

Shelby County Correctional Facility

Menu for Weeks 2 and 4

	Breakfast	Lunch	Dinner
Monday	Scrambled Eggs – 2ea Grits – 8oz Biscuit – 1ea Milk – 8oz	Hot Pocket – 4oz Lima Beans – 8oz Hominy – 4oz Gelatin – 3oz Ice Water – 8oz	Marzetti – 8oz Mixed Vegetables – 6oz Cornbread – 2oz Gelatin – 3oz Vit. C Fortified Drink – 8oz
Tuesday	Boiled Egg – 1ea Sausage Gravy – 3oz Biscuit – 1ea Grits – 8oz Vit. C Fortified Drink – 8oz	Beefaroom and Rice - 8 oz Great Northern Beans Cornbread – 2oz Gelatin – 3 oz Ice Water – 8oz	Chicken Patty – 3oz Mashed Pot. & Gravy – 8oz Greens/Chef Salad – 4oz Cornbread – 2oz Gelatin – 3oz Vit. C Fortified Drink – 8oz
Wednesday	Scrambled Eggs – 2ea Grits – 8oz Jelly – 1 ea Biscuit – 1 ea Milk – 8oz	Chili Dogs – 4oz Potato Wedges – 2ea Corn – 4oz Cornbread – 2oz Gelatin – 3oz Ice Water – 8oz	Meatballs & Gravy – 4 oz Rice – 8oz Carrots – 4oz Cornbread – 3oz Gelatin – 3oz Vit. C Fortified Drink – 8oz
Thursday	Scrambled Eggs – 2 ea Cheese Grits – 8oz Biscuit – 1 ea Vit. C Fortified Drink – 8oz	Spanish Rice & Chicken – 8oz Refried Beans – 3oz Corn – 4oz Flour Tortilla – 2 ea Gelatin – 3oz Ice Water – 8oz	Breaded Beef Patty – 4oz Green Beans – 4oz Cornbread – 4oz Gelatin – 3oz Vit. C Fortified Drink – 8oz
Friday	Boiled Egg – 1ea Grits – 8oz Sausage Gravy – 3oz Biscuits – 2ea 1% Milk – 8oz	Pizza – 4oz Corn – 4oz Salad – 6oz Pudding – 3oz Ice Water – 8oz	Chili – 8oz Rice – 8oz Mixed Vegetables – 4oz Crackers – 2ea / 4 pack Gelatin – 4oz Vit. C. Fortified Drink - 8oz
Saturday	Scrambled Eggs – 2ea Grits – 8oz Biscuit – 1ea Vit. C Fortified Drink – 8oz	Chicken & Rice – 8oz Potato Half – 6oz Cornbread – 2oz Gelatin – 3oz Ice Water – 8oz	Ham & Potatoes w/ Cheese - 8oz Pinto Beans – 8oz Cornbread – 2oz Gelatin – 3oz Vit. C Fortified Drink – 8oz
Sunday	Scrambled Eggs – 2ea Grits – 8oz Biscuit – 1ea Vit. C Fortified Drink – 8oz	Sausage & Rice – 4oz Blackeye Peas – 8oz Cornbread – 2oz Gelatin – 3oz Ice Water – 8oz	Spaghetti – 8oz Corn – 4oz Cornbread – 2oz Gelatin – 3oz Vit. C Fortified Drink – 8oz