

**Tennessee DOC**  
**Standardized Heart Healthy Fall/Winter Menu**  
Daily minimum 2500 calories per day



**Week: 1**  
**MONDAY**  
**Meal Name: Breakfast**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

Bran Flakes Cereal 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	Corn 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	Scrambled Eggs 3 ozw	Breakfast Sausage (1 ozw each) 1 patty	Breakfast Gravy 8/2 (2 oz)~ 8 ozw	Grilled T. Bologna 1 ozw
Hash Browns w/Peppers & Onions 1 cup	Bakery Biscuit 1/60 cut	Banana Muffin 1/60 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	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Syrup 2 fl oz	Hash Browns w/Peppers & Onions 1 cup	Bakery Biscuit (1/60 2@) 1/30 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	Fruit or Juice (1/2 cup equivalent) 1 portion	Hash Brown Potatoes 1 cup
1% Milk (Half Pint) 1 each	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	Coffeecake 1/60 cut
Coffee 1 cup	Sugar Sub 2 packet	Sugar Sub 1 packet	Sugar Sub 2 packet	Coffee 1 cup	Coffee 1 cup	Fruit or Juice (1/2 cup equivalent) 1 portion
Sugar Sub 1 packet				Sugar Sub 2 packet	Sugar Sub 1 packet	1% Milk (Half Pint) 1 each
						Coffee 1 cup
						Sugar Sub 1 packet

**Meal Name: Lunch**

Meatballs (1/2 oz each) 6 each	Sloppy Joe Filling (2oz)~ 4 ozw	Oven Fried Breaded Fish Patty (3 ozw) 1 patty	Baked Potato 1 each	Taco Filling (2 oz)~ 4 ozw	
Italian Tomato Sauce 2 fl oz	Enriched Bread 2 slice	Tartar Sauce 1/2 fl oz	Chili w/ Beans (2oz)~ 8 ozw	Cheese Sauce 1 fl oz	
Ziti LF 3/4 cup	Creamy Coleslaw 1/2 cup	Fresh Baked Wheat Roll (2 ozw) 1 each	Cheese Sauce 1 fl oz	Salsa 1 fl oz	
Carrots LF 1/2 cup	Parsley Potatoes 1 cup	AuGratin Potatoes LF 1 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	Irish Blend Vegetables LF 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Flour Tortilla (6") 2 each	
French Dressing LF 1/2 fl oz	Fudge Brownie 1/60 cut	Blueberry Sugar Cookie (1.5 oz) 1 each	Ranch Salad Dressing 1/2 fl oz	Refried Pinto Beans LF 3/4 cup	
Fresh Baked Wheat Roll (2 ozw) 1 each	Orange Fruit Drink w/ Vitamin C 1 cup	Cherry Fruit Drink w/ Vitamin C 1 cup	Sweet Cornbread 1/60 cut	Spice Cake 1/60 cut	
Lemon Cake 1/60 cut			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 each		
			Grape Fruit Drink w/ Vitamin C 1 cup		

**Meal Name: Dinner**

Country Patty (3 ozw each) 1 patty	Scrambled Eggs w/ Onions & Peppers 3 ozw	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	Stroganoff (2oz)~ 8 ozw
Gravy LS 3 fl oz	Corn Grits 1 1/2 cup	Sauteed Onions 1 ozw	BBQ Sauce 1/2 fl oz	Green Beans 1/2 cup	Coney Sauce 1 cup	Rotini LF 1 cup
Pinto Beans LF 3/4 cup	Buttermilk Biscuits (1/60 2@) 1/30 cut	Cottage Fries 1 cup	Macaroni & Cheese 1 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Ziti w/ Tomato Sauce 1 3/4 cup	Carrots LF 1/2 cup
Corn LF 1/2 cup	Breakfast Gravy 4/1 (1 oz)~ 4 ozw	Green Beans 1/2 cup	Cabbage 1/2 cup	French Dressing LF 1/2 fl oz	Kettle Blend Mixed Vegetables 1/2 cup	Buttermilk Biscuit 1/60 cut
Enriched Bread 2 slice	Coffeecake 1/60 cut	Coleslaw Vinaigrette 1/2 cup	Southern Cornbread 1/60 cut	Fresh Baked Wheat Roll (2 ozw) 1 each	Enriched Bread 2 slice	Coleslaw Vinaigrette 1/2 cup
Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Fresh Baked Wheat Roll (2 ozw) 1 each	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Oatmeal Cookie Bar 1/60 cut	Whipped Margarine 1/3 ozw
Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Peanut Butter Brownie 1/60 cut	Fresh Baked Sugar Cookie (1.5 oz) 1 each	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	Iced Tea 1 cup	Peanut Butter Brownie 1/60 cut
Iced Tea 1 cup		Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Iced Tea 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 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 mechanically separated poultry used in accordance with USDA standards.

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**Week: 2**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>Meal Name: Breakfast</b>													
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	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	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	Bran Flakes Cereal 1 1/2 cup	
Scrambled Eggs 3 ozw	Grilled T. Bologna 1 ozw	Scrambled Eggs 3 ozw	Scrambled Eggs 3 ozw	Scrambled Eggs 3 ozw	Scrambled Eggs 3 ozw	Scrambled Eggs 3 ozw	Scrambled Eggs 3 ozw	Breakfast Sausage (1 ozw each) 1 patty	Breakfast Sausage (1 ozw each) 1 patty	Breakfast Gravy 8/2 (2 oz)~ 8 ozw	Breakfast Gravy 8/2 (2 oz)~ 8 ozw	Country Patty (3 ozw each) 1 patty	
French Toast Bake 1/30 cut	Coffeecake 1/60 cut	Bakery Biscuit (1/60 2@) 1/30 cut	Blueberry Muffin 1/60 cut	Pancakes (2 fl oz each) 2 each	Pancakes (2 fl oz each) 2 each	Pancakes (2 fl oz each) 2 each	Pancakes (2 fl oz each) 2 each	Pancakes (2 fl oz each) 2 each	Pancakes (2 fl oz each) 2 each	Bakery Biscuit (1/60 2@) 1/30 cut	Bakery Biscuit (1/60 2@) 1/30 cut	Cream Gravy 6 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	Syrup 2 fl oz	Syrup 2 fl oz	Syrup 2 fl oz	Syrup 2 fl oz	Syrup 2 fl oz	Hash Brown Potatoes 1 cup	Hash Brown Potatoes 1 cup	Bakery Biscuit 1/60 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	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	Fruit or Juice (1/2 cup equivalent) 1 portion	Fruit or Juice (1/2 cup equivalent) 1 portion	Hash Browns w/Peppers & Onions 1 cup	
Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	Coffeecake 1/60 cut	
Sugar Sub 2 packet	Sugar Sub 1 packet	Sugar Sub 1 packet	Sugar Sub 2 packet	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	Fruit or Juice (1/2 cup equivalent) 1 portion	
				Sugar Sub 1 packet	Sugar Sub 1 packet	Sugar Sub 1 packet	Sugar Sub 1 packet	Sugar Sub 1 packet	Sugar Sub 1 packet	Sugar Sub 1 packet	Sugar Sub 1 packet	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	Tangy BBQ Filling (2 oz)- 4 ozw	Rotini with Italian Sauce (2 oz)- 8 ozw	Sloppy Giuseppe (2 oz)- 4 ozw									
Mashed Potatoes 1 cup	Rotini 1 cup	Ranch Pinto Beans 1 cup	Green Beans LF 1/2 cup	Fresh Baked Wheat Roll (2 ozw) 1 each									
Gravy LS 3 fl oz	Carrots LF 1/2 cup	Corn 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup									
Green Beans LF 1/2 cup	Southern Cornbread 1/60 cut	Kettle Blend Mixed Vegetables 1/2 cup	Ranch Salad Dressing 1/2 fl oz	Italian Dressing 1/2 fl oz									
Enriched Bread 2 slice	Peanut Butter Brownie 1/60 cut	Fresh Baked Wheat Roll (2 ozw) 1 each	Fresh Baked Wheat Roll (2 ozw) 1 each	Baked Beans 1 cup									
Fruit or Juice (1/2 cup equivalent) 1 portion	Whipped Margarine 1/3 ozw	Fresh Baked Oatmeal Spice Cookie (1.5 oz) 1 each	Whipped Margarine 1/3 ozw	Fresh Baked Oatmeal Spice Cookie (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									
			Cherry Fruit Drink w/ Vitamin C 1 cup										

**Meal Name: Dinner**

Macaroni & Cheese Casserole 8/2 (2 oz)- 8 ozw	Smoked T. Sausage (3 oz each) 1 each	Crispy Chicken Patty (3 ozw each) 1 patty	Salisbury Steak (3 ozw each) 1 patty	Charbroiled Patty (3 ozw) 1 patty	Meatballs (1/2 oz each) 8 each	Taco Filling (2 oz)- 4 ozw
Irish Blend Vegetables LF 1/2 cup	Mustard 1/2 fl oz	Mayo-Type Dressing 1/2 fl oz	Gravy 3 fl oz	Ketchup 1/2 fl oz	Rotini 1 cup	Cheese Sauce 1 fl oz
Tossed Salad w/ Cabbage & Carrots 1/2 cup	Lyonnais Potatoes 1 cup	Macaroni & Cheese 1 cup	Rice 1 cup	Shredded Lettuce 1/2 cup	Navy Beans LF 1 cup	Salsa 1 fl oz
Ranch Salad Dressing 1/2 fl oz	Peas & Corn LF 1/2 cup	Creamy Coleslaw 1/2 cup	Peas LF 1/2 cup	Greens LF 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Corn LF 1/2 cup
Fresh Baked Wheat Roll (2 ozw) 1 each	Enriched Bread 2 slice	Enriched Bread 2 slice	Southern Cornbread 1/60 cut	Oven Brown Potatoes 1 cup	Italian Dressing 1/2 fl oz	Shredded Lettuce 1/4 cup
Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Blueberry Sugar Cookie (1.5 oz) 1 each	Whipped Margarine 1/3 ozw	Enriched Bread 2 slice	Fresh Baked Wheat Roll (2 ozw) 1 each	Tortilla Chips 1 ozw
Fresh Baked Oatmeal Spice Cookie (1.5 oz) 1 each	Vanilla Pudding 1/2 cup	Iced Tea 1 cup	Fresh Baked Sugar Cookie (1.5 oz) 1 each	Spice Cake 1/60 cut	Whipped Margarine 1/3 ozw	Spanish Rice 3/4 cup
Iced Tea 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	Iced Tea 1 cup	Fresh Baked Lemon Cookie 1 each	Refried Pinto Beans 3/4 cup
					Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Blueberry Oat Square 1/60 1/60 cut
						Iced Tea 1 cup

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**Week: 3**  
**MONDAY**  
**Meal Name: Breakfast**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

Bran Flakes Cereal 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 Gravy 8/2 (2 oz)~ 8 ozw	Grilled T. Bologna 1 ozw
Hash Browns w/Peppers & Onions 1 cup	Buttermilk Biscuits (1/60 2@) 1/30 cut	Banana Muffin 1/60 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	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Syrup 2 fl oz	Hash Browns w/Peppers & Onions 1 cup	Buttermilk Biscuits (1/60 2@) 1/30 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	Fruit or Juice (1/2 cup equivalent) 1 portion	Hash Brown Potatoes 1 cup
1% Milk (Half Pint) 1 each	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	Coffeecake 1/60 cut
Coffee 1 cup	Sugar Sub 2 packet	Sugar Sub 1 packet	Sugar Sub 2 packet	Coffee 1 cup	Coffee 1 cup	Fruit or Juice (1/2 cup equivalent) 1 portion
Sugar Sub 1 packet				Sugar Sub 1 packet	Sugar Sub 2 packet	1% Milk (Half Pint) 1 each
						Coffee 1 cup
						Sugar Sub 1 packet

**Meal Name: Lunch**

Baked Meatloaf (3 ozw each) 1 patty	T. Bologna 2 ozw	Jambalaya Rice 8/2 (2 oz)~ 8 ozw	Meatballs (1/2 oz each) 6 each	Sloppy Joe Filling (2oz)~ 4 ozw		
Gravy LF 3 fl oz	Cheese (0.6 ozw/slice) 1 slice	Green Beans 1/2 cup	Italian Tomato Sauce 3 fl oz	Fresh Baked Wheat Roll (2 ozw) 1 each		
Mashed Potatoes 1 cup	Enriched Bread 2 slice	Broccoli LF 1/2 cup	Ziti 1 cup	Parsley Potatoes LF 3/4 cup		
Kettle Blend Mixed Vegetables LF 1/2 cup	French Fries 1 cup	Coleslaw Vinaigrette 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Peas LF 1/2 cup		
Southern Cornbread 1/60 cut	Navy Beans LF 1 cup	Southern Cornbread 1/60 cut	Ranch Salad Dressing 1/2 fl oz	Fresh Seasonal Fruit 1 each		
Whipped Margarine 1/3 ozw	Mustard 1/2 fl oz	Whipped Margarine 1/3 ozw	Fresh Baked Wheat Roll (2 ozw) 1 each	Chocolate Cake 1/60 cut		
Chocolate Cake 1/60 cut	Peanut Butter Brownie 1/60 cut	Spice Cake 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	Cherry Fruit Drink w/ Vitamin C 1 cup	Grape Fruit Drink w/ Vitamin C 1 cup	Orange Fruit Drink w/ Vitamin C 1 cup			

**Meal Name: Dinner**

Crispy Chicken Patty (3 ozw each) 1 patty	Glazed BBQ Patty (3 ozw each) 1 patty	Scrambled Eggs 3 ozw	Charbroiled Patty (3 ozw) 1 patty	T. Hot Dogs (1.5 oz each) 2 each	Southwest Burrito Filling (2 oz)~ 8 ozw	Macaroni & Cheese Casserole 8/2 (2 oz)~ 8 ozw
Italian Tomato Sauce 1 fl oz	BBQ Sauce 1/2 fl oz	Breakfast Sausage (1 ozw each) 1 patty	Cheese (0.6 ozw/slice) 1 slice	Potato Salad 1/2 cup	Corn LF 1/2 cup	Pinto Beans LF 1 cup
Macaroni & Cheese 1 cup	Rice O'Brien 1 cup	Corn Grits 1 cup	Shredded Lettuce 1/2 cup	Carrots LF 1/2 cup	Spanish Rice 3/4 cup	Greens LF 1/2 cup
Tossed Salad w/ Cabbage & Carrots 1/2 cup	Carrots LF 1/2 cup	Cream Gravy 6 fl oz	Ketchup 1/2 fl oz	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Refried Pinto Beans LF 3/4 cup	Southern Cornbread 1/60 cut
French Dressing LF 1/2 fl oz	Fresh Baked Wheat Roll (2 ozw) 1 each	Bakery Biscuit 1/60 cut	Baked Beans 1 cup	French Dressing LF 1/2 fl oz	Cheese Sauce 1 fl oz	Whipped Margarine 1/3 ozw
Fresh Baked Wheat Roll (2 ozw) 1 each	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	Whipped Margarine 1/3 ozw	Cottage Fries 3/4 cup	Enriched Bread 2 slice	Flour Tortilla (6") 2 each	Fresh Baked Sugar Cookie (1.5 oz) 1 each
Fresh Baked Lemon Cookie 1 each	Iced Tea 1 cup	Coffeecake 1/60 cut	Enriched Bread 2 slice	Mustard & Ketchup (1/2 oz each) 1 serving	Salsa 1 fl oz	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	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	Chocolate Pudding 1/2 cup	Peanut Butter Brownie 1/60 cut	
			Iced Tea 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Iced Tea 1 cup	

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**Week: 4**  
**MONDAY**  
**Meal Name: Breakfast**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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	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 Gravy 8/2 (2 oz)~ 8 ozw	Breakfast Sausage (1 ozw each) 1 patty
French Toast Bake 1/30 cut	Bakery Biscuit 1/60 cut	Blueberry Muffin 1/60 cut	Bakery Biscuit (1/60 2@) 1/30 cut	Pancakes (2 fl oz each) 2 each	Bakery Biscuit (1/60 2@) 1/30 cut	Cream Gravy 6 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 Browns w/Peppers & Onions 1 cup	Bakery Biscuit 1/60 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	Fruit or Juice (1/2 cup equivalent) 1 portion	Hash Brown Potatoes 1 cup
Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	Coffeecake 1/60 cut
Sugar Sub 1 packet	Sugar Sub 2 packet	Sugar Sub 1 packet	Sugar Sub 2 packet	Coffee 1 cup	Coffee 1 cup	Fruit or Juice (1/2 cup equivalent) 1 portion
				Sugar Sub 1 packet	Sugar Sub 2 packet	1% Milk (Half Pint) 1 each
						Coffee 1 cup
						Sugar Sub 1 packet

**Meal Name: Lunch**

Smoked T. Sausage (3 oz each) 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	
Yellow Rice 1 cup	Pinto Beans 3/4 cup	Chili w/ Beans (2oz)~ 8 ozw	Enriched Bread 2 slice	Kettle Blend Mixed Vegetables 1/2 cup	
Broccoli LF 1/2 cup	O'Brien Potatoes LF 1 cup	Cheese Sauce 1 fl oz	Tater Tots 1 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	
Fresh Baked Wheat Roll (2 ozw) 1 each	Green Beans LF 1/2 cup	Chopped Onion 2 tablespoon	Rice 1 cup	French Dressing LF 1/2 fl oz	
Fresh Baked Lemon Cookie 1 each	Southern Cornbread 1/60 cut	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Ketchup 1/3 fl oz	Fresh Baked Wheat Roll (2 ozw) 1 each	
Grape Fruit Drink w/ Vitamin C 1 cup	Whipped Margarine 1/3 ozw	Ranch Salad Dressing 1/2 fl oz	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	Whipped Margarine 1/3 ozw	
	Oatmeal Cookie Bar 1/60 cut	Southern Cornbread 1/60 cut	Grape Fruit Drink w/ Vitamin C 1 cup	Fresh Seasonal Fruit 1 each	
	Orange Fruit Drink w/ Vitamin C 1 cup	Whipped Margarine 1/3 ozw		Orange Fruit Drink w/ Vitamin C 1 cup	
		Cherry Cookie (1.5 oz) 1 each			
		Cherry Fruit Drink w/ Vitamin C 1 cup			

**Meal Name: Dinner**

Noodles & Gravy (2 oz)~ 8 ozw	Crispy Chicken Patty (3 ozw each) 1 patty	Meatballs (1/2 oz each) 6 each	Charbroiled Patty (3 ozw) 1 patty	Sloppy Giuseppe (2 oz)~ 4 ozw	Salisbury Steak (3 ozw each) 1 patty	AuGratin Potato Casserole (2 oz)~ 8 ozw
Creamy Coleslaw 1/2 cup	BBQ Sauce 1 fl oz	Gravy LS 3 fl oz	Cheese (0.6 ozw/slice) 1 slice	Parslied Rotini LF 1 cup	Gravy LS 2 fl oz	Cabbage LF 1/2 cup
Irish Blend Vegetables LF 1/2 cup	AuGratin Potatoes LF 3/4 cup	Mashed Potatoes 1 cup	Cottage Fries LF 1 cup	Irish Blend Vegetables LF 1/2 cup	BBQ Pinto Beans 1 cup	Kettle Blend Mixed Vegetables LF 1/2 cup
Fresh Baked Wheat Roll (2 ozw) 1 each	Carrots LF 1/2 cup	Corn LF 1/2 cup	Carrots LF 1/2 cup	Peas LF 1/2 cup	Cottage Fries 3/4 cup	Navy Beans 3/4 cup
Whipped Margarine 1/3 ozw	Bakery Biscuit 1/60 cut	Bakery Biscuit 1/60 cut	Fresh Baked Wheat Roll (2 ozw) 1 each	Enriched Bread 2 slice	Southern Cornbread 1/60 cut	Fresh Baked Wheat Roll (2 ozw) 1 each
Chocolate Cake 1/60 cut	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Ketchup 1/2 fl oz	Fudge Brownie 1/60 cut	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw
Iced Tea 1 cup	Blueberry Oat Square 1/60 1/60 cut	Banana Cake 1/60 cut	Fresh Baked Sugar Cookie (1.5 oz) 1 each	Iced Tea 1 cup	Peanut Butter Brownie 1/60 cut	Fresh Baked Sugar Cookie (1.5 oz) 1 each
	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Iced Tea 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	Iced Tea 1 cup

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