

## Shelby County Correctional Facility

### Menu for Weeks 1 and 3

	Breakfast	Lunch	Dinner
Monday	Scrambled Eggs – 2ea Grits – 8oz Biscuit – 1ea Milk – 8oz	Corn Dog Nuggets – 4 oz Pinto Beans – 8 oz Mixed Vegetables – 4 oz Gelatin – 3 oz Vit. C Fortified Drink – 8 oz	Breaded Beef Patty & Gravy Mashed Potatoes – 8 oz Peas & Carrots – 4 oz Cornbread – 2 oz Gelatin – 3 oz Vit. C Fortified Drink – 8 oz
Tuesday	Boiled Egg – 1 ea Sausage Gravy – 3 oz Grits – 6 oz Biscuit – 1 ea Vit. C Fortified Drink – 8 oz	Marzetti – 8 oz Mashed Potatoes – 8 oz New York Toast Gelatin – 3 oz Ice Water – 8 oz	Rib Patty – 4 oz Mashed Potatoes – 8oz Pinto Beans – 4 oz Corn Bread – 2 oz Gelatin – 3 oz Vit. C Fortified Drink – 8 oz
Wednesday	Scrambled Eggs – 3 oz Grits w/ Cheese – 8 oz Biscuit – 1 ea Milk – 8 oz	Meatballs & Gravy – 4 oz Rice – 8 oz Carrots – 4 oz Cornbread – 2 oz Gelatin – 3 oz Ice Water – 8 oz	Chicken Pot Pie – 8 oz Blackeye Peas – 8 oz Green Beans – 4 oz Biscuit – 2 oz Gelatin – 3 oz Vit. C Fortified Drink – 8 oz
Thursday	Scrambled Eggs – 2 ea Grits – 8 oz Biscuit – 1 ea Jelly – 1 ea Vit. C Fortified Drink – 8 oz	Beef Patty & Bun – 6 oz BBQ Beans – 8 oz Coleslaw – 4 oz Cookies – 1 ea Ice Water – 8 oz	Ravioli – 4 oz Mashed Potatoes – 6 oz Mixed Vegetables – 4 oz Roll – 2 oz Gelatin – 3 oz Vit. C Fortified Drink – 8 oz
Friday	Boiled Egg – 1 ea Grits – 8 oz Sausage Gravy – 8 oz Biscuit – 1 ea Milk – 8 oz	Chicken Pasta Salad – 8 oz Three Bean/Green Salad – 6 oz Crackers – 2 ea Pudding – 3 oz Ice Water – 8 oz	Pizza – 5.53 oz Green Salad – 4 oz Dressing Pack – 1 ea Corn – 4 oz Gelatin – 3 oz Vit. C Fortified Drink – 8 oz
Saturday	Scrambled Eggs – 2 ea Grits – 8 oz Biscuit – 1 ea Vit. C Fortified Drink – 8 oz	Chicken Broccoli Rice – 8 oz Baked Potato Half – 4 oz Cornbread – 4 oz Gelatin – 3 oz Ice Water – 8 oz	Chicken & Noodles – 8 oz Pinto Beans – 6 oz Cornbread – 2 oz Gelatin – 3 oz Vit. C Fortified Drink – 8 oz
Sunday	Scrambled Eggs – 2 ea Biscuit – 1 ea Grits – 8 oz Vit. C Fortified Drink – 8 oz	Ham & Potatoes w/Cheese-8oz Baby Lima Beans – 8 oz Cornbread – 2 oz Gelatin – 3 oz Ice Water – 8 oz	Spaghetti – 8 oz Whole Kernel Corn Cornbread – 2 oz Gelatin – 3 oz Vit. C Fortified Drink – 8 oz