾ c hash brown potatoes 2 ea biscuits or bread  4 oz fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	1 c oatmeal  2 ea coffee cake (E)  1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée
<b>LUNCH</b>						
1 c chili mac (E) ¾ c dried beans ½ c marinated vegetable medley 1 ea cornbread  1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	½ c southern BBQ (E) ¾ c rice ¾ c chili beans ½ c carrot coins 2 ea bread 1 ea cake w/ icing 1 c fortified tea 1 c dried beans (AE)	1 c yakisoba (E)  ½ c vegetable blend ½ c coleslaw 1 ea cornbread 1 ea cookie 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	4 oz country patty (E) ¾ c rice pilaf ¾ c dried beans ½ c carrot coins 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) ¾ c pasta salad ½ c carrots ½ c green beans 2 ea bread ½ c pudding 1 c fortified tea 1 c dried beans (AE)	1 c Tuscan stew (E) ¾ c rice ¾ c dried beans ½ c marinated vegetable medley 2 ea bread or 1 ea pan biscuit 1 ea cake w/ icing 1 c fortified tea 1 c dried beans (AE)	1 c cheesy meat casserole (E)  ½ c green beans ½ c cole slaw 2 ea bread or 1 ea pan biscuit 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)
<b>DINNER</b>						
1 c chili conquistador (E) ¾ c rice ½ c vegetable blend ½ c coleslaw 2 ea bread or 1 ea pan biscuit  1 c fortified beverage 1 c dried beans (AE)	1 c cheesy meat casserole (E)  ½ c greens ½ c squash w/onions 2 ea bread or 1 ea pan biscuit ½ c bread pudding ½ oz margarine (# 100 disher) 1 c fortified beverage 1 c dried beans (AE) ½ c pasta (AE)	1 ea oven fried chicken leg ¼ (E) ¾ c rice ½ c corn ½ c coleslaw 2 ea bread 1 ea cookie 1 c fortified beverage 4 oz peanut butter (# 10 disher) (AE)	¾ c Italian meat sauce (E) ¾ c rotini ½ c vegetable blend ½ c marinated vegetable medley 1 ea garlic biscuit ½ c pudding 1 c fortified beverage 1 c dried beans (AE)	1 ea beef patty (E) ¾ c rice ¾ c dried beans ½ c corn 2 ea bread 1 ea fresh fruit 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 4 oz peanut butter (# 10 disher) (AE)	4 oz salisbury patty (E) ¾ c mashed potatoes ¾ c dried beans ½ c cabbage 2 ea bread or 1 ea pan biscuit 1 ea cookie ½ oz margarine (# 100 disher) 1 c fortified beverage 1 c dried beans (AE)	2 ea poultry hotdogs (E)  ¾ c fiesta rice ¾ c baked beans ½ c marinated vegetable medley 2 ea bread 2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)

(E) - Denotes Entree  
(AE) - Denotes Alternate Entree  
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gravy  
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