

QUESTIONS AND ANSWERS FOR  
INVITATION TO BID # 16-009 - MAGIC RFX # 3160000662  
MISSISSIPPI DEPARTMENT OF CORRECTIONS  
OPERATIONS AND MANAGEMENT OF THE FOOD SERVICE

**Note: Bids must be received in MAGIC and by hard copy no later than February 24, 2016 at 11:00 a. m. CST. The bid opening is February 24, 2016 at 2:00 p. m. CST. Any Amendments must be executed and returned with the bid.**

Are there Sack meals or other programs that require sack meals or meals other than the main menu? **In addition to the regular meals we provide sack bags to some work crews. The sack bag consist of 2 peanut butter & jelly sandwiches and one four pack of cookies.** How many offenders per day per location are served those meals? **The FY 2015 average was MSP – 102 offenders, CMCF – 53 offenders and SMCI – 46 offenders.**

For the Community Work Centers and Restitution Centers, please provide information as to whether or not each location has a dock or if they need a lift gate for receiving food. **The CWC's and RC's do not have loading docks and we do not have lift gates on our trailers. The offenders unload the trucks by hand.**

Thank you for the information provided in Appendix I. What types of medical diets are typical? **See Attached Medical Diet form.**

What types of religious diets are typical? What is the average number of religious diets per facility? **We basically have no religious diets. We are under court order to serve at least 1 pork free meal per day. We only have pork on the menu 1 or 2 times within the 4 week cycle. Vegetable trays are normally served as Kosher trays. We do have one offender who claims to be Rastafarian and we provide him with fresh fruit and vegetables (carrots & cauliflower) and peanut butter and bread in addition to his regular tray. See menu attached.**

Will the Department please provide updated population counts as some of the facilities have closed? **Yes. See Attached.**

Relative to "Special Menus" (page 15), what are the sanctioned Religious occasions and how many "other" occasions requiring a special meal were provided in 2015? **We do not provide special menus for religious occasions. We have special menus for Thanksgiving, Christmas, New Years and July 4<sup>th</sup>. See Attached.**

In the ITB, it states that the vendor will be responsible for a cost per inmate per day. At the site

visits, it was noted that the current vendor is producing up to 125% of the midnight census count. Please confirm that the vendor is only responsible to produce enough food to serve 100% of the population. **The vendor is only responsible for feeding 100 % of the population.**

On page 18, section 5.1.8 – who specifically is being referred to when using title “Food Service Manager?” Is it just Primary Site Manager or does it include Production Managers as well? **Just the primary site managers.**

On page 18, section 5.1.8 under “Food Service Managers” it says, “Resumes, including correctional experience, are to be submitted to MDOC upon request.” Is correctional experience required for all management assigned to MDOC? **No, but if someone has correctional experience we would like to see it on a resume.**

On page 19, section 5.1.8, number 2D, “All vendor employees must possess a valid driver’s license throughout the term of their employment related to this contract.” Is this truly all vendor employees or only those vendor employees that have driving responsibilities? **All vendor employees must have a valid drivers’ license.**

Please confirm that job requirements and a sample resume will meet the requirement of providing a resume as a new vendor may want to hire many of the current staff. **Yes, job requirements and a sample resume will suffice.**

In Appendix F, pg. 54, Fruit and Vegetable Grading was inconsistent, please confirm that Grade C/ Standard or better will be allowed.

**The fruits and vegetable specifications should be followed as stated in Appendix F.**

In Appendix F, pg. 58, Peanut Butter, please confirm that tubs/pails (packaging) will be acceptable provided peanut butter is of an acceptable product quality. **We had problems with the tubs/pails bursting causing them to leak. The specifications in Appendix F should be followed.**

In Appendix F, pg. 58, please confirm that Imitation Pepper will be allowable. **Imitation pepper will not be allowable. The specifications in Appendix F should be followed for bid purposed. Changes to the menu and food specifications are discussed at the quarterly menu conferences**

Will the Department please provide records for maintenance on trucks for past year? **MDOC does not have this information.**

Will the Department please provide list of supplies food and non-food items delivered to CWC's and RTC's? **The food is delivered according to the attached CWC menu. The RC's follow the CWC menu.**

Will the Department please confirm that the menus the same for all locations? **The menus are the same for all locations. The 1<sup>st</sup> and 2<sup>nd</sup> quarter menus for 2016 are attached.**

Will the all equipment be brought up to working condition prior to transition? **All equipment should be in working condition prior to the transitions. Any equipment not repaired as of July 1, 2016 will be the responsibility of MDOC.**

Will small ware inventories be brought up to needed level prior to transition? **Yes**

What are the participation rates at all feeding sites? **We do not keep participation rates on feeding.**

What is the per unit equipment maintenance costs for the last 2 years? **MDOC does not have this information.**

What is the per unit truck repair/maintenance costs for the last 2 years? **MDOC does not have this information.**

What is the average fuel usage per month at each site? **MDOC does not have this information.**

What are the inmate labor staffing levels in each kitchen? **MSP Unit 29 – 64, MSP Unit 30 – 42, CMCF – 67, SMCI - 42**

Although not specified in the RFP, during the site visits, I observed correctional officers, and not food service staff, portioning and serving food to the inmate population. Will MDOC carry on with this arrangement with the new vendor? If so, please confirm that in the event of a food shortage resulting from portioning and serving food beyond the vendor's control (i.e. as a result of portioning and serving by corrections officers), the vendor will be able to charge MDOC for any additional costs necessary to cover a shortage. **The vendor will be responsible for determining who serves the food. The vendor is responsible for portion control.**

Section 5.1.6.3 (page 15) and Section 5.1.7.7 (page 16) of the ITB state that the Vendor must utilize food produced at the MDOC farm and the MDOC will set the price based on the USDA

Fruit and Vegetable Terminal Markets Standard Report in Atlanta, Georgia adjusted for processing. Can the MDOC please provide the last twelve (12) months of pricing, including any processing charge, for produce grown at the MDOC farms? **See Attached.**

Please confirm that the Vendor is purchasing all of the food supplies for the food services, and, therefore, Section 5.2.4 (page 22) is moot and will not apply to any contract as a result of this ITB. **Yes, the vendor is purchasing all the food and Section 5.4.2 will not apply to the contract.**

Who is responsible for procuring and handling nutritional supplements for the medical department? **The Medical contractor supplies the nutritional supplements.**

How many nutritional supplement drinks are currently being served per day at each facility? **MSP has 19 offenders receiving Ensure Plus daily. SMCI has 1 offender that takes a nutritional supplement 3 times per day. CMCF orders the following monthly: 60 cases of Ensure Plus, 60 cases of Ensure Regular, 8-12 cases of Nepro, 20 cases of Nepro Protein, 5 cases of Complete Ensure and 8 cases of Glucerna.**

Will the State please provide a copy of the last 12 months of invoices on record for the DOC inmate, CWC's/RC's and YOU billing? **Invoices for the last 12 months are in the attachments to the questions.**

Will the State please provide the current price per day for each scale point? **The current pricing is included in the current contract in the attachments to the questions.**

How will the scale points for billing be calculated? **Based on actual population.** Will meals per day be calculated on a weekly average population? **Meals are calculated on the actual daily population from the midnight count the day before.**

Existing Inventory – Will the awarded vendor be required to purchase existing inventory? **The existing inventory belongs to the current vendor. We cannot require the awarded vendor to purchase any existing inventory, but I am sure the current vendor would be willing to discuss the purchase of their inventory with you.**

E-Payment – Contractor agrees to accept all payments in United States currency via the State of Mississippi's electronic payment and remittance vehicle. What are the fees associated with using this process to obtain payment from the DOC? **There are no fees associated with the electronic payment.**

In regards to page 15 of 65, 6) Holiday Meals:

As Holiday meals can have a substantial cost impact to menus, will the State please supply the exact number of Holiday meals to be supplied annually? **Thanksgiving, Christmas, New Years and July 4<sup>th</sup> are the holiday meals.**

Additionally, please define and supply meal portion requirements, any specialized products that must be supplied (Roast Beef, Whole Muscle Turkey, Pie, etc.) and menus that coincide with each Holiday? **Holiday Menus are attached**

Please supply a daily break down of how many diets and of each type are currently served? (Diabetic, low sodium, kosher, halal, etc.) **A schedule of diets by facility is attached.**

Regarding the “Food Produced by MDOC” program on page 15:

What produce is grown and how much was grown last year via the Inmate Food Program? **See Attached**

Please supply the previous invoicing of produce so we can get an idea of associated costs? **See Attached**

Will the State provide office space at each of the DOC locations for the vendor’s Food Service Director? **Yes**

Will office furniture/cabinets be provided? **Yes**

Will the State be able to provide Internet access from each facility? **The vendor will be responsible for providing their internet service. Our IT department will work with you on getting it set up.**

Will the State provide the annual break down of cost for routine repair, maintenance, servicing and fuel costs of the vehicles furnished by the MDOC? **MDOC does not have these numbers.**

Would the State consider an annual accrual of money to be utilized for equipment/vehicle maintenance and repair? **We have discussed this with the State Department of Finance and Administration and this will not be allowed under current laws.**

For example: The State could provide the annual amount to be accrued, and any unused portion could be rolled over into the next year. Any unutilized funds would be returned to the State at the end of the contract term. These funds could be paid at the beginning of each contract year or released by awarded vendor as required throughout the year.

Are there any current court imposed requirement that vendors should be aware of in regard to the current contract? **By court decree we are required to serve 1 pork free meal per day. We currently have pork on the menu once in a 4 week cycle.**

Will the State supply current wages of the staff, as supplied on page 19? **MDOC does not have the current wages of the staff as supplied on page 19.**

In regards to: “The MDOC will be responsible for all related supplies (paper, cleaning, serving and dining wares) purchasing in full compliance with Mississippi statutes.” What exactly does this include? **Paper towels, toilet paper, garbage bags, gloves, general cleaning chemicals, sporks, trays, cups, serving utensils, etc.**

Will the State please identify what equipment is currently being leased and supply all associated lease costs? **See Attached**

Will the State please provide the current Juvenile menu and snacks that are in place which the Director appears to be satisfied with? **See Attached YOU menu.**

Due to the understandable time constraints when touring the facilities, we were unable to visit each of the outer units associated with the MSP, CMCF, and SMCI. Because of this, it is not possible to fully understand the distances and other logistics to develop a proposed delivery system for the outer units.

Can the State please supply the current delivery schedule for the outer units of MSP, CMCF and SMCI?

**MSP Unit 29 – Monday through Friday – From Unit 29 kitchen to Unit 26 & MPAE Processing & Vocational School – Total route approximately 7.2 miles**

**MSP Unit 29 – Saturday and Sunday – Unit 29 kitchen to Unit 26 – Total route approximately 1.5 miles**

**MSP Unit 30 – Unit 30 kitchen to Unit 30 & Unit 25 & Unit 28 & Unit 42 & Unit 31 – Total route approximately 12.5 miles**

**CMCF Breakfast – Delivery 1 – Kitchen to Unit 720 Total route approximately 1 mile,**

**Delivery 2 – R & C Unit & Max & YOU – Total route approximately 1.2 miles –**

**Delivery 3 – Quick Bed Units A & B & C – Total route approximately ¾ mile**

**CMCF Lunch – Delivery 1 – Kitchen to R & C and School – Total route approximately ½ mile, Delivery 2 – Quick Bed A & B & C – Total route approximately ¾ mile,**

**Delivery 3 – Unit 720 & YOU – Total route approximately 1.5 miles**

**CMCF Dinner – Delivery 1 – Unit 720 – Total route approximately 1 mile, Delivery 2 –**

**R & C Unit – Total route approximately ½ mile, Delivery 3 – Quick Bed Unit C & B &**

**A – Total route approximately ¾ mile, Delivery 4 – MAX & YOU – Total route**

**approximately 1.2 miles**

**SMCI – Delivery 1 – Kitchen to Area II – Total route approximately ¼ mile, Delivery 2 –**

**Kitchen to Area I – Total route approximately ½ mile, Delivery 3 – Kitchen to Area III –**

**Total route approximately 1 mile**

In regards to page 15, item 5 “Snack bags consisting of two peanut butter and jelly sandwiches are provided to some work crews.”

Are there any other items provided with the sandwiches? **1 Four pack of cookies**

During the tour, we were told that for the Monday-Friday lunch at the Community Work Centers and Restitution Center, they receive a bagged lunch of peanut butter and jelly sandwiches.

Can you please detail what other items are required to be included with the sandwiches?  
**1 Four pack of cookies**

During the site visits, it was noted that the current vendor is utilizing mechanically separated poultry, rather than ground poultry to provide a more cost effective price to the State. We were told that this would be an acceptable practice going forward.

Please verify that the practice of utilizing mechanically separated poultry, rather than ground poultry as a more cost effective measure will be allowed in the new contract?  
**This product was actually turkey ham. Using mechanically separated poultry will not be allowed.**

In regards to page 21, item 5 “Positions not filled within thirty (30) days shall be cause for the MDOC to withhold payment equal to the salaries of the vacant positions.”

During the tour, we were told by a number DOC staff that maintaining DOC staffing is a consistent issue, and they are never fully staffed.  
As the State is aware that it is extremely difficult to get qualified individuals that will also pass background, would the State consider removing the penalty, or changing the language to accept overtime work to cover the position while a candidate is identified?  
**During the previous contract MDOC has never exercised this option. MDOC will work with the vendor on filling positions.**

At the exit conference, we were told that it would be acceptable to utilize the 18 wheeler driver, and the warehouse driver to cover shifts, and we should consider that when building schedules as long as it was noted in the proposal.

Please verify that this is acceptable? **Yes, this will be acceptable.**

At the exit conference, a vendor asked about the “The vendor will submit resumes of the primary site manager, district manager, and the support staff” submittal requirement.

He stated that in order to not displace current staff who rely on their current position for an income, and to support the local job economy, would it be acceptable to submit job requirements for each position in lieu of resumes? **Yes, this will be acceptable.**

He was told yes; please verify that this is acceptable? **Yes, this will be acceptable.**

Please verify that the current menu is provided in Appendix D, is the required bid menu and all vendors should utilize that menu for bidding purposes? **The menu provided in Appendix D is the current menu in place when the bid was issued and should be used for bidding purposes. The new menu for the 1<sup>st</sup> and 2<sup>nd</sup> quarter of 2016 is included in the attachments to the questions.**

In the menus supplied in Appendix D, Cycle 3 was missing. Please provide the missing Cycle 3 menu? **The Cycle 3 menu is attached within the menus.**

Please provide an updated list of the open Community Work Centers and Restitution Centers along with the ones that are scheduled to be closed in the near future? **The updated list is attached.**

## **SOUTH MISSISSIPPI CORRECTIONAL INSTITUTION (SMCI) LEAKESVILLE, MS**

### **GENERAL QUESTIONS**

Please confirm that one driver with a CDL will meet the commitment for CDL drivers. The CDL driver will be responsible to transport vegetables, packaging and supplies to the three locations and also to perform emergency runs for items such as water. **One driver with CDL license will meet the requirement.**

One truck deliver to four areas and two trucks deliver to the other two areas – is this correct? **SMCI only has three areas. Below is the delivery schedule. Delivery 1 – Kitchen to Area II – Total route approximately ¼ mile, Delivery 2 – Kitchen to Area I – Total route approximately ½ mile, Delivery 3 – Kitchen to Area III – Total route approximately 1 mile**

What was the average population of inmates for this location? Was it 1830? **Average population for FY 2015 was 2752 and FY 2016 is 2737**

### **EQUIPMENT AND LOCATION QUESTIONS**

The Ansul system is badly damaged on one end. Will this be repaired prior to the selected vendor taking over? **The system works, cosmetic damage will be repaired.**

One of the large kettles is leaking and the automatic stirrers are missing from the three food kettles – are these in the process of being replaced or repaired? **The leaking kettles will be repaired. The stirrers were removed in 2007 and will not be replaced.**

Four large kettles are leaking at the valves and faucets – will they be repaired prior to the next vendor taking over? **They will be repaired prior to July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

Main freezer is broken and a trailer is being used to store the frozen product. When will freezer be repaired? **The Bureau of Building has let the contract and it should be repaired within the next two months.**

Who pays for the trailer gas? **The vendor.**

Is the freezer trailer a rental vehicle? If so, who pays for the rental fees? **The freezer trailer belongs to MDOC. There are no rental fees.**

Stainless steel tables with corrugated iron bases need to be replaced. Will the MDOC be replacing them? If so, when? **They will be repaired prior to July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**



What company is used to repair and maintain walk-in refrigerators and coolers? **Universal Services or American Air Specialist.**

Who is responsible for the cost of the pest control? **MDOC is responsible for pest control.**

Who is responsible for refuse collection cost? **MDOC is responsible for refuse collection cost.**

Who is responsible for the corrugated cardboard bundling and cost? **MDOC is responsible for cardboard bundling and cost.**

## **CENTRAL MISSISSIPPI CORRECTIONAL FACILITY (CMCF) AND YOUTH OFFENDERS UNIT (YOU) PEARL, MS**

### **GENERAL QUESTIONS**

Please confirm the food is sent in thermal containers to three separate dining areas in bulk. **The food is not transported in thermal containers. It is delivered in steam pans and put in warmers at the serving kitchens.**

Central kitchen was last renovated in 1996. Are there any plans to renovate this 21 year old kitchen? If so, by when? **There are no current plans to renovate the kitchen.**

Will separate deliveries have to be made to the military offenders housing unit? **Yes.**

The average population is 2800 people. This includes 900 females and 35 to 50 young adults – is this correct? Or is it an average of 3,469 inmates. **Populations on 1/27/2016 are attached for all units. The female capacity is 981 and on 1/27/16 population was 804. The average Youth for FY 2015 was 31. The average total population for FY 2015 was 2461 and for FY 2016 is 2722.**

### **EQUIPMENT AND LOCATION QUESTIONS**

Large Baxter revolving oven in the baking area was not working. Will this be repaired prior to the selected vendor taking over? **The oven has been repaired and is in working order.**

One fan and the condensate drain were not working on the small walk-in freezer. Are there plans to get this repaired? **Yes, this should be repaired by 2/25/16.**

Main kitchen floor has some damage. Are there plans to have this repaired? If so, by when? **Repair of the kitchen floor is being included in the FY 2017 capital budget. We do not know if this will be approved.**

One of the tilt kettles was covered in saran wrap and also a tilt Vulcan kettle – were these units operational? If not, are there plans to repair them? **These are operational. They cover them when not in use.**

Carter Hoffman single hot box was broken – plans to repair it? If so, by when? **The Carter Hoffman hot box is repaired.**

Small conveyor had five rollers missing – will these be replaced? If so, by when? **They will be repaired prior to July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

The four compartment electric steam table was close to the end of its serviceable life. Are there plans to replace it? **This unit will be replaced prior to July 1, 2016.**

Six ring range with flat top and double oven was wrapped in saran wrap – was this in working condition? **The range is working. They wrap them when not in use.**

The sandwich room floor is in poor state of repair– are there plans to repair this floor? If so, by when? **Repair of the kitchen floor is being included in the FY 2017 capital budget. We do not know if this will be approved.**

## **MISSISSIPPI STATE PENITENTIARY (MSP) PARCHMAN**

### **GENERAL QUESTIONS**

The campus holds 3200 to 3300 offenders for three meals per day – is this correct? Or are there an average of 3543 inmates. **The average population for FY 2015 was 3222 and for FY 16 is 3284.**

Please confirm that delivery is made to four of the six housing units across the 18,000 acre campus. **MSP Unit 29 – Monday through Friday – From Unit 29 kitchen to Unit 26 & MPAE Processing & Vocational School – Total route approximately 7.2 miles  
MSP Unit 29 – Saturday and Sunday – Unit 29 kitchen to Unit 26 – Total route approximately 1.5 miles  
MSP Unit 30 – Unit 30 kitchen to Unit 30 & Unit 25 & Unit 28 & Unit 42 & Unit 31 – Total route approximately 12.5 miles**

Are there 15 community workshops - recently three were closed? Are there any plans to close any more community workshops? If so, will the inmates be transferred to other community workshops on campus? **There are currently 15 Community Work Centers. The plans are to close Bolivar, Yazoo and Jackson County. These offenders will be relocated to other CWC's.**  
What was the average number of inmates housed at Parchman for 2015? Parchman houses an average of 3,543 inmates housed in seven units. **The average population for FY 2015 was 3222 and for FY 16 is 3284.**

Please confirm that the following units require food service on a daily basis and please provide the average counts for the last four months for the number of meals served at each location. Unit 25 fed out of unit 35; unit 26 fed out of unit 29; unit 28, unit 29, unit 32, unit 35, unit 42, vocational school and MAC. **Unit 30 prepares for Unit 30, average 864, Unit 25, average 230, Unit 28 breakfast and dinner Monday through Sunday average 210, Unit 28 lunch Monday through Friday average is 60, Unit 31, average 85, Unit 42, average 70, MPIC Metal Fabrication Monday through Friday lunch, average 70. Unit 29 prepares for Unit 29, average 1470, Unit 26 breakfast and dinner Monday through Sunday average 580, Unit 26 lunch Monday through Friday average is 440, MPAE Processing Monday through Friday is 150 and Vocational School Monday through Friday is 300.**

### **EQUIPMENT AND LOCATION QUESTIONS**

Hood wasn't working which was causing condensation to drip down on workers and into the food. Are there plans to have this repaired? If so by when? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

All the five Blodgett kettles were leaking water and steam from all the connections and valves. Is there a plan to get these repaired prior to the selected vendor starting the new contract? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

One Southbend steam kettle is not working. When will this be repaired? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

The walk-in cooler and freezer floors were not serviceable. They were in very bad state of repair. Does the MDOC have a plan to repair or replace? If so, by when? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

The walk-in cooler and freezer doors and their seals and lock hasps were in very poor condition. Does the MDOC have a plan to repair? If so, by when? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

Walk-in cooler was being used at an unsafe temperature for the storage of foodstuff. Is there a plan to get this repaired? **The walk in cooler has been repaired.**

Walk-in freezer was not the correct temperature. It was being used to store food. Is there a plan to get this repaired? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

The pump was taken off the Alvey dishwasher so that it could be used for the inline dishwasher work. This made the Alvey inoperable. Can the service record be provided for the Alvey dishwasher? Also is there a plan to give the Alvey a complete service or replace it? **This piece of equipment is not on the equipment list to be maintained by vendor.**

The inline dishwasher looks as though it is at the end of its serviceable life. Is there a plan to replace it? If so, by when? **One was purchased in 2007 and the other in 2011. Both are in working order.**

The hot box doors were broken off the hot boxes that are used to deliver the meals. Saran wrap was being used to contain the food in the hotboxes. Does the MDOC plan on replacing them? If so, by when? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

Cabbage/ milk cooler had a work order/repair order since 10/6/14. When would this unit be repaired and at whose expense? **The cooler has been repaired.**

Igloo insulated containers used to deliver cold beverages were in very bad condition. When would they be replaced, and at whose expense? **The current beverage vendor has been providing the coolers. If the beverage vendor will not supply, MDOC will purchase.**

The Berkel mixer is very old. Does the MDOC have plans to replace it? **The gears and motor was replaced in 2015. The mixer is in good working order.**

Cleveland tilt kettle is not working. Does the MDOC have plans to get this repaired? If so by when? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

One of the three Baxter revolving ovens is not working. ? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

The thresholds for the walk-in freezer room and produce coolers are in bad condition. Does the MDOC have plans to replace them? If so, by when? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

Ice machine was in very bad condition and not working. Does the MDOC have plans to replace this machine? If so, by what date? **It will be repaired by July 1, 2016. Any equipment not repaired by July 1, 2016 will be the responsibility of MDOC.**

Please provide copies of the current Menus for the General population, Women's, Youth Offenders – and CWC units if there are any variances. **The adult male and women's menu is the same. The menus are attached.**

Please provide copies of the past six month's billing invoices from current Contractor/Vendor. Additionally please provide a copy of one month's billing (with supporting documentation) from the previous contract prior to the start of the emergency services. It is important to clarify if the billing for these agreements is/was by midnight census or by actual meals served. **Billing invoices for the past 12 months are attached.**

The Notice to Vendor Amendment page 1 of 2 references Submit: Non-Electronic Response and ITB Section 4.18.2 references "Each page of the bid that the bidder considers trade secrets or confidential commercial or financial information **should be on a different color paper** than non-confidential....." Is there a non-electronic copy of the vendor proposal required in addition to the MAGIC electronic submission? **Amendment 2 was issued to require submission of a hard copy bid by the time and date stated for bid submission in MAGIC. The amendment was emailed to all on February 1, 2016 and was uploaded into MAGIC. See Attached Amendment 2**

#### Section 5.1.3 Community Work Centers and Restitution Centers

"The vendor shall be responsible for supplying and delivering food at the request of the MDOC...." This contemplates the MDOC will order food in unknown quantities and the Vendor will be paid a rate per inmate per day for the cost of the food ordered and all other costs associated with inmate meals. The question remains:

\*How is the quantity of the food ordered controlled so the Vendor is not supplying whatever is ordered, whether it is on the menu, or in the quantities actually required for serving the number of inmates participating? **The CWC's and RC's will submit inventories to the vendor as requested by the vendor. The vendor will be responsible for computing and shipping the quantity needed to feed the facility. The vendor can ship weekly or every two weeks.**

NOTE: The Vendor either needs to be able to control the issue by the number of population and portion size, or needs to be compensated for the actual food ordered, plus other associated costs. Please clarify.

Also with reference to Section 5.1.7 Vendor Responsibilities, # 17 A. page 17 of 65. How are inventories and the various Community Work Centers and Restitution Centers to be conducted if the Vendor has no staff at the previously mentioned facilities? **The CWC's and RC's will be responsible for submitting inventories to the vendor. The vendor will be**

allowed to visit the CWC's and RC's if they desire to check inventories. The inventory of food products is directed more toward the institutions than the CWC's and RC's.

Section 5.1.7 Vendor Responsibilities, # 4 page 16 of 65. States Routine repair, maintenance, servicing and fuel costs of the vehicles furnished by MDOC is the responsibility of the Vendor. During the conferences on the tours it was stated if the vendor purchased the repair parts the MDOC Vehicle Maintenance facilities at the various location would do the installation.

\*Please clarify what is meant by Routine repair, maintenance, and servicing as opposed to parts replacement as stated. MDOC auto shops can provide basic services such as oil and fluid changes, belt, hose, filter, light, and spark plug replacement, and tire repair and replacement. The auto shops does not perform engine or transmission repair.

\*Is it the intention of MDOC to continue to provide vehicle services and have the vendor pay for it - or is the vehicle maintenance and repair to be the sole responsibility of the Vendor and as such, the MDOC will no longer be a part of vehicle maintenance? The vehicle maintenance and repair is the sole responsibility of the vendor. The MDOC Auto Shops will provide at no cost to vendor the labor for services within our capabilities.

Section 5.1.7 Vendor Responsibilities, # 13 page 17 of 65. Please clarify the difference between "routine maintenance and servicing of the kitchen equipment including but not limited to... ", as opposed to "breakdown maintenance". In any case, is the Vendor responsible for any parts costs and replacement labor? The vendor is responsible for routine maintenance and servicing of the kitchen equipment as well as any breakdowns of equipment.

Section 5.1.7 Vendor Responsibilities # 4, page 16 of 65 and #13, page 17 of 65 both state the Vendor is responsible to provide timely notice of any equipment nearing the end of useful life or requiring major repair or replacement for separate procurement by MDOC.

\*If the equipment or vehicle is beyond its useful life and requires replacement and MDOC does not replace the unit, is the Vendor required to continue to provide repair? If a determination is made by MDOC that the equipment is beyond its useful life and requires replacement MDOC will replace the equipment. If MDOC fails to replace the equipment, MDOC will be responsible for providing repairs.

\*If the equipment is crucial to production, or operation, what will the Vendor's responsibility be to continue to provide service, if either the equipment is not replaced by MDOC and cannot be repaired? If the equipment is crucial to production or operation,

MDOC will work with the vendor to find alternative ways to provide service until the equipment can either be replaced or repaired. MDOC understands that food service is critical to the smooth operation of a correctional institution and will provide the necessary equipment to prepare the meals.

During the facility tours we observed rodent damage, live rodents and cockroaches.

\*Who is responsible for vector control and extermination services? **MDOC is responsible for vector control and extermination.**

\*Will these issues be resolved prior to the commencement of the contract resulting from the award of this ITB? **These issues will be resolved prior to the commencement of the contract.**

Section 5.1.7 Vendor Responsibilities, # 20, page 18 of 65. What is the location preference of the required vendor Regional Office in Mississippi? Jackson, or near one of the three major facilities? **Jackson would be more centrally located, but it can be located anywhere near one of the major facilities.**

Section 5.1.7 Vendor Responsibilities # 15 page 17 of 65 and 5.1.9 MDOC Responsibilities page 21 of 65 seem to be contradictory. Please clarify what cleaning supplies as referenced on page 21 are not the same as the cleaning chemicals referenced on page 17? **Section 5.1.7 refers to the chemicals for the dish washing machines. Section 5.1.9 refers to general cleaning supplies which are degreaser, bathroom cleaner, floor cleaner and germicide detergent.**

During the tours we observed several Work Orders posted in various locations for both kitchen equipment or physical plant repairs that were dated October 2014. Many pieces of kitchen equipment in all locations were not functional, or out of service. Will all facilities be repaired, and all non-serviceable kitchen equipment either be repaired, replaced or removed prior to the commencement of the Contract that results from this bid award? **All equipment will be repaired or if unable to repair we will replace if the equipment is needed. If any equipment is not repaired prior to July 1, 2016 MDOC will cover the cost of the repair.**

Section 7.2 Evaluation, 7.2.1 #17. Page 28 of 65, contemplates all terms and conditions in the bid response must conform to the terms and conditions in the ITB, yet on Appendix A, Part 3 Daily Meal Cost, page 43 of 65 mentions Requested Exceptions and/or Deviations. Will alternative or deviated bids be grounds for disqualification or be deemed non-responsive? **Any Exception and/or Deviation in the response to the IFB not listed on page 43 of 65 that does not conform to the terms and conditions in the ITB will be grounds for disqualification**

or be deemed non-responsive. Any Exception and/or Deviation listed on page 43 of 65 if substantially different from the terms and conditions in the IFB could cause the bid to be considered not the best bid although it was the lowest. Example: Vendor wants exception from maintenance on equipment and vehicles.

Please provide copies of the emergency contract with Valley in place at this time as well as the previous contract with Valley so we can fully understand the service plans and corresponding pricing agreed to. The current contract is attached.

The ITB contemplates meal price adjustments based on changes in the Consumer Price Index. Will the State please confirm that the parties will use the “Food Away From Home” expenditure category? If not, please specify which expenditure category will be used. The Food Away From Home expenditure category will be used for the price adjustment.

Please provide the number of PB&J sandwiches required during the last [3 or 6] months. (See, 5.1.5., pg. 15).

	July	Aug	Sept.	Oct.	Nov.	Dec.
MSP	2789	2385	2210	2885	1517	1444
CMCF	1114	1514	1383	1812	1294	1435
SMCI	1787	1775	1820	1074	852	822

The ITB requires that the successful vendor assign on-site “Food Service Managers” but that position is not included in the minimum staffing requirement or in the job descriptions included in the ITB. Please clarify this requirement. (See, 5.1.8.1, pg. 18 and 5.1.8.3, pgs. 19-20) The Food Service Manager is listed as the Primary Site Manager in Section 5.1.8 (3).

Please provide total expenditures in most recent annual fiscal period for (i) maintenance, service and fuel for the delivery vehicles used by MDOC (See, 5.1.7.4, pg. 16) and (ii) maintenance and servicing the kitchen equipment (See, 5.1.7.13). MDOC does not have this information.

Please provide a copy of the sign in sheet from the prebid meeting and exit meeting. The sign in sheets for the pre-bid conference, tours and exit briefing are attached.

Can the agency provide current approved meal schedules for all feeding locations in the service plan? Also, please provide any routine order/delivery schedules for the CWC and Restitution Center units (aside from emergency or special orders). Breakfast is delivered to the units so feeding can start at 4:30 a.m., Lunch is delivered so feeding can start at 10:30 a.m. and dinner is delivered so feeding can start at 4:30 p.m. The current delivery schedule for the CWC’s and RC’s is once every two weeks. Delivery is made to some CWC’s & RC’s



one week and the other CWC's & RC's the next week. The CWC & RC delivery routes can be set up by the vendor.

Please clarify the current staffing plan as compared to the required staffing on pages 19-20 of the ITB. The current staffing complies with the required staffing on pages 19-20 of the ITB.

Please provide a revised Appendix I (page 63) that shows the removal of those sites that are closed – and please note what facilities are projected to close within the next year. See revised Appendix I attached. Note population numbers are as of February 1, 2016.

\*Will the agency be flexible to amend the contract service plan and pricing based on closing of additional units? If a significant number of unit closures will be taking place the MDOC will be willing to amend the contract.

**NOTE: We would like to request the ability to ask further questions after the responses to all vendor questions have been issued based on the possible need for further explanation or detail. Please clarify if this will be permitted? No further questions will be allowed after the responses to all vendor questions have been issued.**

Is coffee required to be served at each breakfast meal 7 days a week? Yes. It is not listed on the menu but is currently required. Coffee is listed on the menu. See Attached

Are the food specifications and menus in the ITB to be followed throughout the life of the contract and what is the process of receiving approval for alternate products the vendor may wish to utilize that is not specified in the ITB? Menu conferences are held each quarter with the vendor to discuss the menu. Those in attendance are normally the MDOC Director of Agriculture Enterprises, MDOC Food Service Director, Vendor's District Manager, Assistant District Manager, Primary Site Managers, Dietician and any other staff vendor deems appropriate. During these conferences food items and specifications are discussed to determine if these products need to be removed from the menu or specifications changed.

Will MDOC allow any substitutions of vegetable based proteins in place of animal based proteins that are specified in the ITB and listed on the menus? An example would be using granulated soy product in place of ground beef. Any vegetable based proteins in place of animal based proteins would have to be tested to determine acceptability by offenders. MDOC has not had very good luck with vegetable based proteins in the past.

Will MDOC please provide a sign-in sheet or list of all Vendors/attendees who participated in the pre-bid conference and tours on 1/4 - 1/7? The sign in sheets are attached.



What is the anticipated funding amount for this opportunity? Is funding guaranteed past the initial contract term, or is it contingent upon legislation? **The budget request for FY 2017 included \$12,000,000. Funding is dependent on legislature approval, but the legislature knows that we must house offenders and we must feed them.**

Will MDOC provide the current vacancy rate for food service staff at all sites? If available, please provide the vacancy rate at all sites for the past 12 months. **The only position vacant is the Maintenance Manager position at MSP. The vacancy rate for the past 12 months is not available.**

Will MDOC provide a copy of the current Food Services contract in place between the Department and Valley Food? **The current Food Services contract is attached.**

At the pre-bid conference, it was said by MDOC that there would only be 12 CWCs operational at the time of contract start (7/1/2016). Will the MDOC please confirm which sites will be closed/not operational and are not to be included in budgeting or proposals? **Yes. Alcorn and Jefferson are closed. The plans are to close Bolivar, Yazoo and Jackson County starting in February 2016. The plan is to close 1 per month so all should be closed by July 1, 2016.**

Will MDOC provide a list of all produce/commodities available for purchase by Vendors, to include the cost? **Yes. See Attached**

Will MDOC provide a copy of the benefits package currently provided to MDOC staff? **Yes, See Attached MDOC Benefits**

Will MDOC provide a copy of the benefits package currently provided to Valley Food Staff Workers? **Paid Vacation up to 80 hours hire date through 5 years, up to 120 hours year 5 through 15 and 160 hours for 15 years and greater. Paid sick leave. Holiday Pay, 401 (K) Retirement Plan, Continuint Education, Group Health Insurance, Group Term Life Insurance, Cafeteria (Flexible Benefits) Plan and Wellness Benefits.**

*The bidder must establish or have in place, if awarded the contract, a regional office in the State of Mississippi which must be maintained throughout the term of the contract. The office cannot be located at any of the MDOC facilities.* Will MDOC please clarify if this must be a "brick and mortar" office, or is a home office sufficient? **This must be a "brick and mortar" office.**

Does the existing contract between MDOC and Valley Food have a clause or language which describes each party's responsibility for equipment and maintenance, similar to what was included in Amendment 1? If so, will MDOC please provide that language to Vendors? **Yes. Current contract is Attached.**

Will MDOC provide an assessment of the working condition and year of purchase of all equipment listed (at all sites) which is to be maintained by the vendor? **See Attached IFB 16 Equipment List**

Will MDOC provide the following information for the vehicles listed on page 65 which are designated to be maintained by the contractor: Year, mileage, condition, and if the vehicle has been maintained according to the MDOC maintenance schedule for vehicles? **See Attached IFB Equipment List**

Will MDOC please clarify if the Vendor will be required to replace vehicles during the term of the contract, should a vehicle be determined to be in need of replacement? Who makes that determination (MDOC, Vendor?) **MDOC would replace the vehicles. The final determination would be made by MDOC. The MDOC and Vendor will work closely on any equipment or vehicle repair or replacement.**

As vendors are responsible for the maintenance of MDOC vehicles, will MDOC please describe the maintenance area to be made available for vendors to use for repairs? What is the procedure and access to this area for vendors? **The MSP, CMCF and SMCI Auto Shops will be available for repairs and maintenance of vehicles. The vendor will need to call the auto shop for an appointment for service or repairs.**

Does MDOC have a mandatory maintenance schedule for vehicles that Vendor will be required to adhere to? If so, please provide. **The mandatory maintenance schedule is based on the recommended service intervals as provided by the manufacturer.**

Section 5.5.3 lists automobile liability as part of the coverage required for the awarded vendor. Who is responsible (MDOC/Vendor) for overall insurance coverage of the vehicles required to be maintained by the vendor? **Section 5.5.3 (4) Property Damage of \$1,000,000 per occurrence would apply to vehicles if vendor is at fault. If not the fault of the vendor MDOC will provide.**

Item 2. *Provide certified financial statements with notes reflecting a capability to sustain operations for the period.* Must these financial statements be audited? Should the note of capability come from the Vendor or from the Vendor's bank reference? **The financial statements must be audited. The notes referred to are part of the audited financial statements.**

Where is the MDOC training conducted? If it is not conducted on-site (MSP/CMCF/SMCF), where is it conducted and how frequently is it offered? Is there a cost associated with training? **Training is conducted at the MSP, CMCF and SMCI training facilities. Training classes are conducted each month. There is no cost associated with the training.**

In the event of a contract award, it would be this Vendor's intent to retain as many qualified staff as possible to continue operations. Would those staff who have (within FY2016) completed the mandatory 40 hours of MDOC training be required to be re-trained, or would their training be sufficient? **Our training cycle is January 1 to December 31. Staff who have training hours would be able to retain those hours.**

Will MDOC please clarify Item #5: *Provide security within the kitchen of each facility used as production sites by the vendor. Housekeeping and inmate job assignments are the responsibility of the vendor.* Does this refer only to those housekeeping and inmate job assignments within the food service areas at each site? **Yes, only to food service areas at each site.**

Will MDOC offer Vendors the opportunity to conduct a brief oral presentation at any time during the evaluation process? Does MDOC foresee rounds of negotiations with Vendors who meet the responsive/mandatory evaluation criteria set forth in the IFB? **No. The Personal Service Contract Review Board's regulations do not allow oral presentations for bids nor negotiations with those who meet the responsive/mandatory evaluation criteria.**

Are bidders required to provide a transition plan with their bid submission, or is agreement to the Section 5 in the Transmittal Letter sufficient, with the understanding that the Vendor will work closely with MDOC to develop a mutually agreed-upon transition plan after contract award? **No. The transition plan must be submitted in accordance with Section 5.1.7 (11).**

Item B States bidders must include the following with their proposal submission: *Resumes of Executive Staff, Operations Manager, District Manager, Assistant District Manager, Primary Site Manager, Production Managers, Dietician*. Can some resumes be provided after contract award? **No. We will need the resumes or job descriptions for the listed positions.**

In lieu of a resume, can a job description be provided? **Yes, a job description will suffice.**

Does the Census for the Community Work Centers (1,600) represent the net of the closed work centers? **No. The current population of the CWC's and RC's is approximately 1,200. The population of the CWC's will not be reduced by the closing of the three additional units. Their populations will be moved to other CWC's.**

Does the Department have emergency generators on site should there be a power outage? If so, please provide which sites have generators and then the following information for each: age of equipment, working status/operational condition of each? Have the generators ever been used in an emergency situation? **MDOC does have generators at each unit. I do not have the age of the generators. The generators are all in working order and are maintained by our contract maintenance provider CGL Facility Maintenance. The generators have been used in emergency situations.**

Will the Department provide current staff titles and salaries, as well as staff roster (for each site)? **MDOC does not have the salaries for the current vendor's staff. See Attached Vendor Staff List.**

Does the Department/current operator have people in those positions now (ie: are positions fully staffed at this time)? Can staff transfer to a new provider upon contract award? **The only vacant position is the Maintenance Manager position at MSP. The staff can transfer to a new provider upon contract award.**

What is the anticipated timing/facility ramp-down for the locations to be closed (mentioned on the tours)? **The plans are to close Bolivar, Yazoo and Jackson County CWC's starting in February 2016. They should be closed by July 1, 2016.**

Does the Department have a maximum cap on what a vendor might be required to pay to maintain equipment? **No**

“Vendor will provide timely notice of any equipment nearing end of useful life or otherwise requiring major repair or replacement for separate procurement by MDOC. “ Will our determination be validation enough for procurement? Would the operator be required to go through a procurement approval process? **The final determination on procurement will be made by MDOC. MDOC and the Vendor will work closely together on this. MDOC would handle the procurement process.**

For the question above, what is the timing of the procurement process (if required)? This is especially important if a piece of equipment is required for daily use. **Expenditures less than \$5,000 require no quotes, from \$5,000 to \$50,000 require two written quotes and over \$50,000 must be bid. On anything less than \$50,000 we could probably get the purchase order within a day providing we can get the quotes. Anything over \$50,000 will take at least a month.**

Will the Department provide a copy of the current Youth menu, including snack menu? **Yes. See Attached.**

Can the Department provide the breakdown of calories and sodium for each meal and snack (both Youth and Regular menus)? **See Attached.**

What Vendor is currently being utilized to purchase National School Lunch Program certified items? **Valley Services, Inc.**

When was the last National School Lunch Program audit completed? Will the Department please provide a copy of that audit report? **March 2014 The audit was of the Mississippi Department of Health which is the location that the current vendor is using to prepare the youth meals.**

What specific meals are receiving National School Lunch Program reimbursement? **None**

With regard to reimbursement for National School Lunch Program meals, under a new contract, who would receive the reimbursement money – the contractor or state? **The IFB states "the vendor agrees that any reimbursement under the National School Lunch Program will be credited back to the MDOC".**

What type of milk is being served under the current contract? **1% and 2% for Youth and 2% for adults**

What whole grain products are being used under the current contract? **The current vendor is following the whole grain requirements in the Healthy Hunger Free Act.**

What produce items, are being purchased from the State? Please provide quantity and price. **See Attached**

Do all three institutions have a fuel depot available? **MSP has a fuel depot, CMCF and SMCI do not.**

Will the awarded contractor be issued a fuel card by the Department, or will the contractor pay a monthly fee for fuel? **The contractor will have to get their own fuel card. MDOC uses Fuelman. I would suggest the vendor use Fuelman at least at MSP due to not having to travel off site to fill up.**

Will maintenance for all vehicles be provided by an on-site, Department-run auto shop? MDOC auto shops can provide basic services such as oil and fluid changes, belt, hose, filter, light, and spark plug replacement, and tire repair and replacement. The auto shops does not perform engine or transmission repair.

Is vehicle maintenance work performed to be charged to the contractor? If so, is this a monthly fee (actual services rendered) or a budgeted cost? The vendor will be responsible for purchasing the parts and MDOC will provide the labor free of charge.

Will any food service equipment that we, as contractor, deem unnecessary be removed from the RFP equipment list and facility? If MDOC and the vendor agree that the equipment is unnecessary the equipment can be removed from the list and facility after going through the proper equipment deletion procedures.

Will the awarded contractor be provided a complete, established capital equipment list available with Model Number and current market value available prior to budget submission for each facility's equipment? The MDOC Food Service Director and vendor will work together to establish a capital equipment list prior to budget submission.

What are the Department's annual training requirements and amount of hours are required for food service staff? The annual training requirement is 40 hours.

What are the initial training service hours required for hiring of food service staff? All employees must attend the MDOC orientation which is 40 hours when they are hired. In addition to the 40 hours of orientation employees must receive an additional 40 hours of training their first year of employment. After the first year, 40 hours of annual training is required.

What is the Department's average time for approval of food staff clearances prior to hiring? Once we have the NCIC form, we can get approval within 2 to 3 days.

For equipment that is lock out/tagged out at the time of the facility walk-throughs: When will this equipment be repaired? If equipment is not repaired at the time of contract award, will the Department take over the identified repairs until repairs are complete? All equipment should be repaired by July 1, 2016. Any equipment not operational on July 1, 2016 will be the responsibility of MDOC.

Does the Department participate or require participation in the Child and Adolescent Food Care Program (CACFP) or the National School Lunch Program/School Breakfast Program (NSLP/SBP)? Yes, the National School Lunch Program.

How many hours of training have the managers received this since July 1, 2015 to meet the training standards for the National School Lunch Program? The managers attended the annual 2 day CNP training last summer on July 8<sup>th</sup> and 9<sup>th</sup>.

What format has been used or is preferred for the manager training – in person, online, local meetings, webinars, conferences? **The current vendor has utilized all of the above. MDOC does not have a preferred method of training but a certificate of training is required by the training department for any training taken outside of MDOC.**

What are the codes of the specific learning objectives that were covered for the manager training? **Serv Safe**

What training topics and number of hours of training have current food service employees received this since July 1, 2015 to meet the training standards for the National School Lunch Program? **I do not have the number of hours. The training topics are attached.**

What format has been used or is preferred for the employee training – in person, online, local meetings, webinars, conferences? **In person or online. MDOC does not have a preferred method of training but a certificate of training is required by the training department for any training taken outside of MDOC.**

What are the codes of the specific learning objectives that were covered for the food service employees? **Sanitation and Serv Safe**

What format has been used or is preferred for food service employee training? **In person. MDOC does not have a preferred method of training but a certificate of training is required by the training department for any training taken outside of MDOC.**

## CONSUMER PRICE MOVEMENTS MARCH 2015

The Consumer Price Index for All Urban Consumers (CPI-U) increased 0.2 percent in March on a seasonally adjusted basis, the U.S. Bureau of Labor Statistics reported today. Over the last 12 months, the all items index declined 0.1 percent before seasonal adjustment.

Increases in the energy and shelter indexes more than offset a decline in the food index and were the main factors in the rise of the seasonally adjusted all items index. The energy index rose 1.1 percent as advances in the gasoline and fuel oil indexes outweighed declines in the electricity and natural gas indexes. In contrast, the food index declined 0.2 percent, with the food at home index posting its largest decline since April 2009.

The index for all items less food and energy rose 0.2 percent in March, the same increase as in January and February. Along with the shelter index, a broad array of indexes rose in March, including medical care, used cars and trucks, apparel, new vehicles, household furnishings and operations, and recreation. The index for airline fares, in contrast, declined for the fourth time in the last 5 months.

The all items index declined 0.1 percent for the 12 months ending March. The energy index declined 18.3 percent over the span, more than offsetting increases in the indexes for food (up 2.3 percent) and all items less food and energy (up 1.8 percent).

Table A. Percent changes in CPI for All Urban Consumers (CPI-U): U.S. city average

	Seasonally adjusted changes from preceding month							Un-adjusted 12-mos. ended Mar. 2015
	Sep. 2014	Oct. 2014	Nov. 2014	Dec. 2014	Jan. 2015	Feb. 2015	Mar. 2015	
All items .....	0.1	0.1	-0.3	-0.3	-0.7	0.2	0.2	-0.1
Food .....	.3	.2	.2	.2	.0	.2	-.2	2.3
Food at home .....	.3	.2	.1	.2	-.2	.1	-.5	1.9
Food away from home <sup>1</sup> .....	.3	.2	.4	.3	.2	.3	.2	2.9
Energy .....	-.7	-1.2	-4.1	-4.7	-9.7	1.0	1.1	-18.3
Energy commodities .....	-.9	-2.1	-7.0	-9.0	-18.0	2.1	3.8	-28.8
Gasoline (all types) .....	-.9	-2.0	-7.2	-9.2	-18.7	2.4	3.9	-29.2
Fuel oil <sup>1</sup> .....	-2.1	-4.0	-3.5	-7.8	-9.9	1.9	5.9	-24.9
Energy services .....	-.4	-.1	-.3	.8	-.1	-.2	-1.5	-2.9
Electricity .....	-.7	.5	.0	.6	.9	.3	-1.1	.9
Utility (piped) gas service .....	.4	-1.9	-1.3	1.4	-3.4	-2.0	-2.7	-14.4
All items less food and energy .....	.1	.2	.1	.1	.2	.2	.2	1.8
Commodities less food and energy commodities .....	.1	.0	-.3	-.2	-.1	.2	.3	-.2
New vehicles .....	.0	.1	.0	.0	-.1	.2	.2	.8
Used cars and trucks .....	.0	-.6	-.9	-.8	-.1	1.0	1.2	-1.3
Apparel .....	.1	-.3	-.7	-.8	.3	.3	.5	-.5
Medical care commodities .....	.5	.2	.6	.9	-.3	.7	.1	4.2
Services less energy services .....	.2	.2	.2	.2	.3	.1	.2	2.4
Shelter .....	.3	.2	.2	.2	.3	.2	.3	3.0
Transportation services .....	.1	.5	.2	.0	.4	.3	.0	2.0
Medical care services .....	.1	.2	.3	.3	.1	-.2	.4	1.9

<sup>1</sup> Not seasonally adjusted.

## Consumer Price Index Data for March 2015

### Food

The food index declined 0.2 percent in March after a 0.2-percent increase in February. The index for food at home turned sharply down in March, falling 0.5 percent. Five of the six major grocery store food group indexes declined. The fruits and vegetables index posted the largest decrease, falling 1.4 percent, its third decline in a row. The index for nonalcoholic beverages, which rose 0.6 percent in February, fell 0.6 percent in March. The index for dairy and related products fell 0.5 percent, as did the index for meats, poultry, fish, and eggs. The index for beef and veal, however, rose for the fourteenth month in a row, increasing 0.1 percent. The index for other food at home fell 0.1 percent in March after rising in February. The only major grocery store food group index to increase in March was

**Mississippi State Penitentiary**

Highway 49 West PO Drawer E Parchman, MS 38738

Phone: 662-745-6611x-4104 Fax: 662-745-4574

January 25, 2016

Page 1

**Patient Information For:** TEST EDI TEST**MDOC#:** 1111**Housing Loc:****Restricted Medical Diet**

MEDICAL NOTE: If you do not see the required diet listed on this order form, the dietician must be contacted BEFORE the diet may be produced.

**Start Date:** \_\_\_\_\_ **End Date:** \_\_\_\_\_**DIET ORDER: (Check ONLY ONE diet at a time. Please!)**

<input type="checkbox"/>	Regular/Decreased Leafy Green Vegetables
<input type="checkbox"/>	No Concentrated Sweets with H.S. Snack
<input type="checkbox"/>	Snack -- High Protein
<input type="checkbox"/>	Snack -- 15 gm Carb/7 gm Protein
<input type="checkbox"/>	PEM I (4 Meal Plan for Protein Energy Malnutrition) with H.S. Snack (4000 Kcals),
<input type="checkbox"/>	PEM II (6 Meal Plan for Protein Energy Malnutrition) with 10 a.m. and 2 p.m. + H.S. Snacks (4000 Kcals)
<input type="checkbox"/>	"Cardiovascular:" Low Fat/Chol/Sat/Bland (<300 Chol; <30% Fat; 3-4 gm NA)
<input type="checkbox"/>	Renal Dialysis (80-85 gms Protein - 2 gm NA - 3 gm K) with H.S. Snack,
<input type="checkbox"/>	Acute Hepatitis/Cirrhosis (Non Acute Encephalopathy (80-85 gms Protein - 3000 Kcals)
<input type="checkbox"/>	High Fiber/High Fruit
<input type="checkbox"/>	Mechanical Dental (Chewing problems)
<input type="checkbox"/>	Pureed Food (no teeth or Dysphagic)
<input type="checkbox"/>	Full Liquid (3 Days Only)
<input type="checkbox"/>	Clear Liquid (2 Days Only)
<input type="checkbox"/>	High Protein - Full Liquid (30 Days Only for Broken Jaws/"Bloody Socket")
<input type="checkbox"/>	Pregnancy Diet (with H.S. Snack) NOT to exceed 9 months from start date
<input type="checkbox"/>	High Protein/High Carbohydrate
<input type="checkbox"/>	IDDM 1500 Calorie A.D.A. Diabetic with H.S. Snack
<input type="checkbox"/>	IDDM 1800 Calorie A.D.A. Diabetic with H.S. Snack
<input type="checkbox"/>	IDDM 2200 Calorie A.D.A. Diabetic with H.S. Snack
<input type="checkbox"/>	IDDM 2600 Calorie A.D.A. Diabetic with H.S. Snack
<input type="checkbox"/>	IDDM 3000 Calorie A.D.A. Diabetic with H.S. Snack
<input type="checkbox"/>	NIDDM 1500 Calorie A.D.A. Diabetic
<input type="checkbox"/>	NIDDM 1800 Calorie A.D.A. Diabetic
<input type="checkbox"/>	NIDDM 2200 Calorie A.D.A. Diabetic
<input type="checkbox"/>	NIDDM 2600 Calorie A.D.A. Diabetic
<input type="checkbox"/>	NIDDM 3000 Calorie A.D.A. Diabetic
<input type="checkbox"/>	Isolation Styrofoam Tray for _____ diet

I have been counseled on this diet, understand the plan and agree to follow the rules of eating the diet every day. I also understand that **if I do not pick up the diet tray and sign for it at each meal**, the consequence will be the cancellation of my diet tray by Food Service per the direction of the Medical Director.

**Inmate's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_**Comments:** \_\_\_\_\_**Authorized Medical Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

NO WEIGHT REDUCTION DIETS ARE TO BE ORDERED USING THE ADA PATTERNS, USE CHOLESTEROL/FAT RESTRICTED DIET FOR LIFE THREATENING CASES. VEGETARIAN DIETS ARE NOT MEDICAL PROBLEMS, THEREFORE, THEY ARE NOT ORDERED ON THIS FORM



LEASED Dish Machines

CUST_ACCT_NM	SHIPTO_ADDR_L1	SHIPTO_ADDR_L2	SHIPTO_CITY_ST_ZIP	HIPTO_ZI	ET_STRT_DT	LEASE_STRT_DT	MPONENT	MCH_SER_NBR	PRICE_AMT
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	28-Dec-07	ET44	S804396	\$ 183.19
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Apr-15	ES2000	15A300962	\$ 87.09
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Jan-08	ES4000	07L231554	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	15-Sep-07	ES4000	07F223609	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Sep-03	ES4000	ES52654	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	11-Oct-03	ES4000	ES57076	\$ 120.07
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	17-Jul-14	ES4000	14E292805	\$ 139.37
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Feb-13	ES4000	ES54697	\$ 136.91
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Oct-09	ES2000	07F223601	\$ 65.10
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	15-Jan-12	XL4000	11G265907	\$ 120.07
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	07-Sep-03	ES4000	ES57005	\$ 120.07
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	21-Mar-13	ES2000	12K277380	\$ 85.55
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	28-Jan-13	ES2000	ES20295	\$ 85.55
MISSISSIPPI DEPT OF CORR	US HIGHWAY 49 W		PARCHMAN MS 38738	38738	01-Mar-01	01-Mar-01	ES2000	ES9317	\$ 61.03
SOUTH MISS CORR INST 3675	22689 HWY 63 N		LEAKESVILLE MS 39451	39451	21-Apr-95	21-Aug-10	ES4000	07J228562	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Sep-03	ES4000	ES50694	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	11-Oct-03	ES4000	ES57070	\$ 120.07
CENTRAL MS CORR FAC	WOMENS KITCHEN	5001 HIGHWAY 468	PEARL MS 39208	39208	15-Aug-03	20-Sep-03	ES4000	ES57051	\$ 120.07


**Mississippi Department of Corrections**  
**3<sup>rd</sup> & 4<sup>th</sup> Quarter 2015**  
**Cycle 1**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
Oatmeal 8 oz 1 ea 1 ea 1 ea 1 ea 10 oz 2 ea 8 oz 2 T	Grits 8 oz 4 oz 4 oz 1 ea 1 ea 10 oz 2 ea 8 oz 2 T	Cereal 8 oz 4 oz 4 oz 1 ea 1 ea 10 oz 2 ea 8 oz 2 T	Cheese Grits 8 oz 1 ea 3 ea 2 oz 10 oz 2 ea 8 oz 2 T	Oatmeal 8 oz 4 oz 2 oz 1 ea 10 oz 2 ea 8 oz 2 T	Cereal 8 oz 4 oz 2 oz 1 ea 10 oz 2 ea 8 oz 2 T	Oatmeal 8 oz 4 oz 2 oz 1 ea 10 oz 2 ea 8 oz 2 T
<b>Lunch</b>						
Corn Dog 1 ea 4 oz 4 oz 1 ea 10 oz 1 T	Turkey Ham 2/2 oz 2 oz 4 oz 4 oz 2 slices 4 oz 1 T 1 ea 10 oz	Beef Mac & Cheese 8 oz 4 oz 4 oz 1 ea 1 ea 10 oz	Chicken Nuggets 6 ea 2 oz 4 oz 4 oz 1 ea 4 oz 1 T 10 oz	Hot Dog 2 ea 4 oz 8 oz 2 sl 1 T 4 oz 10 oz	BBQ Pork 4 oz 8 oz 4 oz 1 ea 4 oz 10 oz	Grilled Chicken 3.2 oz 1 oz 4 oz 8 oz 1 ea 1 ea 10 oz
<b>Dinner</b>						
S Salisbury Steak 3.2 oz 2 oz 8 oz 4 oz 1 ea 1 ea 10 oz	Breaded Beef 3.2 oz 2 oz 4 oz 4 oz 1 ea 4 oz 10 oz	Chicken Chili 8 oz 4 oz 4 oz 1 ea 1 ea 10 oz	Pizza Pocket 1 ea 4 oz 4 oz 4 oz 10 oz	Beef Patty 3.2 oz 2 oz 8 oz 1 ea 1 ea 10 oz	Baked Chicken 1 ea 2 oz 8 oz 4 oz 1 ea 1 ea 10 oz	Fish 4 oz 4 oz 8 oz 1 T 1 ea 4 oz 10 oz

\*Pork Items are denoted in BOLD

\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: 

MDOC Food Service Director: 

Dietitian's Approval: Rose M. Jones, MS, R.D., L.D.

DATE: 06/30/15

DATE: 6/30/15



DATE: 06/30/2015

**Mississippi Department of Corrections**  
**3<sup>rd</sup> & 4<sup>th</sup> Quarter 2015**  
**Cycle 2**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
Grits 8 oz Eggs 4 oz Sausage Patty 2 oz Biscuit 1 ea Jelly 1 oz Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Oatmeal 8 oz Eggs 4 oz Sausage Patty 2 oz Tortilla 1 ea Sugar 1 oz Coffee 10 oz Milk 2 ea Margarine 2 T	Oatmeal 8 oz Eggs 4 oz Sausage Link 1 ea Biscuit 1 ea Jelly 10 oz Coffee 2 ea Sugar 8 oz Milk 2 T Margarine 2 T	Grits 8 oz Potatoes 4 oz Sausage Gravy 1 ea Biscuit 1 ea Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Oatmeal 8 oz Eggs 4 oz Sausage Link 1 ea Biscuit 1 ea Jelly 10 oz Coffee 2 ea Sugar 8 oz Milk 2 T Margarine 2 T	Cereal 8 oz Potatoes 4 oz Sausage Gravy 1 ea Biscuit 1 ea Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Oatmeal 8 oz Fried Bologna 2 oz Potatoes 4 oz Biscuit 1 ea Jelly 10 oz Coffee 2 ea Sugar 8 oz Milk 2 T Margarine 2 T
<b>Lunch</b>						
Peanut Butter & Jelly 4 oz Sliced Bread 4 oz Macaroni and Cheese 4 oz Sliced Apples 10 oz Cookie 1 ea Punch 10 oz	Roast Beef 4 oz Gravy 2 oz Dinner Roll 1 ea Mashed Potatoes 4 oz Green Peas 4 oz Strawberry Mousse 4 oz Punch 10 oz	Beef Patty 3.2 oz Tater Tots 4 oz Sliced Bread 2 ea Green Peas 2 ea Mayonnaise 1 T Ketchup 1 T Garnish 1 ea Cookie 1 ea Punch 10 oz	Meatballs 3.2 oz Gravy 4 oz Rice 2 ea Greens 4 oz Cornbread 1 T Cookie 1 T Punch 10 oz	Fajita Chicken 6 ea Flour Tortilla 2 oz Mexican Rice 4 oz Corn 8 oz Cookie 1 ea Fajita Sauce 1 ea Punch 10 oz	Bologna 4 oz Green Beans 2 ea Sweet Potatoes 4 oz Dinner Roll 1 ea Garnish 4 oz Fruited Gelatin 1 T Mustard 10 oz Punch 10 oz	Sausage w/Onion & Pepper 4 oz Rice 4 oz Mixed Vegetables 4 oz Dinner Roll 1 ea Gelatin 4 oz Punch 10 oz
<b>Dinner</b>						
Breaded Beef Patty 3.2 oz Gravy 2 oz Rice 4 oz Green Beans 8 oz Dinner Roll 1 ea Cake 1 ea Tea 10 oz	Salisbury Steak 3.2 oz Gravy 2 oz Rice 4 oz Greens 8 oz Cornbread 1 ea Brownie 1 ea Tea 10 oz	Chili Mac 8 oz Green Beans 4 oz Carrots 4 oz Dinner Roll 1 ea Cake 1 ea Tea 10 oz	Breaded Chicken Patty 8 oz Spaghetti & Sauce 4 oz Mixed Vegetables 4 oz Dinner Roll 1 ea Apple Crisp 10 oz Tea 10 oz	Cheese Grits 3.2 oz Bacon 8 oz Pancakes 4 oz Pancake Syrup 1 ea Punch 4 oz Margarine 10 oz	BBQ Chicken 8 oz Baked Beans 2 sl Greens 3 ea Corn 2 oz Cornbread 10 oz Cake 2 T Tea 10 oz	Breaded Fish 1 ea Mac and Cheese 4 oz Cote Slaw 4 oz Dinner Roll 1 ea Ketchup 1 T Cake 1 ea Tea 10 oz

\*Pork Items are denoted in BOLD

\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner:   
 MDOC Food Service Director:   
 Dietitian's Approval: Rene M. Jones, MS, RD, LD

DATE: 06/30/15  
 DATE: 06/30/15  
 DATE: 06/30/2015

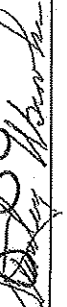
**Mississippi Department of Corrections**  
**3rd & 4th Quarter 2015**  
**Cycle 3**


Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
Grits 8 oz Eggs 4 oz Sausage Party 1 ea Biscuit 1 ea Jelly 10 oz Coffee 2 ea Sugar 8 oz Milk 2 T Margarine	Oatmeal 8 oz Gravy 4 oz Beef Fingers 3 ea Biscuit 1 ea Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Cereal 8 oz Potatoes 4 oz Sausage Gravy 4 oz Biscuit 1 ea Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Oatmeal 8 oz Bacon 2 sl Pancakes 3 ea Pancake Syrup 2 oz Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Cereal 8 oz Eggs 4 oz Sausage Party 1 ea Biscuit 1 ea Jelly 10 oz Coffee 2 ea Sugar 8 oz Milk 2 T Margarine	Grits 8 oz Sausage Link 4 oz Potatoes 1 ea Biscuit 1 ea Jelly 10 oz Coffee 2 ea Sugar 8 oz Milk 2 T Margarine	Oatmeal 8 oz Eggs 4 oz Sausage Gravy 4 oz Biscuit 1 ea Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T
<b>Lunch</b>						
Hot Pocket 4 oz Corn 4 oz Green Beans 4 oz Potato Salad 4 oz Cookie 1 ea Punch 10 oz	Hot Dog 2 ea Baked Beans 8 oz Potato Salad 4 oz Sliced Bread 2 ea Fruited Gelatin 4 oz Mustard 1 T Punch 10 oz	Breaded Beef Patty 3.2 oz Gravy 2 oz Mashed Potatoes 4 oz Turnip Greens 4 oz Cornbread 1 ea Peanut Butter 4 oz Mousse 10 oz Punch	Tuna Salad 4 oz Carrots 4 oz Green Peas 4 oz Dinner Roll 1 ea Cookie 1 ea Punch 10 oz	Corn Dog 1 ea Baked Beans 4 oz Macaroni & Cheese 4 oz Tossed Salad 4 oz Salad Dressing 2 oz Cookie 1 ea Mustard 1 T Punch 10 oz	Turkey Ham 1 ea Farm Vegetable 4 oz Peas and Corn 4 oz Dinner Roll 1 ea Mustard 1 T Gelatin 10 oz Punch	Hamburger Helper 8 oz Green Beans 4 oz Carrots 4 oz Cornbread 1 ea Cookie 1 ea Punch 10 oz
<b>Dinner</b>						
Meatballs 6 ea Spaghetti & Sauce 8 oz Corn 4 oz Green Peas 4 oz Garlic Roll 1 ea Brownie 1 ea Tea 10 oz	Chicken Stew 8 oz Greens 8 oz Rice 4 oz Cornbread 1 ea Cake 1 ea Tea 10 oz	Corny Chicken Cass. 8 oz Green Beans 4 oz Carrots 4 oz Dinner Roll 1 ea Fruited Mousse 4 oz Tea 10 oz	Red Beans & 8 oz Sausage 4 oz Rice 4 oz Cabbage 1 ea Cornbread 1 ea Cake 10 oz Tea	Beef Fingers 5 ea Gravy 2 oz Mashed Potatoes 4 oz Mixed Vegetables 4 oz Cornbread 1 ea Brownie 1 ea Tea 10 oz	Chicken and Dumplings 8 oz Lima Beans 4 oz Sweet Potatoes 4 oz Cornbread 1 ea Cake 10 oz Tea	Fish 4 oz Au Gratin Potatoes 8 oz Greens 4 oz Cornbread 1 ea Tartar Sauce 1 T Cake 1 ea Tea 10 oz

\*Pork Items are denoted in **BOLD**

\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: 

MDOC Food Service Director: 

Dietitian's Approval: 

DATE: 06/30/15

DATE: 06/30/15

DATE: 06/30/2015


**Mississippi Department of Corrections**  
**3<sup>rd</sup> & 4<sup>th</sup> Quarter 2015**  
**Cycle 4**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
Grits 8 oz Sausage Link 1 ea Potatoes 4 oz Biscuit 1 ea Jelly 10 oz Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Oatmeal 8 oz Potatoes 4 oz Biscuit 1 ea Sausage Gravy 4 oz Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Grits 8 oz Breakfast Casserole 4 oz Flour Tortilla 1 ea Sugar 2 ea Coffee 10 oz Milk 8 oz Margarine 2 T	Oatmeal 8 oz Eggs 4 oz Steak for Biscuit 1 ea Biscuit 1 ea Jelly 10 oz Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Grits 8 oz Sausage Party 4 oz Pancakes 1 ea Syrup 1 ea Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T	Oatmeal 8 oz Potatoes 4 oz Bacon 2 sl. Biscuit 1 ea Jelly 10 oz Coffee 2 ea Sugar 2 ea Milk 10 oz Margarine 2 T	Grits 8 oz Sausage Gravy 4 oz Potatoes 2 sl. Biscuit 1 ea Coffee 10 oz Sugar 2 ea Milk 8 oz Margarine 2 T
<b>Lunch</b>						
BBQ Pork 4 oz Pinto Beans 4 oz Corn 4 oz Dinner Roll 1 ea Fruited Gelatin 4 oz Punch 10 oz	Meatloaf 4 oz Rice 4 oz Black-eyed Peas 4 oz Gravy 2 oz Cornbread 1 ea Cookie 1 ea Punch 10 oz	Chicken Salad 4 oz Sweet Potatoes 4 oz Farm Vegetables 4 oz Dinner Roll 1 ea Chocolate Mousse 4 oz Punch 10 oz	Beef Fingers 5 ea Gravy 2 oz Mashed Potatoes 4 oz Greens 4 oz Cornbread 1 ea Cookie 1 ea Ketchup 1 T Punch 10 oz	Chicken Rotel 8 oz Corn 4 oz Peas & Carrots 4 oz Garlic Roll 1 ea Gelatin 4 oz Punch 10 oz	Hot Pocket 1 ea Macaroni Salad 4 oz Carrots 4 oz Baked Beans 4 oz Cookie 1 ea Punch 10 oz	BBQ Beef 4 oz Corn 4 oz Coleslaw 4 oz Dinner Roll 1 ea Fruited Mousse 4 oz Punch 10 oz
<b>Dinner</b>						
Cheesy Mac 8 oz Green Beans 4 oz Carrots 4 oz Garlic Roll 1 ea Apple Cobbler 4 oz Tea 10 oz	Breaded Chicken Patty 3.2 oz Chicken Gravy 2 oz Mashed Potatoes 8 oz Peas and Carrots 4 oz Dinner Roll 1 ea Cake 1 ea Tea 10 oz	Beef Stroganoff 3.2 oz Corn 2 oz Green Beans 8 oz Cornbread 4 oz Cake 1 ea Tea 10 oz	Chicken Noodle 8 oz Soup 4 oz Carrots 4 oz Green Beans 4 oz Cornbread 1 ea Brownie 1 ea Tea 10 oz	Hamburger Patty 8 oz Gravy 4 oz Baked Beans 4 oz Whipped Potatoes 4 oz Dinner Roll 1 ea Cake 1 ea Tea 10 oz	Baked Chicken 3.2 oz Gravy 2 oz Mashed Potatoes 2 oz Green Beans 4 oz Cornbread 1 ea Peanut Butter 1 ea Mousse 10 oz Tea 10 oz	Fish 1 ea Mac and Cheese 2 oz Greens 4 oz Cornbread 4 oz Ketchup 1 ea Cake 4 oz Tea 10 oz

\*Pork Items are denoted in **BOLD**

\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: 

MDOC Food Service Director: 

Dietitian's Approval: Rene M. Jones, MS, R.D., L.D.

DATE: 06/30/15

DATE: 6/30/15

DATE: 06/30/2015

# Mississippi Department of Corrections

## CWC Menu

1st & 2nd Quarter 2016

Cycle 1

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast													
Oatmeal	8oz.	Grits	8oz.	Cereal	8oz.	Cheese Grits	8oz.	Oatmeal	8oz.	Cereal	8oz.	Rice	4oz.
Eggs	4oz.	Eggs	4oz.	Potatoes	4oz.	Sausage Patty	1ea.	Eggs	4oz.	Potatoes	4oz.	Eggs	4oz.
Chicken Sausage	1 link	Potatoes	4oz.	Sausage Gravy	4oz.	Pancakes	3ea.	Fried Bologna	2oz.	Sausage Gravy	4oz.	Bacon	2ea.
Biscuit	1 ea.	Biscuit	1ea.	Biscuit	1ea.	Syrup	2oz.	Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.
Jelly	1oz.	Jelly	1oz.	Coffee	10oz.	Coffee	10oz.	Jelly	1oz.	Coffee	10oz.	Jelly	1oz.
Coffee	10oz.	Coffee	10oz.	Sugar	2ea.	Sugar	2ea.	Coffee	10oz.	Sugar	2ea.	Coffee	10oz.
Sugar	2ea.	Sugar	2ea.	Milk	8oz.	Milk	8oz.	Sugar	2ea.	Milk	8oz.	Sugar	2ea.
Milk	8oz.	Milk	8oz.	Margarine	2T.	Margarine	2T.	Milk	8oz.	Margarine	2T.	Milk	8oz.
Margarine	2T.	Margarine	2T.					Margarine	2T.			Margarine	2T.
Lunch													
Corn Dog	1ea.	Turkey Ham	4oz.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.
Baked Beans	4oz.	Seasoned Rice	4oz.										
Au Gratin Potatoes	4oz.	Green Peas	4oz.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.
Coleslaw	4oz.	Sliced Bread	2 slices										
Cookies	1pk.	Cookies	1pk.										
Punch	10oz	Mustard	1T										
Mustard	1T.	Sandwich Garnish	1ea.										
		Punch	10oz.										
Supper													
Salisbury Steak	1ea.	Breaded Beef Patty	1ea.	Chicken Chili w/Beans	8oz.	Chicken Broccoli Rice	8oz.	Beef Patty	1ea.	Baked Chicken	1ea.	Fish	1ea.
Gravy	2oz.	Country Gravy	2oz.					Gravy	2oz.	Gravy	2oz.	Au Gratin Potatoes	4oz.
Mashed Potatoes	4oz.	Whole Kernel Corn	4oz.	Rice	4oz.	Farm Vegetables	4oz.	Rice	4oz.	Mashed Potatoes	8oz.	Farm Vegetables	8oz.
Green Beans	4oz.	Green Beans	4oz.	Cabbage	4oz.	Green Peas	4oz.	Farm Vegetables	8oz.	Green Beans	4oz.	Ketchup	1T.
Dinner Roll	1ea.	Dinner Roll	1ea.	Cornbread	1ea.	Peach Cobbler	4oz.	Cornbread	1ea.	Dinner Roll	1ea.	Cornbread	1ea.
Cake	1ea.	Mousse	4oz	Cake	1ea.	Dinner Roll	1ea.	Cake	1ea.	Cake	1ea.	Mousse	4oz.
Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.

\*Pork Items Are Denoted In **BOLD**

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: \_\_\_\_\_ DATE: \_\_\_\_\_

Dietitian's Approval: Chad Cochran, RD, LD. DATE: 01/22/2016

# Mississippi Department of Corrections

## CWC Menu

1st & 2nd Quarter 2016

Cycle 2

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast													
Oatmeal	8oz.	Cereal	8oz.	Oatmeal	8oz.	Grits	8oz.	Oatmeal	8oz.	Cereal	8oz.	Oatmeal	8oz.
Eggs	4oz.	Potatoes	4oz.	Eggs	4oz.	Eggs	4oz.	Eggs	4oz.	Potatoes	4oz.	Ham	2oz.
Sausage Patty	1ea.	Turkey Ham	2oz.	Sausage Patty	1ea.	Sausage Gravy	4oz.	Sausage Link	1ea.	Sausage Gravy	4oz.	Potatoes	4oz.
Biscuit	1ea.	Biscuit	1ea.	Tortilla	1ea.	Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.
Jelly	1oz.	Jelly	1oz.	Coffee	10oz.	Coffee	10oz.	Jelly	1oz.	Coffee	10oz.	Jelly	1oz.
Coffee	10oz.	Coffee	10oz.	Sugar	2ea.	Sugar	2ea.	Coffee	10oz.	Sugar	2ea.	Coffee	10oz.
Sugar	2ea.	Sugar	2ea.	Milk	8oz.	Milk	8oz.	Sugar	2ea.	Milk	8oz.	Sugar	2ea.
Milk	8oz.	Milk	8oz.	Margarine	2T.	Margarine	2T.	Milk	8oz.	Margarine	2T.	Milk	8oz.
Margarine	2T.	Margarine	2T.					Margarine	2T.			Margarine	2T.
Lunch													
Peanut Butter & Jelly	4oz.	Roast Beef Gravy	4oz.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.
Sliced Bread	4 slices	Mashed Potatoes	4oz.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.
Macaroni & Cheese	4oz.	Green Peas	4oz.										
Fruit	4oz.	Dinner Roll	1ea.										
Cookies	1pk.	Mousse	4oz.										
Punch	10oz.	Punch	10oz.										
Supper													
Breaded Beef Patty	1ea.	Salisbury Steak	1ea.	Chili Mac	8oz.	Breaded Chicken	1ea.	Cheese Grits	8oz.	BBQ Chicken Leg	1ea.	Breaded Fish	1ea.
Brown Gravy	2oz.	Gravy	2oz.	Green Beans	4oz.	Patty		Bacon	2 slices	Quarter		Mac & Cheese	4oz.
Rice	4oz.	Rice	4oz.	Carrots	4oz.	Spaghetti & Sauce	8oz.	Pancakes	3ea.	Baked Beans	4oz.	Coleslaw	4oz.
Green Beans	4oz.	Greens	8oz.	Dinner Roll	1ea.	Mixed Vegetables	4oz.	Pancake Syrup	2oz.	Greens	4oz.	Dinner Roll	1ea.
Dinner Roll	1ea.	Cornbread	1ea.	Cake	1ea.	Dinner Roll	1ea.	Margarine	2T.	Corn	4oz.	Ketchup	1T.
Cake	1ea.	Brownie	1ea.	Tea	10oz.	Apple Crisp	4oz.	Tea	10oz.	Cornbread	1ea.	Cake	1ea.
Tea	10oz.	Tea	10oz.			Tea	10oz.			Cake	1ea.	Tea	10oz.
										Tea	10oz.		

\*Pork Items Are Denoted In **BOLD**

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: \_\_\_\_\_ DATE: \_\_\_\_\_

Dietitian's Approval: Chad Cochran, RD, LD. DATE: 01/22/2016



# Mississippi Department of Corrections

## CWC Menu

1st & 2nd Quarter 2016

Cycle 3

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast													
Grits	8oz.	Oatmeal	8oz.	Grits	8oz.	Oatmeal	8oz.	Grits	8oz.	Oatmeal	8oz.	Grits	8oz.
Eggs	4oz.	Potatoes	4oz.	Eggs	4oz.	Eggs	4oz.	Sausage Patty	1ea.	Potatoes	4oz.	Potatoes	4oz.
Potatoes	4oz.	Biscuit	1ea.	Sausage Patty	1ea.	Sausage Link	1 link	Pancakes	3ea.	Bacon	2 slices	Sausage Gravy	4oz.
Biscuit	1ea.	Sausage Gravy	4oz	Flour Tortilla	1ea.	Biscuit	1ea.	Syrup	2oz.	Biscuit	1ea.	Biscuit	1ea.
Honey	1oz.	Coffee	10oz.	Coffee	10oz.	Jelly	1T.	Coffee	10oz.	Honey	1oz.	Coffee	10oz.
Coffee	10oz.	Sugar	2ea.	Sugar	2ea.	Coffee	10oz.	Sugar	2ea.	Coffee	10oz.	Sugar	2ea.
Sugar	2ea.	Milk	8oz.	Milk	8oz.	Sugar	2ea.	Milk	8oz.	Sugar	2ea.	Milk	8oz.
Milk	8oz.	Margarine	2T.	Margarine	2T.	Milk	8oz.	Margarine	2T.	Milk	8oz.	Margarine	2T.
Margarine	2T.					Margarine	2T.			Margarine	2T.		
Lunch													
BBQ Pork	4oz.	Meatloaf	1ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.
Pinto Beans	4oz.	Rice	4oz.	Jelly Sandwich		Jelly Sandwich		Jelly Sandwich		Jelly Sandwich		Jelly Sandwich	
Corn	4oz.	Black-eyed Peas	4oz.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.
Dinner Roll	1ea.	Gravy	2oz.										
Fruit	1ea.	Cornbread	1ea.										
Punch	10oz	Cookies	1ea.										
		Punch	10oz										
Supper													
Cheesy Mac	8oz.	Breaded Chicken	1ea.	Jambalaya	8oz.	Chicken Tetrazini	8oz.	Hamburger Patty	1ea.	Baked Chicken Leg	1ea.	Fish	1ea.
Green Beans	4oz.	Patty		Corn	4oz.			Baked Beans	4oz.	Quarter		Mac & Cheese	4oz.
Carrots	4oz.	Chicken Gravy	2oz.	Cabbage	4oz.	Corn	4oz.	Potato Salad	4oz.	Gravy	2oz.	Greens	8oz.
Garlic Roll	1ea.	Mashed Potatoes	8oz.	Cornbread	1ea.	Green Beans	4oz.	Dinner Roll	1ea.	Mashed Potatoes	4oz.	Cornbread	1ea.
Apple Cobbler	4oz.	Peas & Carrots	4oz.	Cake	1ea.	Cornbread	1ea.	Sandwich Garnish	1ea.	Green Beans	4oz.	Ketchup	1T.
Tea	10oz.	Cake	1ea.	Tea	10oz.	Brownie	1ea.	Mayonnaise	1T.	Cornbread	1ea.	Cake	1ea.
		Tea	10oz.			Tea	10oz.	Cake	1ea.	Mousse	4oz.	Tea	10oz.
								Tea	10oz.	Tea	10oz.		

\*Pork Items Are Denoted In **BOLD**

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: \_\_\_\_\_ DATE: \_\_\_\_\_

Dietitian's Approval: Chad Cochran, RD, LD. DATE: 01/22/2016



# Mississippi Department of Corrections

## CWC Menu

1st & 2nd Quarter 2016

Cycle 4

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast													
Grits	8oz.	Oatmeal	8oz.	Cereal	8oz.	Oatmeal	8oz.	Cereal	8oz.	Grits	8oz.	Rice	4oz.
Eggs	4oz.	Pepper Gravy	2oz.	Potatoes	4oz.	Egg	4oz.	Eggs	4oz.	Sausage Link	1ea.	Eggs	4oz.
Sausage Patty	1 ea.	Beef Fingers	3ea.	Sausage Gravy	4oz.	Pancake on a Stick	1ea.	Sausage Patty	1ea.	Potatoes	4oz.	Sausage Gravy	4oz.
Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.	Pancake Syrup	2oz.	Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.
Jelly	1oz.	Coffee	10oz.	Coffee	10oz.	Coffee	10oz.	Jelly	1oz.	Jelly	1oz.	Coffee	10oz.
Coffee	10oz.	Sugar	2ea.	Sugar	2ea.	Sugar	2ea.	Coffee	10oz.	Coffee	10oz.	Sugar	2ea.
Sugar	2ea.	Milk	8oz.	Milk	8oz.	Milk	8oz.	Sugar	2ea.	Sugar	2ea.	Milk	8oz.
Milk	8oz.	Margarine	2T.	Margarine	2T.	Margarine	2T.	Milk	8oz.	Milk	8oz.	Margarine	2T.
Margarine	2T.							Margarine	2T.	Margarine	2T.		
Lunch													
Beef Patty	1ea.	Hot Dog	2ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.	Peanut Butter & Jelly Sandwich	2 ea.
Sliced Cheese	1 slice	Baked Beans	8oz.										
Corn	4oz.	Potato Salad	4oz.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.	Cookies	1pk.
Green Beans	4oz.	Sliced Bread	2 slices										
Potato Salad	1ea.	Fruit	4oz.										
Roll	1pk.	Mustard	1T										
Cookies	10oz.	Punch	10oz.										
Punch													
Supper													
Spaghetti & Meat Sauce	8oz.	Chicken Stew	8oz.	Red Beans & Sausage	8oz.	Creamy Chicken Cassorole	8oz.	Beef Fingers	5ea.	Chicken & Dumplings	8oz.	Fish	1ea.
Corn	4oz.	Greens	4oz.					Brown Gravy	2oz.			Au Gratin Potatoes	8oz.
Green Peas	4oz.	Rice	4oz.	Rice	4oz.	Green Beans	4oz.	Mashed Potatoes	4oz.	Lima Beans	4oz.	Greens	4oz.
Garlic Roll	1ea.	Cornbread	1ea.	Cabbage	4oz.	Carrots	4oz.	Mixed Vegetables	4oz.	Sweet Potatoes	4oz.	Cornbread	1ea.
Brownie	1ea.	Cake	1ea.	Cornbread	1ea.	Dinner Roll	1ea.	Cornbread	1ea.	Cornbread	1ea.	Tartar Sauce	1T.
Tea	10oz.	Tea	10oz.	Cake	1ea.	Mousse	4oz.	Brownie	1ea.	Cake	1ea.	Cake	1ea.
				Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.

\*Pork Items Are Denoted In **BOLD**

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: \_\_\_\_\_ DATE: \_\_\_\_\_

Dietitian's Approval: Chad. Cochran, RD, LD. DATE: 01/22/2016

# RECEIVED

Mississippi Department of Corrections  
CWC Menu  
3rd & 4th Quarter 2015  
Cycle 1

JUL 07 2015

MDOC  
COMMUNITY  
CORRECTIONS

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
Oatmeal Steak Biscuit Jelly Coffee Sugar Milk Margarine	Grits Potatoes Biscuit Jelly Coffee Sugar Milk Margarine	Cereal Potatoes Sausage Gravy Biscuit Coffee Sugar Milk Margarine	Cheese Grits Sausage Patty Pancakes Syrup Coffee Sugar Milk Margarine	Oatmeal Eggs Fried Bologna Biscuit Jelly Coffee Sugar Milk Margarine	Cereal Sausage Gravy Potatoes Biscuit Coffee Sugar Milk Margarine	Oatmeal Eggs Bacon Biscuit Jelly Coffee Sugar Milk Margarine
8 oz 1 ea 1 ea 1 oz 10 oz 2 ea 8 oz 2 T	8 oz 4 oz 1 ea 1 oz 10 oz 2 ea 8 oz 2 T	8 oz 4 oz 1 ea 10 oz 2 ea 8 oz 2 T	8 oz 1 ea 3 ea 2 oz 10 oz 2 ea 8 oz 2 T	8 oz 4 oz 2 oz 1 ea 10 oz 2 ea 8 oz 2 T	8 oz 4 oz 4 oz 1 ea 10 oz 2 ea 8 oz 2 T	8 oz 4 oz 4 oz 1 ea 10 oz 2 ea 8 oz 2 T
<b>Lunch</b>						
Corn Dog Baked Beans Au Gratin Potatoes Coleslaw Cookie Punch Mustard	Turkey Ham Gravy Rice Green Peas Sliced Bread Gelatin Mustard Sandwich Garnish Punch	PB & Jelly Sandwich Cookie	PB & Jelly Sandwich Cookie	PB & Jelly Sandwich Cookie	PB & Jelly Sandwich Cookie	PB & Jelly Sandwich Cookie
1 ea 4 oz 4 oz 4 oz 1 ea 10 oz 1 T	2/2 oz 2 oz 4 oz 4 oz 2 slices 4 oz 1 T 1 ea 10 oz	2 ea 1 pkt	2 ea 1 pkt	2 ea 1 pkt	2 ea 1 pkt	2 ea 1 pkt
<b>Dinner</b>						
Salisbury Steak Gravy Mashed Potatoes Green Beans Dinner Roll Cake Tea	Breaded Beef Patty Gravy Whole Kernel Corn Green Beans Dinner Roll Peanut Butter Mousse Tea	Chicken Chili w/Beans Rice Cabbage Cornbread Cake Tea	Pizza Pocket Spaghetti & Sauce Farm Vegetables Green Peas Peach Cobbler Tea	Beef Patty Gravy Rice Farm Vegetables Cornbread Cake Tea	Baked Chicken Patty Gravy Mashed Potatoes Green Beans Dinner Roll Cake Tea	Fish Au Gratin Potatoes Farm Vegetables Ketchup Cornbread Chocolate Mousse Tea
3.2 oz 2 oz 8 oz 4 oz 1 ea 1 ea 10 oz	3.2 oz 2 oz 4 oz 4 oz 1 ea 1 ea 10 oz	8 oz 4 oz 4 oz 1 ea 1 ea 10 oz	1 ea 4 oz 4 oz 4 oz 4 oz 10 oz	1 ea 4 oz 4 oz 8 oz 1 ea 1 ea 10 oz	1 ea 2 oz 4 oz 8 oz 1 ea 1 ea 10 oz	1 ea 2 oz 4 oz 8 oz 1 ea 1 ea 10 oz

\*Pork Items are denoted in BOLD

\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: Christy Leathery

MDOC Food Service Director: Barbara Brown

Dietitian's Approval: Rose M. Jones, MS, R.D., L.D.

DATE: 6/30/15

DATE: 6/30/15

DATE: 06/30/2015

RECEIVED

JUL 07 2015

MDOC  
COMMUNITY  
CORRECTIONS

Mississippi Department of Corrections  
CWC Menu  
3<sup>rd</sup> & 4<sup>th</sup> Quarter 2015  
Cycle 2

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
Grits Eggs Sausage Patty Biscuit Jelly Coffee Sugar Milk Margarine	8 oz 4 oz 1 ea 1 ea 1 oz 10 oz 2 ea 8 oz 2 T	Oatmeal Eggs Sausage Patty Tortilla Sugar Coffee Milk Margarine	8 oz 4 oz 1 ea 1 ea 10 oz 2 ea 8 oz 2 T	Oatmeal Eggs Sausage Link Biscuit Jelly Coffee Sugar Milk Margarine	8 oz 4 oz 1 ea 10 oz 2 ea 8 oz 2 T	Oatmeal Bologna Potatoes Biscuit Jelly Coffee Sugar Milk Margarine
<b>Lunch</b>						
Peanut Butter & Jelly Sliced Bread Macaroni & Cheese Sliced Apples Cookie Punch	4 oz 2 sl 4 oz 4 oz 1 ea 10 oz	PB & Jelly Sandwich Cookie	2 ea 1 pkt	PB & Jelly Sandwich Cookie	2 ea 1 pkt	PB & Jelly Sandwich Cookie
<b>Dinner</b>						
Breaded Beef Patty Gravy Rice Green Beans Dinner Roll Cake Tea	3.2 oz 2 oz 4 oz 4 oz 1 ea 1 ea 10 oz	Chili Mac Green Beans Carrots Dinner Roll Cake Tea	8 oz 4 oz 4 oz 1 ea 10 oz	Breaded Chicken Patty Spaghetti & Sauce Mixed Vegetables Dinner Roll Apple Crisp Tea	8 oz 2 sl 3 ea 2 oz 10 oz 2 T	BBQ Chicken Baked Beans Greens Corn Cornbread Cake Tea
<b>Supper</b>						
Breaded Fish Mac and Cheese Cole Slaw Dinner Roll Ketchup Cake Tea	4 oz 4 oz 4 oz 1 ea 1 T 1 ea 10 oz	Breaded Fish Mac and Cheese Cole Slaw Dinner Roll Ketchup Cake Tea	1 ea 4 oz 4 oz 4 oz 1 ea 1 ea 10 oz	Breaded Fish Mac and Cheese Cole Slaw Dinner Roll Ketchup Cake Tea	1 ea 4 oz 4 oz 4 oz 1 ea 1 ea 10 oz	Breaded Fish Mac and Cheese Cole Slaw Dinner Roll Ketchup Cake Tea

\*Pork Items are denoted in **BOLD**

\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: Chucky Anthony  
MDOC Food Service Director: Stanley Webb  
Dietitian's Approval: Rose M. Jones, MS, R.D., L.D.

DATE: 6/30/15  
DATE: 6/30/15  
DATE: 06/30/2015

Mississippi Department of Corrections  
CWC Menu  
3<sup>rd</sup> & 4th Quarter 2015  
Cycle 3

RECEIVED

JUL 07 2015

MDOC

COMMUNITY

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>						
Grits 8 oz	Oatmeal 4 oz	Cereal 8 oz	Oatmeal 8 oz	Cereal 8 oz	Grits 8 oz	Oatmeal 8 oz
Eggs 4 oz	Gravy 1 ea	Potatoes 4 oz	Bacon 2 si	Eggs 2 ea	Sausage Link 4 oz	Eggs 4 oz
Sausage Patty 1 ea	Beef Fingers 3 ea	Sausage Gravy 1 ea	Pancakes 2 ea	Sausage Patty 1 ea	Potatoes 1 ea	Sausage Gravy 4 oz
Biscuit 1 ea	Biscuit 1 ea	Biscuit 1 ea	Pancake Syrup 2 oz	Biscuit 1 ea	Biscuit 1 ea	Biscuit 1 ea
Jelly 10 oz	Coffee 2 ea	Coffee 2 ea	Coffee 2 ea	Jelly 10 oz	Jelly 10 oz	Coffee 10 oz
Coffee 2 ea	Sugar 8 oz	Sugar 8 oz	Sugar 8 oz	Coffee 2 ea	Coffee 2 ea	Sugar 2 ea
Sugar 8 oz	Milk 2 T	Milk 2 T	Milk 2 T	Sugar 8 oz	Sugar 8 oz	Milk 8 oz
Milk 2 T	Margarine 2 T	Margarine 2 T	Margarine 2 T	Milk 2 T	Milk 2 T	Margarine 2 T
Margarine 2 T				Margarine 2 T	Margarine 2 T	
<b>Lunch</b>						
Hot Pocket 4 oz	Hot Dog 2 ea	PB & Jelly 2 ea	PB & Jelly 2 ea	PB & Jelly 2 ea	PB & Jelly Sandwich 2 ea	PB & Jelly 2 ea
Spaghetti & Sauce 4 oz	Baked Beans 8 oz	Sandwich 8 oz	Sandwich 8 oz	Sandwich 8 oz	Sandwich 8 oz	Sandwich 8 oz
Corn 4 oz	Potato Salad 4 oz	Cookie 1 pkt	Cookie 1 pkt	Cookie 1 pkt	Cookie 1 pkt	Cookie 1 pkt
Green Beans 4 oz	Sliced Bread 2 ea					
Potato Salad 4 oz	Pears 4 oz					
Cookie 1 ea	Mustard 1 T					
Punch 10 oz	Punch 10 oz					
<b>Dinner</b>						
Meatballs 6 ea	Chicken Stew 8 oz	Corn Chicken Cass. 8 oz	Red Beans & 8 oz	Beef Fingers 8 oz	Chicken and Dumplings 8 oz	Fish 8 oz
Spaghetti & Sauce 8 oz	Greens 8 oz	Green Beans 4 oz	Sausage 4 oz	Gravy 4 oz	Lima Beans 4 oz	Au Gratin Potatoes 8 oz
Corn 4 oz	Rice 4 oz	Carrots 4 oz	Rice 4 oz	Mashed Potatoes 4 oz	Sweet Potatoes 4 oz	Greens 4 oz
Green Peas 4 oz	Cornbread 1 ea	Dinner Roll 1 ea	Cabbage 1 ea	Mixed Vegetables 4 oz	Cornbread 1 ea	Cornbread 1 ea
Garlic Roll 1 ea	Cake 1 ea	Fruited Mousse 10 oz	Cornbread 1 ea	Cornbread 1 ea	Cake 1 ea	Tartar Sauce 1 ea
Brownie 1 ea	Tea 10 oz	Tea 10 oz	Cake 10 oz	Brownie 1 ea	Tea 10 oz	Cake 1 ea
Tea 10 oz			Tea 10 oz	Tea 10 oz	Tea 10 oz	Tea 10 oz

\*Pork Items are denoted in **BOLD**

\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: Christy Anthony

MDOC Food Service Director: Stanley Wood

Dietitian's Approval: Rene M. Jones, MS, R.D., L.D.

DATE: 6/30/15

DATE: 6/30/15

DATE: 06/30/2015

**Mississippi Department of Corrections**  
**CWC Menu**  
**1<sup>st</sup> & 2nd Quarter 2015**  
**Cycle 4**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday							
Breakfast													
Grits Sausage Link Potatoes Biscuit Jelly Coffee Sugar Milk Margarine	8 oz 1 ea 1 ea 1 oz 10 oz 2 ea 8 oz 2 T	Oatmeal Potatoes Biscuit Sausage Gravy Coffee Sugar Milk Margarine	8 oz 4 oz 1 ea 1 ea 10 oz 2 ea 8 oz 2 T	Grits Sausage Patty Pancakes Syrup Coffee Sugar Milk Margarine	8 oz 1 ea 3 ea 2 oz 10 oz 2 ea 8 oz 2 T	Oatmeal Potatoes Bacon Biscuit Jelly Sugar Coffee Milk Margarine	8 oz 4 oz 2 sl. 1 ea 1 oz 2 ea 10 oz 8 oz 2 T	Grits Sausage Gravy Potatoes Biscuit Coffee Sugar Milk Margarine					
Lunch													
BBQ Pork Greens Corn Dinner Roll Fruited Gelatin Punch	4 oz 4 oz 4 oz 1 ea 4 oz 10 oz	Meatloaf Rice Black-eyed Peas Gravy Cornbread Cookie Punch	3.2 oz 4 oz 4 oz 2 oz 2 oz 1 ea 10 oz	PB & Jelly Sandwich Cookie	2 ea 1 pkt	PB & Jelly Sandwich Cookie	2 ea 1 pkt	PB & Jelly Sandwich Cookie	2 ea 1 pkt				
Dinner													
Cheesy Mac Green Beans Carrots Garlic Roll Apple Cobbler Tea	8 oz 4 oz 4 oz 1 ea 4 oz 10 oz	Breaded Chicken Patty Chicken Gravy Mashed Potatoes Peas and Carrots Dinner Roll Cake Tea	3.2 oz 2 oz 8 oz 4 oz 1 ea 1 ea 10 oz	Beef Stroganoff Rice Green Beans Cornbread Cake Tea	8 oz 4 oz 4 oz 1 ea 10 oz	Chicken Noodle Soup Rice Greens Cornbread Brownie Tea	8 oz 4 oz 4 oz 1 ea 1 ea 10 oz	Hamburger Patty Gravy Baked Beans Potato Salad Dinner Roll Cake Mayonnaise Tea	3.2 oz 2 oz 4 oz 4 oz 1 ea 1 T 10 oz	Baked Chicken Gravy Mashed Potatoes Green Beans Cornbread Peanut Butter Mousse Tea	1 ea 2 oz 4 oz 4 oz 1 ea 4 oz 10 oz	Fish Mac and Cheese Greens Cornbread Ketchup Cake Tea	4 oz 4 oz 8 oz 1 ea 1 T 1 ea 10 oz

\*Pork Items are denoted in **BOLD**

\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: Charles A. Smith

DATE: 6/30/15

MDOC Food Service Director: Barbara B. Smith

DATE: 6/30/15

Dietitian's Approval: Rene M. Jones, MS, R.D., L.D.

DATE: 06/30/2015

**Mississippi Department of Corrections  
1st & 2nd Quarter 2016**

**Cycle 1**

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast													
Oatmeal	8oz.	Grits	8oz.	Cereal	8oz.	Cheese Grits	8oz.	Oatmeal	8oz.	Cereal	8oz.	Rice	4oz.
Eggs	4oz.	Eggs	4oz.	Potatoes	4oz.	Sausage Patty	1ea.	Eggs	4oz.	Potatoes	4oz.	Eggs	4oz.
Chicken Sausage	1 link	Potatoes	4oz.	Sausage Gravy	4oz.	Pancakes	3ea.	Fried Bologna	2oz.	Sausage Gravy	4oz.	Bacon	2ea.
Biscuit	1 ea.	Biscuit	1ea.	Biscuit	1ea.	Syrup	2oz.	Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.
Jelly	1oz.	Jelly	1oz.	Coffee	10oz.	Coffee	10oz.	Jelly	1oz.	Coffee	10oz.	Jelly	1oz.
Coffee	10oz.	Coffee	10oz.	Sugar	2ea.	Sugar	2ea.	Coffee	10oz.	Sugar	2ea.	Coffee	10oz.
Sugar	2ea.	Sugar	2ea.	Milk	8oz.	Milk	8oz.	Sugar	2ea.	Milk	8oz.	Sugar	2ea.
Milk	8oz.	Milk	8oz.	Margarine	2T.	Margarine	2T.	Milk	8oz.	Margarine	2T.	Milk	8oz.
Margarine	2T.	Margarine	2T.					Margarine	2T.			Margarine	2T.
Lunch													
Corn Dog	1ea.	Turkey Ham	4oz.	Beef Mac & Cheese	8oz.	Chicken Nuggets	6ea.	Hot Dog	2ea.	BBQ Pork	4oz.	Meatballs	6ea.
Baked Beans	4oz.	Seasoned Rice	4oz.	Tossed Salad	4oz.	Mashed Potatoes	4oz.	Maccaroni & Cheese	4oz.	Baked Beans	8oz.	BBQ Sauce	1oz.
Au Gratin Potatoes	4oz.	Green Peas	4oz.	Black-Eyed Peas	4oz.	Gravy	2oz.	Farm Vegetables	4oz.	Potato Salad	4oz.	Mashed Potatoes	4oz.
Coleslaw	4oz.	Sliced Bread	2 slices	Cornbread	1ea.	Green Beans	4oz.	Sliced Bread	2 slices	Dinner Roll	1ea.	Farm Vegetables	8oz.
Cookies	1pk.	Cookies	1pk.	Cookies	1pk.	Dinner Roll	1ea.	Mustard	1T.	Mousse	4oz.	Dinner Roll	1ea.
Punch	10oz.	Mustard	1T	Punch	10oz.	Mousse	4oz.	Snack Cake	1ea.	Punch	10oz.	Cookies	1pk.
Mustard	1T.	Sandwich Garnish	1ea.	Salad Dressing	2oz.	Ketchup	1T.	Punch	10oz.			Punch	10oz.
		Punch	10oz.			Punch	10oz.						
Supper													
Salisbury Steak	1ea.	Breaded Beef Patty	1ea.	Chicken Chili	8oz.	Chicken Broccoli	8oz.	Beef Patty	1ea.	Baked Chicken	1ea.	Fish	1ea.
Gravy	2oz.	Country Gravy	2oz.	w/Beans		Rice		Gravy	2oz.	Gravy	2oz.	Au Gratin Potatoes	4oz.
Mashed Potatoes	4oz.	Whole Kernel Corn	4oz.	Rice	4oz.	Farm Vegetables	4oz.	Rice	4oz.	Mashed Potatoes	8oz.	Farm Vegetables	8oz.
Green Beans	4oz.	Green Beans	4oz.	Cabbage	4oz.	Green Peas	4oz.	Farm Vegetables	8oz.	Green Beans	4oz.	Ketchup	1T.
Dinner Roll	1ea.	Dinner Roll	1ea.	Cornbread	1ea.	Peach Cobbler	4oz.	Cornbread	1ea.	Dinner Roll	1ea.	Cornbread	1ea.
Cake	1ea.	Mousse	4oz	Cake	1ea.	Dinner Roll	1ea.	Cake	1ea.	Cake	1ea.	Mousse	4oz.
Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.

\*Pork Items Are Denoted In **BOLD**

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: \_\_\_\_\_ DATE: \_\_\_\_\_

Dietitian's Approval: Chad Cochran, RD, LD DATE: 01/22/2016

**Mississippi Department of Corrections  
1st & 2nd Quarter 2016**

**Cycle 2**

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast													
Oatmeal	8oz.	Cereal	8oz.	Oatmeal	8oz.	Grits	8oz.	Oatmeal	8oz.	Cereal	8oz.	Oatmeal	8oz.
Eggs	4oz.	Potatoes	4oz.	Eggs	4oz.	Eggs	4oz.	Eggs	4oz.	Potatoes	4oz.	Ham	2oz.
Sausage Patty	1ea.	Turkey Ham	2oz.	Sausage Patty	1ea.	Sausage Gravy	4oz.	Sausage Link	1ea.	Sausage Gravy	4oz.	Potatoes	4oz.
Biscuit	1ea.	Biscuit	1ea.	Tortilla	1ea.	Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.
Jelly	1oz.	Jelly	1oz.	Coffee	10oz.	Coffee	10oz.	Jelly	1oz.	Coffee	10oz.	Jelly	1oz.
Coffee	10oz.	Coffee	10oz.	Sugar	2ea.	Sugar	2ea.	Coffee	10oz.	Sugar	2ea.	Coffee	10oz.
Sugar	2ea.	Sugar	2ea.	Milk	8oz.	Milk	8oz.	Sugar	2ea.	Milk	8oz.	Sugar	2ea.
Milk	8oz.	Milk	8oz.	Margarine	2T.	Margarine	2T.	Milk	8oz.	Margarine	2T.	Milk	8oz.
Margarine	2T.	Margarine	2T.					Margarine	2T.			Margarine	2T.
Lunch													
Peanut Butter & Jelly	4oz.	Roast Beef Gravy	4oz.	Beef Patty	1ea.	Meatballs	6ea.	Fajita Chicken	4oz.	Bologna	4oz.	Sausage w/Onion & Pepper	4oz.
Sliced Bread	4 slices	Mashed Potatoes	4oz.	Tater Tots	4oz.	Brown Gravy	2oz.	Flour Tortilla	2ea.	Green Beans	4oz.		
Macaroni & Cheese	4oz.	Green Peas	4oz.	Green Peas	4oz.	Rice	4oz.	Mexican Rice	4oz.	Sweet Potatoes	4oz.	Rice	4oz.
Fruit	4oz.	Dinner Roll	1ea.	Sliced Bread	2 slices	Greens	8oz.	Whole Kernel Corn	4oz.	Dinner Roll	1ea.	Mixed Vegetables	4oz.
Cookies	1pk.	Mousse	4oz.	Mayonnaise	1T.	Cornbread	1ea.	Fajita Sauce	1oz.	Garnish	1ea.	Dinner Roll	1ea.
Punch	10oz.	Punch	10oz.	Ketchup	1T.	Cookies	1pk.	Cookies	1pk.	Mousse	4oz.	Cookies	1pk.
				Garnish	1ea.	Punch	10oz.	Punch	10oz.	Mustard	1T.	Punch	10oz.
				Cookies	1pk.					Punch	10oz.		
				Punch	10oz.								
Supper													
Breaded Beef Patty	1ea.	Salisbury Steak	1ea.	Chili Mac	8oz.	Breaded Chicken	1ea.	Cheese Grits	8oz.	BBQ Chicken Leg	1ea.	Breaded Fish	1ea.
Brown Gravy	2oz.	Gravy	2oz.	Green Beans	4oz.	Patty		Bacon	2 slices	Quarter		Mac & Cheese	4oz.
Rice	4oz.	Rice	4oz.	Carrots	4oz.	Spaghetti & Sauce	8oz.	Pancakes	3ea.	Baked Beans	4oz.	Coleslaw	4oz.
Green Beans	4oz.	Greens	8oz.	Dinner Roll	1ea.	Mixed Vegetables	4oz.	Pancake Syrup	2oz.	Greens	4oz.	Dinner Roll	1ea.
Dinner Roll	1ea.	Cornbread	1ea.	Cake	1ea.	Dinner Roll	1ea.	Margarine	2T.	Corn	4oz.	Ketchup	1T.
Cake	1ea.	Brownie	1ea.	Tea	10oz.	Apple Crisp	4oz.	Tea	10oz.	Cornbread	1ea.	Cake	1ea.
Tea	10oz.	Tea	10oz.			Tea	10oz.			Cake	1ea.	Tea	10oz.
										Tea	10oz.		

\*Pork Items Are Denoted In **BOLD**

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: \_\_\_\_\_ DATE: \_\_\_\_\_

Dietitian's Approval: Chad Cochran, RD, LD. DATE: 01/22/2016



**Mississippi Department of Corrections  
1st & 2nd Quarter 2016**

**Cycle 3**

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast													
Grits	8oz.	Oatmeal	8oz.	Grits	8oz.	Oatmeal	8oz.	Grits	8oz.	Oatmeal	8oz.	Grits	8oz.
Eggs	4oz.	Potatoes	4oz.	Eggs	4oz.	Eggs	4oz.	Sausage Patty	1ea.	Potatoes	4oz.	Potatoes	4oz.
Potatoes	4oz.	Biscuit	1ea.	Sausage Patty	1ea.	Sausage Link	1 link	Pancakes	3ea.	Bacon	2 slices	Sausage Gravy	4oz.
Biscuit	1ea.	Sausage Gravy	4oz	Flour Tortilla	1ea.	Biscuit	1ea.	Syrup	2oz.	Biscuit	1ea.	Biscuit	1ea.
Honey	1oz.	Coffee	10oz.	Coffee	10oz.	Jelly	1T.	Coffee	10oz.	Honey	1oz.	Coffee	10oz.
Coffee	10oz.	Sugar	2ea.	Sugar	2ea.	Coffee	10oz.	Sugar	2ea.	Coffee	10oz.	Sugar	2ea.
Sugar	2ea.	Milk	8oz.	Milk	8oz.	Sugar	2ea.	Milk	8oz.	Sugar	2ea.	Milk	8oz.
Milk	8oz.	Margarine	2T.	Margarine	2T.	Milk	8oz.	Margarine	2T.	Milk	8oz.	Margarine	2T.
Margarine	2T.					Margarine	2T.			Margarine	2T.		
Lunch													
BBQ Pork	4oz.	Meatloaf	1ea.	Tuna Salad	4oz.	Beef Fingers	5ea.	Chicken Rotel	8oz.	Pizza	1ea.	BBQ Beef	4oz.
Pinto Beans	4oz.	Rice	4oz.	Sweet Potatoes	4oz.	Gravy	2oz.	Corn	4oz.	Tossed Salad	4oz.	Baked Beans	4oz.
Corn	4oz.	Black-eyed Peas	4oz.	Farm Vegetables	4oz.	Mashed Potatoes	4oz.	Peas & Carrots	4oz.	Salad Dressing	2oz.	Coleslaw	4oz.
Dinner Roll	1ea.	Gravy	2oz.	Sliced Bread	2 Slices	Pinto Beans	4oz.	Garlic Roll	1ea.	Corn	4oz.	Dinner Roll	1ea.
Fruit	1ea.	Cornbread	1ea.	Mousse	4oz.	Cornbread	1ea.	Mousse	4oz.	Cookies	1pk.	Mousse	4oz.
Punch	10oz.	Cookies	1ea.	Punch	10oz.	Cookies	1pk.	Punch	10oz.	Punch	10oz.	Punch	10oz.
		Punch	10oz			Ketchup	1T.						
						Punch	10oz						
Supper													
Cheesy Mac	8oz.	Breaded Chicken	1ea.	Jambalaya	8oz.	Chicken Tetraxini	8oz.	Hamburger Patty	1ea.	Baked Chicken Leg	1ea.	Fish	1ea.
Green Beans	4oz.	Patty		Corn	4oz.			Baked Beans	4oz.	Quarter		Mac & Cheese	4oz.
Carrots	4oz.	Chicken Gravy	2oz.	Cabbage	4oz.	Corn	4oz.	Potato Salad	4oz.	Gravy	2oz.	Greens	8oz.
Garlic Roll	1ea.	Mashed Potatoes	8oz.	Cornbread	1ea.	Green Beans	4oz.	Dinner Roll	1ea.	Mashed Potatoes	4oz.	Cornbread	1ea.
Apple Cobbler	4oz.	Peas & Carrots	4oz.	Cake	1ea.	Cornbread	1ea.	Sandwich Garnish	1ea.	Green Beans	4oz.	Ketchup	1T.
Tea	10oz.	Cake	1ea.	Tea	10oz.	Brownie	1ea.	Mayonnaise	1T.	Cornbread	1ea.	Cake	1ea.
		Tea	10oz.			Tea	10oz.	Cake	1ea.	Mousse	4oz.	Tea	10oz.
								Tea	10oz.	Tea	10oz.		

\*Pork Items Are Denoted In **BOLD**

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: \_\_\_\_\_ DATE: \_\_\_\_\_

Dietitian's Approval: Chad Cochran, RD, LD. DATE: 01/22/2016



**Mississippi Department of Corrections  
1st & 2nd Quarter 2016**

**Cycle 4**

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast													
Grits	8oz.	Oatmeal	8oz.	Cereal	8oz.	Oatmeal	8oz.	Cereal	8oz.	Grits	8oz.	Rice	4oz.
Eggs	4oz.	Pepper Gravy	2oz.	Potatoes	4oz.	Egg	4oz.	Eggs	4oz.	Sausage Link	1ea.	Eggs	4oz.
Sausage Patty	1 ea.	Beef Fingers	3ea.	Sausage Gravy	4oz.	Pancake on a Stick	1ea.	Sausage Patty	1ea.	Potatoes	4oz.	Sausage Gravy	4oz.
Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.	Pancake Syrup	2oz.	Biscuit	1ea.	Biscuit	1ea.	Biscuit	1ea.
Jelly	1oz.	Coffee	10oz.	Coffee	10oz.	Coffee	10oz.	Jelly	1oz.	Jelly	1oz.	Coffee	10oz.
Coffee	10oz.	Sugar	2ea.	Sugar	2ea.	Sugar	2ea.	Coffee	10oz.	Coffee	10oz.	Sugar	2ea.
Sugar	2ea.	Milk	8oz.	Milk	8oz.	Milk	8oz.	Sugar	2ea.	Sugar	2ea.	Milk	8oz.
Milk	8oz.	Margarine	2T.	Margarine	2T.	Margarine	2T.	Milk	8oz.	Milk	8oz.	Margarine	2T.
Margarine	2T.							Margarine	2T.	Margarine	2T.		
Lunch													
Beef Patty	1ea.	Hot Dog	2ea.	Breaded Beet Patty	1ea.	Tuna Salad	4oz.	Corn Dog	1ea.	Turkey Ham	4oz.	Hamburger Helper	8oz.
Sliced Cheese	1 slice	Baked Beans	8oz.	Gravy	2oz.	Carrots	4oz.	Baked Beans	4oz.	Farm Vegetables	4oz.	Cabbage	4oz.
Corn	4oz.	Potato Salad	4oz.	Mashed Potatoes	4oz.	Green Peas	4oz.	Mac & Cheese	4oz.	Peas & Corn	4oz.	Carrots	4oz.
Green Beans	4oz.	Sliced Bread	2 slices	Turnip Greens	4oz.	Sliced Bread	2 slices	Tossed Salad	4oz.	Dinner Roll	1ea.	Cornbread	1ea.
Potato Salad	1ea.	Fruit	4oz.	Cornbread	1ea.	Cookies	1pk.	Salad Dressing	2oz.	Mustard	1T.	Cookies	1pk.
Roll	1pk.	Mustard	1T	Mousse	4oz.	Punch	10oz.	Cookies	1pk.	Snack Cake	1ea.	Punch	10oz.
Cookies	10oz.	Punch	10oz.	Punch	10oz.			Mustard	1T.	Punch	10oz.		
Punch								Punch	10oz.				
Supper													
Spaghetti & Meat	8oz.	Chicken Stew	8oz.	Red Beans &	8oz.	Creamy Chicken	8oz.	Beef Fingers	5ea.	Chicken &	8oz.	Fish	1ea.
Sauce		Greens	4oz.	Sausage		Cassorole		Brown Gravy	2oz.	Dumplings		Au Gratin Potatoes	8oz.
Corn	4oz.	Rice	4oz.	Rice	4oz.	Green Beans	4oz.	Mashed Potatoes	4oz.	Lima Beans	4oz.	Greens	4oz.
Green Peas	4oz.	Cornbread	1ea.	Cabbage	4oz.	Carrots	4oz.	Mixed Vegetables	4oz.	Sweet Potatoes	4oz.	Cornbread	1ea.
Garlic Roll	1ea.	Cake	1ea.	Cornbread	1ea.	Dinner Roll	1ea.	Cornbread	1ea.	Cornbread	1ea.	Tartar Sauce	1T.
Brownie	1ea.	Tea	10oz.	Cake	1ea.	Mousse	4oz.	Brownie	1ea.	Cake	1ea.	Cake	1ea.
Tea	10oz.			Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.	Tea	10oz.

\*Pork Items Are Denoted In **BOLD**

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: \_\_\_\_\_ DATE: \_\_\_\_\_

Dietitian's Approval: Chad Cochran, RD, LD. DATE: 01/22/2016

# Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

## Report Selections

Date Range  
Menus

: Sat Jul 04, 2015 - Fri Jul 10, 2015  
: MDOC

Menu: MDOC Date: Sat Jul 04, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Scrambled, 2oz	4 oz	120	213	13.0	24.7	1.3	17.0	72.9	0.0	71	883	0.95	0	798	1.76
C Sausage, Chicken, 5/1	1 each	92	220	8.0	15.0	5.0	18.0	75.7	0.0	100	200	0.00	0	1040	1.08
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1202</b>	<b>36.9</b>	<b>12.5</b>	<b>93.4</b>	<b>74.3</b>	<b>56.2</b>	<b>1.8+</b>	<b>644</b>	<b>2759</b>	<b>2.27+</b>	<b>1+</b>	<b>2949</b>	<b>5.32</b>
<b>Noon Meal</b>															
C Corn Dog, All Meat, 2 oz Meat, Pric	1 each	175	460	16.8	14.6	55.8	18.9	36.9		102	207	0.44	0	973	6.18
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
Potatoes, Au Gratin, Dry Mix *	1/2 cup	143	118	1.9	6.3	17.3	5.1	37.3	1.9	4	81	0.00+	0	576	0.45
C Coleslaw, Hmd	1/2 cup	83	87	0.9	3.8	6.7	6.7	66.5	1.5	31	117	0.00+	27	185	0.38
C Cookie, Assorted, In House	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
<b>Noon Meal Totals</b>			<b>958</b>	<b>31.6</b>	<b>13.0</b>	<b>123.8</b>	<b>38.6</b>	<b>35.6</b>	<b>14.2+</b>	<b>258</b>	<b>483</b>	<b>0.45+</b>	<b>105</b>	<b>2219</b>	<b>10.57</b>
<b>Evening Meal</b>															
C Beef, Salisbury Steak	1 each	85	230	13.0	21.8	6.0	18.0	68.1	1.0	30	881		2	320	1.40
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Potatoes, Whipped	1 cup	221	236	4.7	8.4	43.0	3.7	14.7	3.1	61	182	0.18+	94	144	1.15
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	0+	0.00+	0+	294	1.26
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1207</b>	<b>32.3</b>	<b>10.6</b>	<b>179.2</b>	<b>40.4</b>	<b>29.7</b>	<b>8.4+</b>	<b>246+</b>	<b>1723+</b>	<b>0.21+</b>	<b>108+</b>	<b>1650</b>	<b>8.53+</b>
<b>Daily Totals for 07/04/15</b>			<b>3367</b>	<b>100.8</b>	<b>12.0</b>	<b>396.4</b>	<b>153.3</b>	<b>40.9</b>	<b>24.5+</b>	<b>1148+</b>	<b>4965+</b>	<b>2.93+</b>	<b>213+</b>	<b>6818</b>	<b>24.42+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 Yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>395</b>	<b>540.0</b>		<b>338.2</b>	<b>639.9</b>		<b>244.6+</b>	<b>344+</b>		<b>366.48+</b>	<b>710+</b>	<b>1573</b>	<b>914.43+</b>
<b>Week Daily Average (07/04/15-07/04/15)</b>			<b>3367</b>	<b>100.8</b>	<b>12.0</b>	<b>396.4</b>	<b>153.3</b>	<b>40.9</b>	<b>24.5+</b>	<b>1148+</b>	<b>4965+</b>	<b>2.93+</b>	<b>213+</b>	<b>6818</b>	<b>24.42+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Valley Services, Inc.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Sun Jul 05, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
1/2 C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Egg, Hard Boiled**	1 each	50	72	6.3	36.2	0.4	4.8	61.7	0.0	28	270	0.44	0	128	0.88
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1003</b>	<b>24.2</b>	<b>9.9</b>	<b>118.8</b>	<b>46.7</b>	<b>42.1</b>	<b>2.8</b>	<b>522</b>	<b>2050+</b>	<b>1.77+</b>	<b>5</b>	<b>1361</b>	<b>4.18</b>
<b>Noon Meal</b>															
C Turkey Ham, Breakfast	4 ounces	189	144	21.6	62.4	0.4	5.6	36.4	0.0	14	0	0.00+	0	786	3.12
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Bread, White, Sliced, Local	2 slices	56	149	5.0	13.5	27.7	1.9	11.4	1.5	81	1	0.00	0	274	2.02
Gelatin, Strawberry	1/2 cup	146	108	2.2	7.9	25.7	0.0	0.0	0.0	4	0	0.00	18	143	0.04
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
C Salad, Lettuce, Shredded, w/Pickl	1/4 cup	26	4	0.2	19.6	0.7	0.0	10.3	0.3	8	104	0.00	1	60	0.10
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>738</b>	<b>37.3</b>	<b>20.6</b>	<b>101.6</b>	<b>19.5</b>	<b>23.9</b>	<b>7.2</b>	<b>180</b>	<b>895</b>	<b>0.00+</b>	<b>102</b>	<b>2086</b>	<b>7.43</b>
<b>Evening Meal</b>															
C Beef, Country Fried Steak, w/o Gr	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		1	656	2.11
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Tea, Iced, Sweet**	10 oz	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1049</b>	<b>25.8</b>	<b>9.7</b>	<b>153.5</b>	<b>39.3</b>	<b>33.0</b>	<b>7.4+</b>	<b>165+</b>	<b>9151+</b>	<b>0.05+</b>	<b>19+</b>	<b>1616</b>	<b>7.51+</b>
<b>Daily Totals for 07/05/15</b>			<b>2791</b>	<b>87.3</b>	<b>12.6</b>	<b>373.9</b>	<b>105.4</b>	<b>33.9</b>	<b>17.4+</b>	<b>866+</b>	<b>12096+</b>	<b>1.82+</b>	<b>126+</b>	<b>5064</b>	<b>19.11+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>328</b>	<b>467.9</b>		<b>319.1</b>	<b>371.1</b>		<b>173.9+</b>	<b>260+</b>		<b>227.26+</b>	<b>418+</b>	<b>1169</b>	<b>716.90+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Mon Jul 06, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbo hydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>															
			<b>1008</b>	<b>28.3</b>	<b>11.3</b>	<b>115.4</b>	<b>48.0</b>	<b>43.0</b>	<b>4.8+</b>	<b>528</b>	<b>2445+</b>	<b>2.62+</b>	<b>13+</b>	<b>1436+</b>	<b>10.38</b>
<b>Noon Meal</b>															
Beef, Fiesta Mac & Cheese, w/ Chui	1 cup	263	373	22.0	22.8	29.1	20.2	47.1	5.4	189	527	2.69	10	953	3.43
Carrots, Sliced, LS	1/2 cup	173	51	0.8	5.7	7.5	2.3	38.0	3.1	37	13617	0.00	2	88	0.42
C Peas, Blackeyed, Dry	1/2 cup	248	199	2.8	5.7	17.3	12.6	58.5	4.2	113	749	0.00+	2	204	0.94
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>															
			<b>1071</b>	<b>32.2</b>	<b>11.8</b>	<b>107.2</b>	<b>57.7</b>	<b>48.0</b>	<b>14.7</b>	<b>538</b>	<b>15038</b>	<b>2.90+</b>	<b>90</b>	<b>1633</b>	<b>7.83</b>
<b>Evening Meal</b>															
Chicken, Chili, w/Pulled/Nort Beans	1 cup	410	238	25.2	41.1	28.2	3.5	12.8	8.6	100	923	0.00+	18	409	3.94
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Cabbage	1/2 cup	128	40	1.1	9.6	4.7	2.3	47.8	2.0	42	219	0.00	37	39	0.49
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**, 10 oz	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>															
			<b>1041</b>	<b>35.7</b>	<b>13.4</b>	<b>156.8</b>	<b>31.4</b>	<b>26.9</b>	<b>13.2</b>	<b>440</b>	<b>1321</b>	<b>0.24+</b>	<b>55</b>	<b>1242</b>	<b>7.98</b>
<b>Daily Totals for 07/06/15</b>															
			<b>3120</b>	<b>96.2</b>	<b>12.2</b>	<b>379.5</b>	<b>137.1</b>	<b>39.4</b>	<b>32.7+</b>	<b>1507</b>	<b>18804+</b>	<b>5.75+</b>	<b>157+</b>	<b>4311+</b>	<b>26.19</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>															
			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>															
			<b>366</b>	<b>515.1</b>		<b>323.8</b>	<b>482.7</b>		<b>327.1+</b>	<b>452</b>		<b>719.16+</b>	<b>523+</b>	<b>995+</b>	<b>980.90</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Tue Jul 07, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Grits, w/Cheese**	1 cup	316	184	3.8	8.3	30.4	5.0	24.7	1.5	46	188	0.03	0	192	1.09
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0	0	411	0.80
C Pancakes, Mix**	3 each	257	445	8.8	7.6	90.6	7.3	14.3	2.4	272	11	0.00+	0+	1333	4.90
C Syrup, Pancake, Bulk	2 oz	79	184	0.0	0.0	48.3	0.0	0.0	0.0	2	0	0.00	0	64	0.02
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1292</b>	<b>30.8</b>	<b>9.5</b>	<b>199.5</b>	<b>44.5</b>	<b>30.6</b>	<b>4.0</b>	<b>694</b>	<b>1677</b>	<b>1.35+</b>	<b>1+</b>	<b>2394</b>	<b>7.21</b>
<b>Noon Meal</b>															
C Chicken, Nuggets, 6 Nuggets	6 each	84	141	16.2	46.2	4.3	6.5	41.5	1.1	22	108	0	0	606	1.17
C Gravy, Chicken	31	82	19	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Beans, Green, Frz	1/2 cup	177	128	1.6	5.0	6.8	10.7	73.9	2.4	40	496	0.00	12	5	0.78
C Bread, Roli, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Strawberry	1/2 cup	83	146	0.5	1.3	19.4	8.1	47.7	0.6	14	8	0.03+	11	34	0.18
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>997</b>	<b>31.3</b>	<b>12.6</b>	<b>132.1</b>	<b>38.1</b>	<b>34.1</b>	<b>6.0+</b>	<b>177</b>	<b>946</b>	<b>0.13+</b>	<b>146</b>	<b>1624</b>	<b>6.27</b>
<b>Evening Meal</b>															
C Sandwich, Chicken/Cheese/Broct	1 each	128	267	15.3	23.0	25.3	11.6	39.2						1863	
Sauce, Tomato, Cnd	2 oz	97	23	1.2	16.7	5.1	0.3	9.4	1.4	14	420	0.00	7	458	0.93
Pasta, Spaghetti Noodles, LF, w/Pea	1/2 cup	266	111	3.7	13.6	21.2	1.1	8.9	0.9	14	1	0.00	0	9	0.95
C Mix Veg, Farm Vegetables	1/2 cup	164	92	1.0	4.3	6.2	7.2	69.2	2.3	32	5358	0.00	6	29	0.50
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Cobbler, Peach	1/2 cup	154	131	0.6	1.7	32.7	0.8	5.0	1.8	5	500	0.00	3	16	0.50
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>807</b>	<b>24.9</b>	<b>12.2</b>	<b>126.0</b>	<b>24.7</b>	<b>27.2</b>	<b>9.7+</b>	<b>93+</b>	<b>6918+</b>	<b>0.00+</b>	<b>24+</b>	<b>2559</b>	<b>3.79+</b>
<b>Daily Totals for 07/07/15</b>			<b>3096</b>	<b>87.1</b>	<b>11.2</b>	<b>457.6</b>	<b>107.3</b>	<b>30.8</b>	<b>19.7+</b>	<b>964+</b>	<b>9541+</b>	<b>1.48+</b>	<b>171+</b>	<b>6576</b>	<b>17.28+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>363</b>	<b>466.3</b>		<b>390.4</b>	<b>377.9</b>		<b>197.1+</b>	<b>289+</b>		<b>184.93+</b>	<b>570+</b>	<b>1518</b>	<b>647.08+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC

Date: Wed Jul 08, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Chicken, Bologna, Sliced, GoodS	2 ounces	57	129	7.3	22.8	4.3	9.0	63.8	0.0	48		0.15	0	498	0.87
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1041</b>	<b>35.8</b>	<b>14.0</b>	<b>92.1</b>	<b>57.8</b>	<b>50.3</b>	<b>1.8</b>	<b>577</b>	<b>2216+</b>	<b>2.36</b>	<b>1</b>	<b>1864</b>	<b>5.10</b>
<b>Noon Meal</b>															
C Frankfurter, All Meat	2 each	90	275	10.4	15.3	1.5	24.9	82.4	0.0	10	52	1.17	0	737	1.04
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
C Mix Veg, Farm Vegetables	1 cup	329	183	2.0	4.3	12.4	14.5	69.2	4.6	64	10716	0.00	12	58	1.00
C Bread, White, Sliced, Local	2 slices	56	149	5.0	13.5	27.7	1.9	11.4	1.5	81	1	0.00	0	274	2.02
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
Gelatin, Orange	1/2 cup	146	108	2.2	7.9	25.7	0.0	0.0	0.0	4	0	0.00	18	143	0.04
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>963</b>	<b>27.6</b>	<b>11.5</b>	<b>102.2</b>	<b>49.0</b>	<b>45.7</b>	<b>8.8</b>	<b>245</b>	<b>10999</b>	<b>1.20</b>	<b>105</b>	<b>1744</b>	<b>6.07</b>
<b>Evening Meal</b>															
C Beef, Patty, Charbroiled	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5277	129		1	556	2.28
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Mix Veg, Farm Vegetables	1 cup	329	183	2.0	4.3	12.4	14.5	69.2	4.6	64	10716	0.00	12	58	1.00
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1233</b>	<b>28.2</b>	<b>9.1</b>	<b>148.9+</b>	<b>57.1</b>	<b>41.5</b>	<b>9.9</b>	<b>5651</b>	<b>11106</b>	<b>0.22+</b>	<b>13</b>	<b>1747</b>	<b>8.01</b>
<b>Daily Totals for 07/08/15</b>			<b>3237</b>	<b>91.6</b>	<b>11.4</b>	<b>343.3+</b>	<b>164.0</b>	<b>45.6</b>	<b>20.5</b>	<b>6472</b>	<b>24320+</b>	<b>3.79+</b>	<b>119</b>	<b>5355</b>	<b>19.18</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>380</b>	<b>490.5</b>		<b>292.9+</b>	<b>577.3</b>		<b>205.4</b>	<b>1942</b>		<b>473.66+</b>	<b>395</b>	<b>1236</b>	<b>718.48</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Thu Jul 09, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1008</b>	<b>28.3</b>	<b>11.3</b>	<b>115.4</b>	<b>48.0</b>	<b>43.0</b>	<b>4.8+</b>	<b>528</b>	<b>2445+</b>	<b>2.62+</b>	<b>13+</b>	<b>1436+</b>	<b>10.38</b>
<b>Noon Meal</b>															
Pork, BBQ, Pulled/Chopped, 4 oz	4 ounces	149	240	18.3	31.1	18.9	9.6	36.7	0.6	69	185	1.27+	2	1441	1.42
C Beans, Baked, Navy, Dry	1 cup	505	405	20.1	19.3	65.9	8.1	17.5	18.6	178	84	0.00	6	166	5.10
Salad, Macaroni, HMD	1/2 cup	224	155	4.3	11.1	24.0	4.8	27.5	1.1	34	323	0.07	3	226	0.98
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1319</b>	<b>51.6</b>	<b>15.6</b>	<b>183.8</b>	<b>42.6</b>	<b>28.8</b>	<b>20.5+</b>	<b>357</b>	<b>605</b>	<b>1.37+</b>	<b>86</b>	<b>2387</b>	<b>10.74</b>
<b>Evening Meal</b>															
C Chicken, Baked	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5274	129		1	556	2.28
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Potatoes, Whipped	1 cup	221	236	4.7	8.4	43.0	3.7	14.7	3.1	61	182	0.18+	94	144	1.15
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	0+	0.00+	0+	294	1.26
C Tea, Iced, Sweet**, 10 oz	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1183</b>	<b>34.5</b>	<b>11.7</b>	<b>173.6+</b>	<b>36.7</b>	<b>28.0</b>	<b>9.9+</b>	<b>5482+</b>	<b>971+</b>	<b>0.19+</b>	<b>107+</b>	<b>1656</b>	<b>8.94+</b>
<b>Daily Totals for 07/09/15</b>			<b>3510</b>	<b>114.4</b>	<b>13.0</b>	<b>472.8+</b>	<b>127.3</b>	<b>32.6</b>	<b>35.2+</b>	<b>6367+</b>	<b>4020+</b>	<b>4.17+</b>	<b>205+</b>	<b>5479+</b>	<b>30.06+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>412</b>	<b>612.6</b>		<b>403.4+</b>	<b>448.3</b>		<b>352.3+</b>	<b>1910+</b>		<b>521.19+</b>	<b>683+</b>	<b>1265+</b>	<b>1125.99+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.



# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Fri Jul 10, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0.00	0	411	0.80
C Bacon, Pork, Layflat	2 slices	49	206	6.2	12.2	0.6	19.6	86.5	0.0	2	18	0.25	0	327	0.20
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1055</b>	<b>31.2</b>	<b>12.0</b>	<b>88.3</b>	<b>63.4</b>	<b>54.3</b>	<b>1.8</b>	<b>528</b>	<b>1694</b>	<b>1.57+</b>	<b>1</b>	<b>1849</b>	<b>3.49</b>
<b>Noon Meal</b>															
C Chicken, Baked	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5274	129			1	556
Sauce, BBQ	1 oz	32	41	0.2	1.9	9.8	0.2	3.3	0.2	8	54	0.00	0	247	0.15
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	6.6	32.2	2.8	26	8250	0.00	11	70	0.98
C Mix Veg, Farm Vegetables	1 cup	329	183	2.0	4.3	12.4	14.5	69.2	4.6	64	10716	0.00	12	58	1.00
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1030</b>	<b>27.6</b>	<b>10.7</b>	<b>120.5+</b>	<b>46.9</b>	<b>40.6</b>	<b>10.6+</b>	<b>5439</b>	<b>19152</b>	<b>0.01+</b>	<b>99</b>	<b>1498</b>	<b>7.86</b>
<b>Evening Meal</b>															
C Fish, Breaded, 4 oz	1 each	113	304	16.2	21.5	18.2	18.2	54.4	0.0	97	129	2.95	0	314	0.16
Potatoes, Au Gratin, Dry Mix *	1/2 cup	143	118	1.9	6.3	17.3	5.1	37.3	1.9	4	81	0.00+	0	576	0.45
C Mix Veg, Farm Vegetables	1 cup	329	183	2.0	4.3	12.4	14.5	69.2	4.6	64	10716	0.00	12	58	1.00
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Tea, Iced, Sweet*, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1280</b>	<b>26.9</b>	<b>8.4</b>	<b>142.4</b>	<b>69.2</b>	<b>48.1</b>	<b>8.4</b>	<b>377</b>	<b>11241</b>	<b>3.17+</b>	<b>13</b>	<b>1598</b>	<b>4.57</b>
<b>Daily Totals for 07/10/15</b>			<b>3365</b>	<b>85.7</b>	<b>10.2</b>	<b>351.2+</b>	<b>179.6</b>	<b>47.8</b>	<b>20.8+</b>	<b>6345</b>	<b>32087</b>	<b>4.75+</b>	<b>113</b>	<b>4946</b>	<b>15.92</b>
1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			<b>395</b>	<b>459.0</b>		<b>299.7+</b>	<b>632.3</b>		<b>208.2+</b>	<b>1903</b>		<b>593.90+</b>	<b>378</b>	<b>1141</b>	<b>596.27</b>
<b>Week Daily Average (07/05/15-07/10/15)</b>			<b>3186</b>	<b>93.7</b>	<b>11.8</b>	<b>396.4+</b>	<b>136.8</b>	<b>38.5</b>	<b>24.4+</b>	<b>3753+</b>	<b>16811+</b>	<b>3.63+</b>	<b>148+</b>	<b>5289+</b>	<b>21.29+</b>
<b>Daily Average (07/04/15-07/10/15)</b>			<b>3212</b>	<b>94.7</b>	<b>11.8</b>	<b>396.4+</b>	<b>139.1</b>	<b>38.8</b>	<b>24.4+</b>	<b>3381+</b>	<b>15119+</b>	<b>3.53+</b>	<b>158+</b>	<b>5507+</b>	<b>21.74+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

## Report Selections

Date Range : Sat Jul 11, 2015 - Fri Jul 17, 2015  
Menus : MDOC

Menu: MDOC Date: Sat Jul 11, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0	0	411	0.80
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsps	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>992</b>	<b>37.5</b>	<b>15.5</b>	<b>88.4</b>	<b>53.3</b>	<b>48.7</b>	<b>1.8</b>	<b>562</b>	<b>2216</b>	<b>2.21+</b>	<b>1</b>	<b>1777</b>	<b>5.04</b>
<b>Noon Meal</b>															
C Peanut Butter & Jelly	4 tablespoons	64	311	9.5	11.4	24.4	21.9	59.2	2.3	22	1	0.00	0	188	0.78
C Bread, White, Sliced, Local	4 slices	112	298	9.9	13.5	55.4	3.7	11.4	3.0	161	1	0.00	0	549	4.04
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
Apples, Sliced, Cnd, NCS	1/2 cup	123	83	0.2	1.0	20.8	0.5	5.4	2.5	5	69	0.00	0	4	0.30
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>986</b>	<b>27.3</b>	<b>10.9</b>	<b>142.8</b>	<b>35.8</b>	<b>31.4</b>	<b>9.5</b>	<b>258</b>	<b>269</b>	<b>0.04</b>	<b>76</b>	<b>976</b>	<b>7.09</b>
<b>Evening Meal</b>															
C Beef, Country Fried Steak, w/o Gr	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		1	656	2.11
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Lemon, Mix	1 piece	61	149	0.9	2.3	30.8	3.1	17.9	0.9	18	0	0.00+	0	264	0.63
C Tea, Iced, Sweet**	10 oz	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1070</b>	<b>25.6</b>	<b>9.6</b>	<b>172.3</b>	<b>31.7</b>	<b>26.6</b>	<b>6.1+</b>	<b>187+</b>	<b>9038+</b>	<b>0.03+</b>	<b>13+</b>	<b>1992</b>	<b>7.68+</b>
<b>Daily Totals for 07/11/15</b>			<b>3049</b>	<b>90.4</b>	<b>11.9</b>	<b>403.5</b>	<b>120.8</b>	<b>35.3</b>	<b>17.4+</b>	<b>1027+</b>	<b>11522+</b>	<b>2.28+</b>	<b>89+</b>	<b>4745</b>	<b>19.81+</b>
<b>1/3 RDA/DRDI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRDI STANDARDS, 1 MEAL (%)</b>			<b>358</b>	<b>484.3</b>		<b>344.3</b>	<b>425.2</b>		<b>174.0+</b>	<b>308+</b>		<b>284.71+</b>	<b>297+</b>	<b>1095</b>	<b>741.82+</b>
<b>Week Daily Average (07/11/15-07/11/15)</b>			<b>3049</b>	<b>90.4</b>	<b>11.9</b>	<b>403.5</b>	<b>120.8</b>	<b>35.3</b>	<b>17.4+</b>	<b>1027+</b>	<b>11522+</b>	<b>2.28+</b>	<b>89+</b>	<b>4745</b>	<b>19.81+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Sun Jul 12, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Cereal**	2 ounces	43	152	3.2	8.1	35.8	0.2	1.0	1.4	2	759	2.13	9	310	12.29
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Turkey Ham, Breakfast	2 ounces	95	72	10.8	62.4	0.2	2.8	36.4	0.0	7	0	0.00+	0	393	1.56
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsps	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>969</b>	<b>28.9</b>	<b>12.2</b>	<b>122.8</b>	<b>39.8</b>	<b>37.2</b>	<b>2.4</b>	<b>494</b>	<b>2321+</b>	<b>3.45+</b>	<b>14</b>	<b>1885</b>	<b>15.94</b>
<b>Noon Meal</b>															
Beef, Roast, Sliced, w/o Gravy, 2 oz	4 ounces	125	237	45.1	80.1	0.0	5.0	19.9	0.0	5	0	3.37	0	56	4.14
C Gravy, Brown (Homemade)	2 oz	145	137	3.2	9.6	21.7	3.9	26.1	0.8+	10+	171+	0.00+	0+	86	1.29+
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
Mousse, Strawberry	1/2 cup	83	146	0.5	1.3	19.4	8.1	47.7	0.6	14	8	0.03+	11	34	0.18
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1072</b>	<b>62.6</b>	<b>24.3</b>	<b>130.9</b>	<b>31.0</b>	<b>26.0</b>	<b>6.3+</b>	<b>142+</b>	<b>911+</b>	<b>3.49+</b>	<b>142+</b>	<b>941</b>	<b>10.03+</b>
<b>Evening Meal</b>															
C Beef, Salisbury Steak	1 each	85	230	13.0	21.8	6.0	18.0	58.1	1.0	30	881		2	320	1.40
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2	61.2	2.1	98	6761	0.00	20	195	0.63
C Bread, Cornbread, Mix, Large Cut	1 piece	151	316	5.3	6.7	52.5	9.2	26.4	4.9	45	87	0.07	0	620	1.89
C Brownie, Mix	1 each	63	156	1.3	3.3	32.9	2.7	15.1	1.3	1	0	0.00+	0	95	0.97
C Tea, Iced, Sweet**	10 oz	331	101	0.0	0.0	25.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1128</b>	<b>24.9</b>	<b>8.7</b>	<b>161.8</b>	<b>44.4</b>	<b>34.6</b>	<b>10.4</b>	<b>216</b>	<b>7846</b>	<b>0.09+</b>	<b>22</b>	<b>1762</b>	<b>6.12</b>
<b>Daily Totals for 07/12/15</b>			<b>3169</b>	<b>116.4</b>	<b>15.0</b>	<b>415.6</b>	<b>115.2</b>	<b>32.5</b>	<b>19.0+</b>	<b>851+</b>	<b>11078+</b>	<b>7.03+</b>	<b>178+</b>	<b>4588</b>	<b>32.09+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>372</b>	<b>623.5</b>		<b>354.6</b>	<b>405.5</b>		<b>190.4+</b>	<b>255+</b>		<b>879.29+</b>	<b>592+</b>	<b>1059</b>	<b>1201.82+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
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# Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

Menu: MDOC Date: Mon Jul 13, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0.00	0	411	0.80
Bread, Tortilla, Flour, 7"	1 each	32	94	2.5	11.0	16.4	1.9	18.3	0.8	41	0	0.00	0	227	1.05
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>876</b>	<b>35.8</b>	<b>16.6</b>	<b>75.4</b>	<b>48.1</b>	<b>49.4</b>	<b>2.6</b>	<b>482</b>	<b>2216</b>	<b>2.21+</b>	<b>1</b>	<b>1332</b>	<b>4.68</b>
<b>Noon Meal</b>															
C Beef, Patty, Charbroiled	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5277	129		1	556	2.28
Potatoes, Tater Gems	1/2 cup	86	152	2.0	5.3	22.3	6.1	36.0	2.0	0	0		4	29	0.73
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Bread, White, Sliced, Local	2 slices	56	149	5.0	13.5	27.7	1.9	11.4	1.5	81	1	0.00	0	274	2.02
C Salad, Lettuce, Shredded, w/Pickl	1/4 cup	26	4	0.2	19.6	0.7	0.0	10.3	0.3	8	104	0.00	1	60	0.10
C Mayonnaise, Bulk, 1 tbsp	1 tablespoon	29	73	0.2	1.0	4.3	6.3	75.9	0.0	1	9	0.01	0	192	0.04
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>769</b>	<b>26.6</b>	<b>13.8</b>	<b>82.1+</b>	<b>35.4</b>	<b>41.2</b>	<b>10.2</b>	<b>5403</b>	<b>1042</b>	<b>0.02+</b>	<b>90</b>	<b>1620</b>	<b>6.68</b>
<b>Evening Meal</b>															
Beef, Fiesta Mac & Cheese, w/ Cnu	1 cup	263	373	22.0	22.8	29.1	20.2	47.1	5.4	189	527	2.69	10	953	3.43
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
Carrots, Sliced, Glazed	1/2 cup	174	68	0.7	4.1	12.0	2.2	28.4	3.0	36	12972	0.00	2	86	0.41
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1080</b>	<b>34.2</b>	<b>12.4</b>	<b>163.9</b>	<b>34.2</b>	<b>27.8</b>	<b>11.2+</b>	<b>408+</b>	<b>14079+</b>	<b>2.73+</b>	<b>24+</b>	<b>1863</b>	<b>8.35+</b>
<b>Daily Totals for 07/13/15</b>			<b>2725</b>	<b>96.6</b>	<b>14.1</b>	<b>321.3+</b>	<b>117.8</b>	<b>38.6</b>	<b>24.1+</b>	<b>6293+</b>	<b>17337+</b>	<b>4.96+</b>	<b>115+</b>	<b>4815</b>	<b>19.72+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>320</b>	<b>517.4</b>		<b>274.2+</b>	<b>414.8</b>		<b>240.5+</b>	<b>1888+</b>		<b>620.26+</b>	<b>382+</b>	<b>1111</b>	<b>738.45+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Tue Jul 14, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
A/C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	15.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1143</b>	<b>40.1</b>	<b>14.3</b>	<b>107.4</b>	<b>59.6</b>	<b>47.4</b>	<b>3.6+</b>	<b>563</b>	<b>2396</b>	<b>2.21+</b>	<b>1+</b>	<b>1497+</b>	<b>6.88</b>
<b>Noon Meal</b>															
C Beef, Meatballs, w/o Gravy	6 each	85	190	15.0	30.5	5.0	13.0	59.4	1.0	43	122		2	250	2.00
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Greens, Turnip	1 cup	282	158	1.7	4.2	7.6	14.3	77.5	5.3	211	11541	0.00	42	405	1.22
C Bread, Combread, Mix, Large Cu	1 piece	151	316	5.3	6.7	52.5	9.2	26.4	4.9	45	87	0.07	0	620	1.89
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>960</b>	<b>26.7</b>	<b>10.9</b>	<b>109.8</b>	<b>46.6</b>	<b>42.7</b>	<b>12.5</b>	<b>345</b>	<b>11869</b>	<b>0.10+</b>	<b>119</b>	<b>1855</b>	<b>6.83</b>
<b>Evening Meal</b>															
C Chicken, Fried Patty	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341		1	656	2.11
Pasta, Spaghetti Noodles, Buttered,	1 cup	539	274	7.5	11.0	42.5	8.0	26.5	1.8	30	262	0.01	0	87	1.90
Sauce, Tomato, Cnd	2 oz	97	23	1.2	16.7	5.1	0.3	9.4	1.4	14	420	0.00	7	458	0.93
C Mix Veg, 4 Way Mix	1/2 cup	172	103	2.6	10.0	11.9	5.1	44.1	4.0	25	3953	0.00	3	49	0.75
C Bread, Rofl, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Crisp, Apple	1/2 cup	306	241	0.9	1.5	51.2	4.6	16.4	1.7	49	200	0.02	0	168	0.59
C Tea, Iced, Sweet**	10 oz	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1284</b>	<b>31.4</b>	<b>9.7</b>	<b>209.8</b>	<b>37.3</b>	<b>26.0</b>	<b>10.8+</b>	<b>214</b>	<b>13177</b>	<b>0.03+</b>	<b>11</b>	<b>1935</b>	<b>9.22</b>
<b>Daily Totals for 07/14/15</b>			<b>3387</b>	<b>98.2</b>	<b>11.6</b>	<b>427.0</b>	<b>143.6</b>	<b>37.9</b>	<b>27.0+</b>	<b>1122</b>	<b>27442</b>	<b>2.34+</b>	<b>130+</b>	<b>5288+</b>	<b>22.94</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>398</b>	<b>525.8</b>		<b>364.3</b>	<b>505.6</b>		<b>269.6+</b>	<b>337</b>		<b>292.41+</b>	<b>434+</b>	<b>1220+</b>	<b>859.11</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Valley Services, Inc.

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Thu Feb 04, 2016 08:41 AM

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Wed Jul 15, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Link, 1 each	1 each	19	30	3.3	44.0		2.0	80.0		7				97	0.24
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>942</b>	<b>31.8</b>	<b>13.8</b>	<b>87.9+</b>	<b>50.8</b>	<b>48.8</b>	<b>1.8+</b>	<b>536</b>	<b>2216+</b>	<b>2.21+</b>	<b>1+</b>	<b>1463</b>	<b>4.47</b>
<b>Noon Meal</b>															
Chicken, Fajita Meat, Pulled, w/Onion	1/2 cup	117	153	25.6	69.5	1.8	4.2	25.8	0.4	14	276	0.00+	14	78	1.42
Bread, Tortilla, Flour, 7"	2 each	64	188	5.1	11.0	32.8	3.8	18.3	1.6	81		0	0.00	0	454
C Rice, Mexican	1/2 cup	93	110	2.2	8.3	22.8	0.8	6.6	0.6+	22+	17+	0.00+	3+	16	0.23+
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Cookie, Assorted, In House, For Sale	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
Sauce, Mexican Picante	1 oz	32	22	0.5	9.9	1.9	1.3	53.9	0.0	3	57	0.00+	0	204	0.23
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>647</b>	<b>36.9</b>	<b>23.3</b>	<b>87.3</b>	<b>16.4</b>	<b>22.5</b>	<b>5.5+</b>	<b>140+</b>	<b>492+</b>	<b>0.01+</b>	<b>98+</b>	<b>841</b>	<b>4.85+</b>
<b>Evening Meal</b>															
C Grits, w/Cheese**	1 cup	316	184	3.8	8.3	30.4	5.0	24.7	1.5	46	188	0.03	0	192	1.09
C Bacon, Pork, Layflat	2 slices	49	206	6.2	12.2	0.6	19.6	86.5	0.0	2	18	0.25	0	327	0.20
C Pancakes, Mix**	3 each	257	445	8.8	7.6	90.6	7.3	14.3	2.4	272	11	0.00+	0+	1333	4.90
Ind. Syrup, Pancake	2 each	57	133	0.0	0.0	34.9	0.0	0.0	0.0	2	0	0.00	0	46	0.02
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Evening Meal Totals</b>			<b>1177</b>	<b>19.1</b>	<b>6.4</b>	<b>186.7</b>	<b>54.8</b>	<b>41.5</b>	<b>4.0</b>	<b>340</b>	<b>1231</b>	<b>0.31+</b>	<b>75+</b>	<b>2175</b>	<b>6.21</b>
<b>Daily Totals for 07/15/15</b>			<b>2766</b>	<b>87.8</b>	<b>12.8</b>	<b>331.9+</b>	<b>121.9</b>	<b>39.6</b>	<b>11.3+</b>	<b>1016+</b>	<b>3938+</b>	<b>2.53+</b>	<b>174+</b>	<b>4479</b>	<b>15.53+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)			<b>325</b>	<b>470.3</b>		<b>283.2+</b>	<b>429.3</b>		<b>113.3+</b>	<b>305+</b>		<b>315.69+</b>	<b>581+</b>	<b>1034</b>	<b>581.80+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Thu Jul 16, 2015

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. Pro (%)	Carbo hydrat (gm)	Fat (gm)	% Fat (%)	Dietry Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1008</b>	<b>28.3</b>	<b>11.3</b>	<b>115.4</b>	<b>48.0</b>	<b>43.0</b>	<b>4.8+</b>	<b>528</b>	<b>2445+</b>	<b>2.62+</b>	<b>13+</b>	<b>1436+</b>	<b>10.38</b>
<b>Noon Meal</b>															
C Chicken, Bologna, Sliced, GoodS	4 ounces	113	257	14.5	22.8	8.5	18.0	63.8	0.0	95		0.31	0	996	1.73
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	6.6	32.2	2.8	26	8250	0.00	11	70	0.98
C Bread, Roli, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Salad, Lettuce, Shredded, w/Pickl	1/4 cup	26	4	0.2	19.6	0.7	0.0	10.3	0.3	8	104	0.00	1	60	0.10
Gelatin, Cherry, Mix Fruit, 12 #10/11	1/2 cup	183	125	2.4	7.3	30.1	0.0	0.0	0.4	7	114	0.00	19	144	0.12
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>992</b>	<b>29.6</b>	<b>11.9</b>	<b>137.2</b>	<b>36.2</b>	<b>32.8</b>	<b>7.1+</b>	<b>258+</b>	<b>9081+</b>	<b>0.31+</b>	<b>118+</b>	<b>2164</b>	<b>7.15+</b>
<b>Evening Meal</b>															
C Chicken, BBQ, Patty	1 piece	109	239	11.0	18.3	24.1	11.2	41.7	2.0	42	8395	0.00+	1	902	2.26
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2	61.2	2.1	98	6761	0.00	20	195	0.63
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Tea, Iced, Sweet*, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1266</b>	<b>32.5</b>	<b>10.0</b>	<b>185.9</b>	<b>46.9</b>	<b>32.7</b>	<b>17.6</b>	<b>511</b>	<b>15480</b>	<b>0.20+</b>	<b>30</b>	<b>1822</b>	<b>9.34</b>
<b>Daily Totals for 07/16/15</b>			<b>3267</b>	<b>90.3</b>	<b>11.0</b>	<b>438.5</b>	<b>131.1</b>	<b>35.9</b>	<b>29.6+</b>	<b>1297+</b>	<b>27006+</b>	<b>3.13+</b>	<b>160+</b>	<b>5422+</b>	<b>26.86+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>383</b>	<b>483.8</b>		<b>374.2</b>	<b>461.8</b>		<b>295.6+</b>	<b>389+</b>		<b>391.16+</b>	<b>534+</b>	<b>1251+</b>	<b>1006.14+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.



# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Fri Jul 17, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Chicken, Bologna, Sliced, GoodS	2 ounces	57	129	7.3	22.8	4.3	9.0	63.8	0.0	48		0.15	0	498	0.87
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>983</b>	<b>24.6</b>	<b>10.1</b>	<b>106.0</b>	<b>50.5</b>	<b>46.3</b>	<b>2.6</b>	<b>543</b>	<b>1758+</b>	<b>1.48+</b>	<b>5</b>	<b>1719</b>	<b>3.61</b>
<b>Noon Meal</b>															
C Sausage, Smoked, w/Onions/Pep	1 each	178	413	17.3	16.7	29.2	25.5	55.2	1.0	20	386	0.34	19	974	1.20
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Mix Veg, 4 Way Mix	1 cup	343	206	5.2	10.0	23.8	10.2	44.1	8.0	50	7905	0.00	6	97	1.49
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1177</b>	<b>33.8</b>	<b>11.4</b>	<b>143.9</b>	<b>51.4</b>	<b>39.2</b>	<b>9.8+</b>	<b>160</b>	<b>8331</b>	<b>0.35+</b>	<b>100</b>	<b>1818</b>	<b>6.35</b>
<b>Evening Meal</b>															
C Fish, Breaded, 4 oz	1 each	113	304	16.2	21.5	18.2	18.2	54.4	0.0	97	129	2.95	0	314	0.16
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
C Coleslaw, Hmd	1/2 cup	83	87	0.9	3.8	6.7	6.7	66.5	1.5	31	117	0.00+	27	185	0.38
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	0+	0.00+	0+	294	1.26
C Tea, Iced, Sweet** 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1261</b>	<b>35.5</b>	<b>11.4</b>	<b>177.0</b>	<b>45.7</b>	<b>32.8</b>	<b>4.4+</b>	<b>295</b>	<b>603+</b>	<b>2.98+</b>	<b>28+</b>	<b>1765</b>	<b>6.33</b>
<b>Daily Totals for 07/17/15</b>			<b>3411</b>	<b>93.9</b>	<b>11.0</b>	<b>426.8</b>	<b>147.6</b>	<b>38.9</b>	<b>16.3+</b>	<b>998</b>	<b>10693+</b>	<b>4.81+</b>	<b>132+</b>	<b>5302</b>	<b>16.29</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>															
Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)															
Week Daily Average (07/12/15-07/17/15)			3121	97.2	12.5	393.5+	129.5	37.2	21.3+	1929+	16249+	4.13+	148+	4982+	22.24+
Daily Average (07/11/15-07/17/15)			3111	96.2	12.4	394.9+	128.3	36.9	20.7+	1801+	15574+	3.87+	140+	4948+	21.89+

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

## Report Selections

Date Range : Sat Jul 18, 2015 - Fri Jul 24, 2015  
Menus : MDOC

Menu: MDOC Date: Sat Jul 18, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
1/2 C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0	0	411	0.80
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1070</b>	<b>38.1</b>	<b>14.6</b>	<b>105.1</b>	<b>53.7</b>	<b>45.6</b>	<b>2.0</b>	<b>580</b>	<b>2238</b>	<b>2.21+</b>	<b>1</b>	<b>1789</b>	<b>5.60</b>
<b>Noon Meal</b>															
C Sandwich, Chicken/Cheese/Broct	1 each	128	267	15.3	23.0	25.3	11.6	39.2						1863	
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Beans, Green, Frz	1/2 cup	177	128	1.6	5.0	6.8	10.7	73.9	2.4	40	496	0.00	12	5	0.78
C Salad, Potato, Hmd	1/2 cup	131	98	2.9	12.2	18.8	0.8	7.6	1.4	38	181	0.17+	36	121	0.59
C Cookie, Assorted, In House, For	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>668</b>	<b>23.3</b>	<b>13.8</b>	<b>78.9</b>	<b>29.4</b>	<b>38.9</b>	<b>6.8+</b>	<b>97+</b>	<b>818+</b>	<b>0.17+</b>	<b>128+</b>	<b>2078</b>	<b>2.25+</b>
<b>Evening Meal</b>															
C Beef, Meatballs, w/ Spaghetti Sal	6 each	273	219	16.2	28.2	11.7	13.2	51.6	2.8	74	598	0.00+	13	458	2.97
Pasta, Spaghetti Noodles, Buttered,	1 cup	539	274	7.5	11.0	42.5	8.0	26.5	1.8	30	262	0.01	0	87	1.90
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Margarine, w/Garlic, Bulk	1 teaspoon	5	35	0.1	1.2	0.3	3.8	95.1	0.0	2	169	0.00	0	45	0.02
C Brownie, Mix	63	156	156	1.3	3.3	32.9	2.7	15.1	1.3	1	0	0.00+	0	95	0.97
C Tea, Iced, Sweet** , 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1317</b>	<b>39.4</b>	<b>11.6</b>	<b>200.5</b>	<b>43.3</b>	<b>28.8</b>	<b>12.0+</b>	<b>195</b>	<b>1809</b>	<b>0.01+</b>	<b>27</b>	<b>1411</b>	<b>10.10</b>
<b>Daily Totals for 07/18/15</b>			<b>3054</b>	<b>100.8</b>	<b>13.1</b>	<b>384.5</b>	<b>126.4</b>	<b>36.9</b>	<b>20.6+</b>	<b>872+</b>	<b>4866+</b>	<b>2.40+</b>	<b>156+</b>	<b>5279</b>	<b>17.95+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>358</b>	<b>540.0</b>		<b>328.1</b>	<b>445.2</b>		<b>206.3+</b>	<b>262+</b>		<b>299.79+</b>	<b>519+</b>	<b>1218</b>	<b>672.11+</b>
<b>Week Daily Average (07/18/15-07/18/15)</b>			<b>3054</b>	<b>100.8</b>	<b>13.1</b>	<b>384.5</b>	<b>126.4</b>	<b>36.9</b>	<b>20.6+</b>	<b>872+</b>	<b>4866+</b>	<b>2.40+</b>	<b>156+</b>	<b>5279</b>	<b>17.95+</b>

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+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Sun Jul 19, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Beef, Fingers, Breaded, 3 each	3 each	85	218	15.0	27.6	1.1	17.0	70.4	0.9	21	40	1.10	0	300	1.94
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
<b>Breakfast Totals</b>			<b>1019</b>	<b>32.6</b>	<b>12.9</b>	<b>87.6</b>	<b>59.0</b>	<b>52.2</b>	<b>3.0</b>	<b>503</b>	<b>1796</b>	<b>2.44</b>	<b>1</b>	<b>1748</b>	<b>5.38</b>
<b>Noon Meal</b>															
C Frankfurter, All Meat	2 each	90	275	10.4	15.3	1.5	24.9	82.4	0.0	10	52	1.17	0	737	1.04
C Beans, Baked, Navy, Dry	1 cup	505	405	20.1	19.3	65.9	8.1	17.5	18.6	178	84	0.00	6	166	5.10
Salad, Macaroni, HMD	1/2 cup	224	155	4.3	11.1	24.0	4.8	27.5	1.1	34	323	0.07	3	226	0.98
C Bread, White, Sliced, Local	2 slices	56	149	5.0	13.5	27.7	1.9	11.4	1.5	81	1	0.00	0	274	2.02
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
Gelatin, Strawberry, w/Pears, 12 #1	1/2 cup	177	124	2.3	7.2	29.8	0.0	0.2	0.5	7	2	0.00	18	144	0.13
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1133</b>	<b>43.3</b>	<b>15.0</b>	<b>150.7</b>	<b>40.7</b>	<b>32.2</b>	<b>23.0</b>	<b>339</b>	<b>496</b>	<b>1.24</b>	<b>102</b>	<b>1901</b>	<b>9.77</b>
<b>Evening Meal</b>															
Chicken, Slew, Pulled	1 cup	315	298	38.8	53.0	19.5	6.6	20.4	5.6+	63+	5770+	0.00+	17+	413	3.25+
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Greens, Mixed (Mustard, Turnip)	1 cup	288	201	2.8	5.2	17.9	14.5	61.2	4.2	195	13522	0.00	40	390	1.26
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, Lemon, Mix	1 piece	61	149	0.9	2.3	30.8	3.1	17.9	0.9	18	0	0.00+	0	264	0.63
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1269</b>	<b>50.5</b>	<b>16.1</b>	<b>161.1</b>	<b>48.4</b>	<b>33.8</b>	<b>12.8+</b>	<b>494+</b>	<b>19472+</b>	<b>0.20+</b>	<b>57+</b>	<b>1586</b>	<b>7.91+</b>
<b>Daily Totals for 07/19/15</b>			<b>3421</b>	<b>126.4</b>	<b>14.8</b>	<b>399.4</b>	<b>148.1</b>	<b>38.7</b>	<b>38.8+</b>	<b>1336+</b>	<b>21764+</b>	<b>3.89+</b>	<b>160+</b>	<b>5235</b>	<b>23.06+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>401</b>	<b>677.1</b>		<b>340.8</b>	<b>521.3</b>		<b>388.1+</b>	<b>401+</b>		<b>486.15+</b>	<b>533+</b>	<b>1208</b>	<b>863.69+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Mon Jul 20, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Protein (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1008</b>	<b>28.3</b>	<b>11.3</b>	<b>115.4</b>	<b>48.0</b>	<b>43.0</b>	<b>4.8+</b>	<b>528</b>	<b>2445+</b>	<b>2.62+</b>	<b>13+</b>	<b>1436+</b>	<b>10.38</b>
<b>Noon Meal</b>															
C Beef, Country Fried Steak, w/o Gr	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341	0.02	1	656	2.11
C Gravy, Brown	31	82	17	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	0	343	1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Greens, Turnip	1/2 cup	141	79	0.9	4.2	3.8	7.2	77.5	2.7	106	5770	0.00	21	202	0.61
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1027</b>	<b>22.2</b>	<b>8.6</b>	<b>112.3</b>	<b>54.1</b>	<b>46.8</b>	<b>8.3</b>	<b>387</b>	<b>14438</b>	<b>0.33+</b>	<b>144</b>	<b>1648</b>	<b>7.13</b>
<b>Evening Meal</b>															
Chicken, Spicy Linguini, Thigh Meat	1 cup	546	282	23.2	33.7	35.9	4.3	14.2	2.0+	40+	190+	0.52+	5+	133	2.43+
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Carrots, Sliced, Glazed, LF, LS	1/2 cup	171	52	0.7	5.2	12.0	0.4	6.9	3.0	35	12891	0.00	2	64	0.41
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Strawberry	1/2 cup	83	146	0.5	1.3	19.4	8.1	47.7	0.6	14	8	0.03+	11	34	0.18
C Tea, Iced, Sweet*, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>978</b>	<b>34.5</b>	<b>14.3</b>	<b>159.2</b>	<b>23.3</b>	<b>21.2</b>	<b>8.0+</b>	<b>192+</b>	<b>13668+</b>	<b>0.56+</b>	<b>30+</b>	<b>780</b>	<b>6.75+</b>
<b>Daily Totals for 07/20/15</b>			<b>3014</b>	<b>84.9</b>	<b>11.4</b>	<b>386.8</b>	<b>125.4</b>	<b>37.2</b>	<b>21.1+</b>	<b>1106+</b>	<b>30551+</b>	<b>3.51+</b>	<b>187+</b>	<b>3864+</b>	<b>24.26+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>354</b>	<b>454.9</b>		<b>330.1</b>	<b>441.5</b>		<b>211.2+</b>	<b>332+</b>		<b>438.68+</b>	<b>623+</b>	<b>892+</b>	<b>908.59+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Tue Jul 21, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Pancakes, Mix**	3 each	257	445	8.8	7.6	90.6	7.3	14.3	2.4	272	11	0.00+	0+	1333	4.90
Ind. Sugar	12 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
Ind. Syrup, Pancake	2 each	57	133	0.0	0.0	34.9	0.0	0.0	0.0	2	0	0.00	0	46	0.02
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1229</b>	<b>33.1</b>	<b>10.8</b>	<b>170.8</b>	<b>49.1</b>	<b>35.6</b>	<b>4.1</b>	<b>662</b>	<b>2226</b>	<b>2.21+</b>	<b>1+</b>	<b>2068</b>	<b>7.71</b>
<b>Noon Meal</b>															
Salad, Tuna, 1/2 cup	1/2 cup	137	138	17.5	49.8	5.4	5.4	34.9	0.4	26	299	2.23	5	401	1.56
Carrots, Sliced, Glazed	1/2 cup	174	68	0.7	4.1	12.0	2.2	28.4	3.0	36	12972	0.00	2	86	0.41
C Peas, Green	1/2 cup	146	83	3.1	14.8	9.5	3.8	40.2	3.3	19	639	0.00	8	175	0.90
C Bread, Roli. Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>704</b>	<b>30.5</b>	<b>17.1</b>	<b>94.9</b>	<b>22.7</b>	<b>28.7</b>	<b>7.0+</b>	<b>148</b>	<b>13914</b>	<b>2.24+</b>	<b>91</b>	<b>1229</b>	<b>6.32</b>
<b>Evening Meal</b>															
Sausage, Beef Rope, w/Pinto Bean:	1 cup	248	365	17.9	19.7	33.6	17.5	43.3	8.1+	70+	27+	0.77+	13+	510	3.36+
C Rice, Buttered	1/2 cup	107	143	2.1	6.0	22.9	4.5	28.8	0.5	22	36	0.00	0	180	0.21
C Cabbage	1/2 cup	128	40	1.1	9.6	4.7	2.3	47.8	2.0	42	219	0.00	37	39	0.49
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet*, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1168</b>	<b>28.4</b>	<b>9.8</b>	<b>162.2</b>	<b>45.3</b>	<b>34.9</b>	<b>12.7+</b>	<b>410+</b>	<b>426+</b>	<b>1.01+</b>	<b>50+</b>	<b>1343</b>	<b>7.39+</b>
<b>Daily Totals for 07/21/15</b>			<b>3101</b>	<b>92.0</b>	<b>11.8</b>	<b>428.0</b>	<b>117.2</b>	<b>33.8</b>	<b>23.8+</b>	<b>1220+</b>	<b>16566+</b>	<b>5.47+</b>	<b>141+</b>	<b>4640</b>	<b>21.43+</b>
<b>1/3 RDA/DR1 STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DR1 STANDARDS, 1 MEAL (%)</b>			<b>364</b>	<b>492.7</b>		<b>365.1</b>	<b>412.8</b>		<b>237.6+</b>	<b>365+</b>		<b>683.14+</b>	<b>471+</b>	<b>1071</b>	<b>802.54+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Wed Jul 22, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Protein (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
Cereal, Assorted, Ind	1 each	32	110	2.3	7.9	25.7	0.8	5.9	2.3	9	725	1.29	8	135	6.21
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0	0	411	0.80
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
Jelly, Grape, Bulk	19	50	0.0	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
C Coffee, 10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	28	204	0.3	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>992</b>	<b>37.4</b>	<b>15.3</b>	<b>99.2</b>	<b>49.5</b>	<b>45.2</b>	<b>2.5</b>	<b>580</b>	<b>2743</b>	<b>3.51+</b>	<b>9</b>	<b>1873</b>	<b>10.59</b>
<b>Noon Meal</b>															
C Corn Dog, All Meat, 2 oz Meat Prc	1 each	175	460	16.8	14.6	55.8	18.9	36.9		102	207	0.44	0	973	6.18
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
C Salad, Tossed	1/2 cup	46	11	0.5	14.8	2.5	0.1	5.6	0.8	12	2117	0.00	6	13	0.21
Ind. Salad Dressing, Assorted	1 each	12	50	0.0	0.0	0.8	5.0	93.5	0.0	0	0	0	0	92	0.00
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Mustard, Bulk, 1 tbsp	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	34	0.00	0	345	0.50
C Drink Mix, w/Vitamin C, 10 oz	297	6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1037</b>	<b>36.2</b>	<b>13.8</b>	<b>136.1</b>	<b>38.7</b>	<b>33.6</b>	<b>13.0+</b>	<b>292</b>	<b>2597</b>	<b>0.48+</b>	<b>84</b>	<b>1741</b>	<b>11.41</b>
<b>Evening Meal</b>															
C Beef, Fingers, Breaded, 3 each	5 each	142	363	25.0	27.6	1.8	28.3	70.4	1.5	35	67	1.83	0	500	3.23
C Gravy, Brown	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	343	81	0.02	0	343	1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Mix Veg. 4 Way Mix	1/2 cup	172	103	2.6	10.0	11.9	5.1	44.1	4.0	25	3953	0.00	3	49	0.75
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Brownie, Mix	63	156	1.3	3.3	32.9	2.7	15.1	1.3	1	1	0	0.00+	0	95	0.97
C Tea, Iced, Sweet**, 10 oz.	331	101	0.0	0.0	26.0	0.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1299</b>	<b>39.0</b>	<b>12.0</b>	<b>150.7</b>	<b>60.3</b>	<b>41.8</b>	<b>10.5</b>	<b>296</b>	<b>4335</b>	<b>2.15+</b>	<b>50</b>	<b>1398</b>	<b>9.07</b>
<b>Daily Totals for 07/22/15</b>			<b>3328</b>	<b>112.5</b>	<b>13.6</b>	<b>386.0</b>	<b>148.5</b>	<b>40.3</b>	<b>26.0+</b>	<b>1168</b>	<b>9675</b>	<b>6.13+</b>	<b>143</b>	<b>5012</b>	<b>31.08</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>391</b>	<b>602.8</b>		<b>329.3</b>	<b>522.9</b>		<b>260.3+</b>	<b>351</b>		<b>766.25+</b>	<b>477</b>	<b>1157</b>	<b>1163.90</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
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# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Thu Jul 23, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calclum (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
1/2 C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Sausage, Turkey, Link, 1 each	1 each	19	30	3.3	44.0		2.0	60.0		7				97	0.24
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>962</b>	<b>21.2</b>	<b>9.0</b>	<b>118.4+</b>	<b>43.9</b>	<b>41.3</b>	<b>2.8+</b>	<b>501</b>	<b>1780+</b>	<b>1.32+</b>	<b>5+</b>	<b>1331</b>	<b>3.55</b>
<b>Noon Meal</b>															
C Turkey Ham, Breakfast	4 ounces	189	144	21.6	62.4	0.4	5.6	36.4	0.0	14	0	0.00+	0	786	3.12
C Mix Veg, Farm Vegetables	1/2 cup	164	92	1.0	4.3	6.2	7.2	69.2	2.3	32	5358	0.00	6	29	0.50
Mix Veg, Peas & Corn, North Louisi.	1/2 cup	167	76	3.7	17.9	16.1	0.5	5.2	3.5	16	1042	0.00	7	36	0.90
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Mustard, Bulk, 1 tbsp	1 tablespoon	31	19	1.2	21.9	1.8	1.0	44.0	1.2	20	34	0.00	0	345	0.50
Gelatin, Orange, Mix Fruit, 20 #10/1	1/2 cup	208	137	2.5	7.0	33.0	0.0	0.0	0.6	9	190	0.00	19	145	0.17
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>818</b>	<b>38.4</b>	<b>18.9</b>	<b>116.4</b>	<b>22.8</b>	<b>24.9</b>	<b>7.7+</b>	<b>154</b>	<b>6625</b>	<b>0.00+</b>	<b>108</b>	<b>1860</b>	<b>8.14</b>
<b>Evening Meal</b>															
C Turkey, Dumplings, 1 cup	1 cup	635	415	29.4	28.3	60.2	4.0+	8.6	2.8+	42+	45+	0.21+	1+	1020	9.04
C Beans, Lima, Dry	1 cup	874	322	7.0	8.6	18.9	24.9	68.4	3.0	38	181	0.00	0	287	2.18
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	6.6	32.2	2.8	26	8250	0.00	11	70	0.98
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.8	186	143	0.20	0	330	2.53
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1540</b>	<b>45.0</b>	<b>11.6</b>	<b>210.5</b>	<b>56.8+</b>	<b>32.7</b>	<b>10.0+</b>	<b>383+</b>	<b>8620+</b>	<b>0.41+</b>	<b>12+</b>	<b>1987</b>	<b>15.72</b>
<b>Daily Totals for 07/23/15</b>			<b>3320</b>	<b>104.7</b>	<b>12.7</b>	<b>445.3+</b>	<b>123.3+</b>	<b>33.3</b>	<b>20.5+</b>	<b>1038+</b>	<b>17025+</b>	<b>1.74+</b>	<b>125+</b>	<b>5178</b>	<b>27.41</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>390</b>	<b>560.6</b>		<b>379.9+</b>	<b>434.1+</b>		<b>204.6+</b>	<b>311+</b>		<b>217.33+</b>	<b>417+</b>	<b>1195</b>	<b>1026.45</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

Valley Services, Inc.

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Thu Feb 04, 2016 08:42 AM



# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Fri Jul 24, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1066</b>	<b>39.5</b>	<b>15.1</b>	<b>90.7</b>	<b>59.2</b>	<b>50.3</b>	<b>3.4+</b>	<b>564</b>	<b>2374</b>	<b>2.21+</b>	<b>1+</b>	<b>1485+</b>	<b>6.32</b>
<b>Noon Meal</b>															
C Beef, Potatoes	1 cup	278	236	15.3	24.7	15.5	13.9	50.3	4.0	70	28	2.59	5	774	2.45
C Beans, Pinto, Dry	1/2 cup	212	251	9.8	15.4	28.7	11.0	39.2	7.1	57	2	0.00	3	11	2.33
C Carrots, Sliced, Glazed	1/2 cup	174	68	0.7	4.1	12.0	2.2	28.4	3.0	36	12972	0.00	2	86	0.41
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1003</b>	<b>32.5</b>	<b>12.6</b>	<b>109.5</b>	<b>49.8</b>	<b>43.8</b>	<b>16.1</b>	<b>362</b>	<b>13147</b>	<b>2.80</b>	<b>85</b>	<b>1257</b>	<b>8.23</b>
<b>Evening Meal</b>															
C Fish, Breaded, 4 oz	1 each	113	304	16.2	21.5	18.2	18.2	54.4	0.0	97	129	2.95	0	314	0.16
C Potatoes, Au Gratin, Dry Mix *	1/2 cup	143	118	1.9	6.3	17.3	5.1	37.3	1.9	4	81	0.00+	0	576	0.45
C Greens, Mustard	1/2 cup	197	44	2.7	21.5	4.9	2.1	38.7	3.3+	118+	8107+	0.00+	16+	58	1.29+
C Sauce, Tartar, Bulk, 1 tbsp	1 tablespoon	30	150	0.0	0.0	1.0	16.0	97.3	0.0	0	0	0.00	0	460	0.00
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1234</b>	<b>28.1</b>	<b>9.0</b>	<b>142.6</b>	<b>62.5</b>	<b>45.5</b>	<b>6.8+</b>	<b>496+</b>	<b>8460+</b>	<b>3.15+</b>	<b>16+</b>	<b>2018</b>	<b>5.42+</b>
<b>Daily Totals for 07/24/15</b>			<b>3304</b>	<b>100.1</b>	<b>12.1</b>	<b>342.8</b>	<b>171.5</b>	<b>46.5</b>	<b>26.3+</b>	<b>1422+</b>	<b>23982+</b>	<b>8.16+</b>	<b>102+</b>	<b>4760+</b>	<b>19.96+</b>
<b>1/3 RDA/DR1 STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>	<b>117.2</b>	<b>28.4</b>	<b>10.0</b>	<b>33.3</b>	<b>10.0</b>	<b>333</b>	<b>3082+</b>	<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DR1 STANDARDS, 1 MEAL (%)</b>			<b>388</b>	<b>536.4</b>	<b>292.5</b>	<b>603.8</b>	<b>263.4+</b>	<b>427+</b>	<b>263.4+</b>	<b>427+</b>	<b>1020.41+</b>	<b>4.82+</b>	<b>340+</b>	<b>1098+</b>	<b>747.74+</b>
<b>Week Daily Average (07/19/15-07/24/15)</b>			<b>3248</b>	<b>103.4</b>	<b>12.8</b>	<b>398.0+</b>	<b>139.0+</b>	<b>38.4</b>	<b>26.1+</b>	<b>1215+</b>	<b>19927+</b>	<b>4.82+</b>	<b>143+</b>	<b>4782+</b>	<b>24.53+</b>
<b>Daily Average (07/18/15-07/24/15)</b>			<b>3220</b>	<b>103.1</b>	<b>12.8</b>	<b>396.1+</b>	<b>137.2+</b>	<b>38.2</b>	<b>25.3+</b>	<b>1166+</b>	<b>17775+</b>	<b>4.47+</b>	<b>145+</b>	<b>4853+</b>	<b>23.59+</b>

Includes main items only. ^ Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

## Report Selections

Date Range : Sat Jul 25, 2015 - Fri Jul 31, 2015  
Menus : MDOC

Menu: MDOC Date: Sat Jul 25, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
*C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1075</b>	<b>30.5</b>	<b>11.6</b>	<b>119.2</b>	<b>51.4</b>	<b>43.4</b>	<b>2.8</b>	<b>650</b>	<b>2320+</b>	<b>2.21+</b>	<b>5</b>	<b>1489</b>	<b>5.06</b>
<b>Noon Meal</b>															
Pork, BBQ, w/ Sauce, RTU	4 ounces	113	183	18.3	41.3	8.0	8.0	40.6	1.1	55	211		6	434	1.10
C Beans, Pinto, Dry	1/2 cup	212	251	9.8	15.4	28.7	11.0	39.2	7.1	57	2	0.00	3	11	2.33
C Corn, Whole Kernel, Cnd	1/2 cup	185	107	3.0	10.0	21.5	2.7	19.6	2.6	8	118	0.00	4	320	0.56
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Gelatin, Strawberry, Mix Fruit, 6 #1C	1/2 cup	164	117	2.3	7.6	27.9	0.0	0.0	0.2	6	57	0.00	18	143	0.08
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1009</b>	<b>41.8</b>	<b>16.6</b>	<b>144.9</b>	<b>30.1</b>	<b>26.7</b>	<b>11.1+</b>	<b>188</b>	<b>390</b>	<b>0.00+</b>	<b>106</b>	<b>1426</b>	<b>7.01</b>
<b>Evening Meal</b>															
Beef, Fiesta Mac & Cheese, w/ Crul	1 cup	263	373	22.0	22.8	29.1	20.2	47.1	5.4	189	527	2.69	10	953	3.43
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
Carrots, Sliced, Parslied	1 cup	169	49	0.8	5.9	7.3	2.3	38.6	3.0	38	12976	0.00	2	86	0.44
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Margarine, w/Garlic, Bulk	1 teaspoon	5	35	0.1	1.2	0.3	3.8	95.1	0.0	2	169	0.00	0	45	0.02
C Candler, Apple	1/2 cup	131	112	0.3	1.1	26.9	1.1	8.2	1.5	6	70	0.00	0	12	0.22
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1067</b>	<b>33.3</b>	<b>12.2</b>	<b>155.4</b>	<b>37.8</b>	<b>31.0</b>	<b>12.3+</b>	<b>337+</b>	<b>14320+</b>	<b>2.70+</b>	<b>24+</b>	<b>1645</b>	<b>7.84+</b>
<b>Daily Totals for 07/25/15</b>			<b>3151</b>	<b>105.5</b>	<b>13.4</b>	<b>419.5</b>	<b>119.3</b>	<b>33.9</b>	<b>26.2+</b>	<b>1075+</b>	<b>17030+</b>	<b>4.91+</b>	<b>135+</b>	<b>4560</b>	<b>19.90+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 YO)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>370</b>	<b>565.3</b>		<b>357.9</b>	<b>420.1</b>		<b>261.9+</b>	<b>323+</b>		<b>614.18+</b>	<b>451+</b>	<b>1052</b>	<b>745.28+</b>
<b>Week Daily Average (07/25/15-07/25/15)</b>			<b>3151</b>	<b>105.5</b>	<b>13.4</b>	<b>419.5</b>	<b>119.3</b>	<b>33.9</b>	<b>26.2+</b>	<b>1075+</b>	<b>17030+</b>	<b>4.91+</b>	<b>135+</b>	<b>4560</b>	<b>19.90+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

Menu: MDOC Date: Sun Jul 26, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Protein (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1008</b>	<b>28.4</b>	<b>11.4</b>	<b>104.6</b>	<b>51.8</b>	<b>46.4</b>	<b>4.2+</b>	<b>530</b>	<b>1917+</b>	<b>1.32+</b>	<b>5+</b>	<b>1340+</b>	<b>4.82</b>
<b>Noon Meal</b>															
C Beef, Meatloaf, Homestyle	1 each	84	230	12.0	20.5	6.0	18.0	69.2	2.0	10	81	0.02	0	170	1.00
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Peas, Blackeyed, Dry	1/2 cup	248	199	2.8	5.7	17.3	12.6	58.5	4.2	113	749	0.00+	2	204	0.94
C Mix Veg. Peas & Carrots	1/2 cup	151	67	2.3	13.5	8.8	2.7	35.5	2.8	25	6404	0.00	7	246	0.92
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1026</b>	<b>25.6</b>	<b>9.9</b>	<b>97.8</b>	<b>58.6</b>	<b>51.4</b>	<b>11.5</b>	<b>347+</b>	<b>7379+</b>	<b>0.23+</b>	<b>84+</b>	<b>1350</b>	<b>5.89+</b>
<b>Evening Meal</b>															
C Chicken, Fried Patty	1 each	85	198	10.8	21.7	14.3	11.0	49.6	1.8	34	8341	0.00+	1	656	2.11
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Potatoes, Whipped	1 cup	221	236	4.7	8.4	43.0	3.7	14.7	3.1	61	182	0.18+	94	144	1.15
C Mix Veg. Peas & Carrots	1/2 cup	151	67	2.3	13.5	8.8	2.7	35.5	2.8	25	6404	0.00	7	246	0.92
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Chocolate, Mix	1 piece	48	161	2.8	6.8	25.9	5.6	30.5	1.4	42	0+	0.00+	0+	294	1.26
C Tea, Iced, Sweet**	10 oz.	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1190</b>	<b>31.0</b>	<b>10.4</b>	<b>189.7</b>	<b>34.0</b>	<b>25.7</b>	<b>9.5+</b>	<b>228</b>	<b>15009+</b>	<b>0.18+</b>	<b>102+</b>	<b>1972</b>	<b>8.92</b>
<b>Daily Totals for 07/26/15</b>			<b>3226</b>	<b>84.9</b>	<b>10.6</b>	<b>392.1</b>	<b>144.5</b>	<b>40.3</b>	<b>25.2+</b>	<b>1105+</b>	<b>24305+</b>	<b>1.74+</b>	<b>190+</b>	<b>4662+</b>	<b>19.63+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>378</b>	<b>454.7</b>		<b>334.6</b>	<b>508.8</b>		<b>252.0+</b>	<b>332+</b>		<b>217.34+</b>	<b>635+</b>	<b>1076+</b>	<b>735.26+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Mon Jul 27, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
*C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Beef, Breakfast, Casserole	1 cup	219	223	12.4	22.0	16.8	12.1	48.2	2.9	80	338	0.30+	14+	396+	2.15
Bread, Tortilla, Flour, 7"	1 each	32	94	2.5	11.0	16.4	1.9	18.3	0.8	41	0	0.00	0	227	1.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
<b>Breakfast Totals</b>			<b>903</b>	<b>27.2</b>	<b>12.0</b>	<b>94.5</b>	<b>46.7</b>	<b>46.1</b>	<b>5.6</b>	<b>451</b>	<b>2035</b>	<b>1.63+</b>	<b>15+</b>	<b>1068+</b>	<b>4.81</b>
<b>Noon Meal</b>															
Salad, Chicken, Pulled	1/2 cup	166	228	28.0	50.4	4.6	10.2	41.4	0.7	36	569	0.21+	14	256	1.62
C Yams, Mashed	1/2 cup	237	184	1.2	2.7	30.3	6.6	32.2	2.8	26	8250	0.00	11	70	0.98
C Mix Veg, Farm Vegetables	1/2 cup	164	92	1.0	4.3	6.2	7.2	69.2	2.3	32	5358	0.00	6	29	0.50
C Bread, Roli, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1022</b>	<b>39.2</b>	<b>15.6</b>	<b>116.0</b>	<b>44.2</b>	<b>38.7</b>	<b>5.9+</b>	<b>169</b>	<b>14190</b>	<b>0.23+</b>	<b>106</b>	<b>910</b>	<b>6.35</b>
<b>Evening Meal</b>															
C Beef, Stroganoff, w/ Crumbles, N	1/2 cup	109	219	15.0	25.9	9.8	14.7	57.2	3.5	61	9	2.58	1	598	2.28
C Pasta, Egg Noodles, Buttered	1/2 cup	271	151	4.0	10.7	20.2	6.0	35.7	0.9	17	199	0.08	0	49	0.54
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**	10 oz	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1146</b>	<b>30.7</b>	<b>10.3</b>	<b>156.8</b>	<b>47.2</b>	<b>36.1</b>	<b>11.5+</b>	<b>399+</b>	<b>1068+</b>	<b>2.90+</b>	<b>18+</b>	<b>1325</b>	<b>7.30+</b>
<b>Daily Totals for 07/27/15</b>			<b>3071</b>	<b>97.1</b>	<b>12.6</b>	<b>367.3</b>	<b>138.1</b>	<b>39.9</b>	<b>23.0+</b>	<b>1018+</b>	<b>17292+</b>	<b>4.76+</b>	<b>139+</b>	<b>3303+</b>	<b>18.46+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 Yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>360</b>	<b>520.2</b>		<b>313.4</b>	<b>486.1</b>		<b>230.2+</b>	<b>305+</b>		<b>594.72+</b>	<b>463+</b>	<b>762+</b>	<b>691.44+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Tue Jul 28, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	256	1.75
C Beef, Fingers, Breaded, 2 each	2 each	57	145	10.0	27.6	0.7	11.3	70.4	0.6	14	27	0.73	0	200	1.29
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
Ind, Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1057</b>	<b>38.5</b>	<b>14.8</b>	<b>88.6</b>	<b>60.1</b>	<b>51.5</b>	<b>2.4</b>	<b>543</b>	<b>2242</b>	<b>2.94</b>	<b>1</b>	<b>1566</b>	<b>5.52</b>
<b>Noon Meal</b>															
C Beef, Fingers, Breaded, 3 each	5 each	142	363	25.0	27.6	1.8	28.3	70.4	1.5	35	67	1.83	0	500	3.23
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.02	0	343	1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2	61.2	2.1	98	6761	0.00	20	195	0.63
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1142</b>	<b>37.5</b>	<b>13.2</b>	<b>106.3</b>	<b>62.7</b>	<b>49.2</b>	<b>7.7</b>	<b>376</b>	<b>7305</b>	<b>2.16+</b>	<b>143</b>	<b>1772</b>	<b>8.59</b>
<b>Evening Meal</b>															
Soup, Chicken Noodle, w/Vegetable	1.5 cups	349	192	23.0	48.1	16.4	3.7	17.6	3.4+	49+	7317+	0.00+	20+	130	1.89+
Carrots, Sliced, Parslled	1/2 cup	169	49	0.8	5.9	7.3	2.3	38.6	3.0	38	12976	0.00	2	86	0.44
C Beans, Green, Frz	1/2 cup	177	128	1.6	5.0	6.8	10.7	73.9	2.4	40	496	0.00	12	5	0.78
C Bread, Combread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
C Brownie, Mix	1 each	63	156	1.3	3.3	32.9	2.7	15.1	1.3	1	0	0.00+	0	95	0.97
C Tea, Iced, Sweet** , 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1002</b>	<b>32.6</b>	<b>13.0</b>	<b>133.5</b>	<b>39.1</b>	<b>34.7</b>	<b>11.8+</b>	<b>322+</b>	<b>20932+</b>	<b>0.20+</b>	<b>35+</b>	<b>656</b>	<b>6.63+</b>
<b>Daily Totals for 07/28/15</b>			<b>3201</b>	<b>108.7</b>	<b>13.7</b>	<b>328.4</b>	<b>161.9</b>	<b>45.4</b>	<b>21.9+</b>	<b>1242+</b>	<b>30479+</b>	<b>5.30+</b>	<b>179+</b>	<b>3994</b>	<b>20.74+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>376</b>	<b>582.0</b>		<b>280.2</b>	<b>570.2</b>		<b>218.6+</b>	<b>373+</b>		<b>662.77+</b>	<b>596+</b>	<b>922</b>	<b>776.64+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Wed Jul 29, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Sausage, Turkey, Patty, Cooked,	1 each	42	80	9.0	46.1	0.5	4.5	51.4	0.0	52	0	0.00	0	411	0.80
C Pancakes, Mix**	3 each	257	445	8.8	7.6	90.6	7.3	14.3	2.4	272	11	0.00+	0+	1333	4.90
C Syrup, Pancake, Bulk	2 oz	79	184	0.0	0.0	48.3	0.0	0.0	0.0	2	0	0.00	0	64	0.02
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1295</b>	<b>30.1</b>	<b>9.3</b>	<b>200.7</b>	<b>44.6</b>	<b>30.6</b>	<b>4.3</b>	<b>657</b>	<b>1708</b>	<b>1.32+</b>	<b>1+</b>	<b>2254</b>	<b>7.34</b>
<b>Noon Meal</b>															
Chicken, Spaghetti, Pulled, w/Tomato	1 cup	537	425	43.4	41.1	37.0	11.1	23.7	4.7	169	1031	0.11+	27	434	3.97
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Greens, Mixed (Mustard, Turnip)	1/2 cup	144	101	1.4	5.2	8.9	7.2	61.2	2.1	98	6761	0.00	20	195	0.63
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Margarine, w/Garlic, Bulk	1 teaspoon	5	35	0.1	1.2	0.3	3.8	95.1	0.0	2	169	0.00	0	45	0.02
C Cake, White, Mix	1 piece	61	142	1.3	3.8	31.0	1.3	8.6	0.0	82	0	0.00	0	271	0.97
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>1158</b>	<b>57.4</b>	<b>19.8</b>	<b>155.0</b>	<b>35.3</b>	<b>26.9</b>	<b>9.4+</b>	<b>419</b>	<b>8101</b>	<b>0.11+</b>	<b>128</b>	<b>1495</b>	<b>8.91</b>
<b>Evening Meal</b>															
C Beef, Patty, Charbroiled	1 each	85	206	15.0	29.1	14.4	62.9	2.7	52.7	129	129	0.02	1	556	2.28
C Gravy, Brown	2 ounces	31	82	1.7	8.6	12.5	2.7	29.9	0.5	10	81	0.09+	0	343	1.00
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1195</b>	<b>39.0</b>	<b>13.0</b>	<b>182.7+</b>	<b>32.7</b>	<b>24.6</b>	<b>14.5+</b>	<b>551</b>	<b>345</b>	<b>0.15+</b>	<b>51</b>	<b>1848</b>	<b>10.14</b>
<b>Daily Totals for 07/29/15</b>			<b>3648</b>	<b>126.5</b>	<b>13.8</b>	<b>538.4+</b>	<b>112.6</b>	<b>27.5</b>	<b>28.2+</b>	<b>6627</b>	<b>10154</b>	<b>1.58+</b>	<b>179+</b>	<b>5597</b>	<b>26.39</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>428</b>	<b>677.3</b>		<b>459.4+</b>	<b>396.4</b>		<b>282.1+</b>	<b>1988</b>		<b>198.03+</b>	<b>597+</b>	<b>1292</b>	<b>988.43</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

# Menu Nutrient Analysis Report

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Sorted in Menu Sequence

Nutrient Totals Using Main Items Only

Menu: MDOC Date: Thu Jul 30, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbohydrate (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Calcium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
C Oatmeal, w/Margarine**	1 cup	110	109	2.5	8.9	14.9	4.6	37.4	1.6	11	197	0.00	0	40	0.65
C Egg, Hard Boiled**	2 each	101	143	12.6	36.2	0.7	9.5	61.7	0.0	56	540	0.89	0	255	1.75
C Bacon, Pork, Layflat	2 slices	49	206	6.2	12.2	0.6	19.6	86.5	0.0	2	18	0.25	0	327	0.20
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Jelly, Grape, Bulk	1 tablespoon	19	50	0.0	0.2	13.1	0.0	0.1	0.2	1	1	0.00	0	6	0.04
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	99.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1072</b>	<b>34.7</b>	<b>13.2</b>	<b>76.5</b>	<b>68.4</b>	<b>57.9</b>	<b>1.8</b>	<b>532</b>	<b>2234</b>	<b>2.46</b>	<b>1</b>	<b>1694</b>	<b>4.43</b>
<b>Noon Meal</b>															
C Sandwich, Chicken/Cheese/Broccoli	1 each	128	267	15.3	23.0	25.3	11.6	39.2						1863	
C Salad, Macaroni, HMD, No Cheese	1/2 cup	225	155	3.8	9.7	24.5	4.8	27.7	1.1	19	302	0.06	0	236	0.98
C Carrots, Sliced, Parslaid	1/2 cup	169	49	0.8	5.9	7.3	2.3	38.6	3.0	38	12976	0.00	2	86	0.44
C Beans, Baked, Navy, Dry	1/2 cup	253	203	10.1	19.3	33.0	4.0	17.5	9.3	89	42	0.00	3	83	2.55
C Cookie, Assorted, In House, For S	1 each	14	65	0.8	4.6	9.2	2.9	39.6	0.3	4	2	0.01	0	49	0.51
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>745</b>	<b>30.7</b>	<b>16.3</b>	<b>99.2</b>	<b>25.6</b>	<b>30.5</b>	<b>13.8+</b>	<b>159+</b>	<b>13321+</b>	<b>0.07+</b>	<b>83+</b>	<b>2325</b>	<b>4.47+</b>
<b>Evening Meal</b>															
C Chicken, Baked	1 each	85	206	15.0	29.1		14.4	62.9	2.7	5274	129		1	556	2.28
C Gravy, Chicken	2 ounces	31	82	1.9	9.1	12.9	2.6	28.7	0.3	3	81	0.00+	0	114	0.53
C Potatoes, Whipped	1/2 cup	111	118	2.4	8.4	21.5	1.8	14.7	1.6	30	91	0.09+	47	72	0.58
C Beans, Green, Frz	1/2 cup	103	53	1.7	12.6	7.0	2.0	34.4	2.4+	39+	577+	0.00+	12+	30	0.77+
C Bread, Cornbread, Large Cut	1 piece	118	377	5.9	6.3	44.0	19.7	47.0	1.6	186	143	0.20	0	330	2.53
Peanut Butter, Bulk, 1 oz	1 ounce	28	170	6.3	13.9	6.3	14.6	72.2	1.4	14	0	0.00	0	121	0.49
Mousse, Chocolate	1/2 cup	72	168	0.5	1.2	16.1	11.7	61.3	0.1	12	11	0.02+	0	36	0.30
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1273</b>	<b>33.7</b>	<b>10.5</b>	<b>133.9+</b>	<b>66.9</b>	<b>46.4</b>	<b>10.1+</b>	<b>5567+</b>	<b>1033+</b>	<b>0.32+</b>	<b>60+</b>	<b>1268</b>	<b>7.50+</b>
<b>Daily Totals for 07/30/15</b>			<b>3090</b>	<b>99.1</b>	<b>12.8</b>	<b>309.7+</b>	<b>161.0</b>	<b>46.6</b>	<b>25.7+</b>	<b>6258+</b>	<b>16588+</b>	<b>2.84+</b>	<b>144+</b>	<b>5286</b>	<b>16.40+</b>
<b>1/3 RDA/DRDI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRDI STANDARDS, 1 MEAL (%)</b>			<b>363</b>	<b>530.8</b>		<b>264.2+</b>	<b>566.8</b>		<b>256.9+</b>	<b>1877+</b>		<b>355.29+</b>	<b>479+</b>	<b>1220</b>	<b>614.05+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.



# Menu Nutrient Analysis Report

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Nutrient Totals Using Main Items Only

Sorted in Menu Sequence

Menu: MDOC Date: Fri Jul 31, 2015

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. Pro (%)	Carbo hydrat (gm)	Fat (gm)	% Cal. Fat (%)	Dietary Fiber (gm)	Cal cium (mg)	Vit A (IU)	Vit B12 (mcg)	Vit C (mg)	Sodium (mg)	Iron (mg)
<b>Breakfast</b>															
1/2 C Grits, w/Margarine**	1 cup	303	187	3.1	6.6	31.6	5.1	24.7	1.8	9	219	0.00	0	52	1.22
C Gravy, Country, w/Crumbles	4 ounces	88	204	11.1	21.9	16.0	10.4	46.4	1.8+	36	159	0.00+	0+	124+	2.12
C Potatoes, Breakfast Hashbrowns	1/2 cup	252	85	1.4	6.8	14.6	2.2	23.4	0.8	22	83+	0.00+	4	110	0.26
C Bread, Biscuit, Mix, Large	1 each	57	210	4.2	8.5	29.4	7.0	31.9	0.0	140	0	0.00	0	672	1.40
Ind. Sugar	2 each	12	46	0.0	0.0	12.0	0.0	0.0	0.0	0	0	0.00	0	0	0.01
C Coffee, 10 oz	10 oz	304	27	0.9	13.8	5.8	0.0	1.3	0.0	20	0	0.00	0	12	0.34
C Milk, 2% Lowfat	1 each	244	122	8.1	26.3	11.7	4.8	35.5	0.0	293	464	1.29	0	115	0.05
C Margarine, Bulk, 2 tbsp	2 tablespoons	28	204	0.3	0.5	0.3	22.8	98.0	0.0	9	1014	0.03	0	267	0.00
<b>Breakfast Totals</b>			<b>1086</b>	<b>29.0</b>	<b>10.8</b>	<b>121.3</b>	<b>52.3</b>	<b>43.6</b>	<b>4.4+</b>	<b>528</b>	<b>1939+</b>	<b>1.32+</b>	<b>5+</b>	<b>1352+</b>	<b>5.39</b>
<b>Noon Meal</b>															
Beef, BBQ Brisket, 3 oz	3 oz	111	172	22.6	39.0	23.5	5.2	20.4	1.8	35	45+	0.00+	3	708	1.18
C Corn, Whole Kernel, Frozen	1/2 cup	170	104	2.7	9.4	18.8	3.4	26.3	2.6	6	139	0.00	6	32	0.37
C Coleslaw, Hmd	1/2 cup	83	87	0.9	3.8	6.7	6.7	66.5	1.5	31	117	0.00+	27	185	0.38
C Bread, Roll, Mix, Large	1 each	123	344	8.4	9.8	58.8	8.4	22.0	0.0+	54	2	0.00+	0	509	2.94
Mousse, Strawberry	1/2 cup	83	146	0.5	1.3	19.4	8.1	47.7	0.6	14	8	0.03+	11	34	0.18
C Drink Mix, w/Vitamin C, 10 oz	10 ounces	297	6	0.0	0.0	0.0	0.0	0.0	0.0	9	0	0.00	75	9	0.00
<b>Noon Meal Totals</b>			<b>861</b>	<b>35.0</b>	<b>13.4</b>	<b>127.2</b>	<b>31.8</b>	<b>30.9</b>	<b>6.5+</b>	<b>149</b>	<b>310+</b>	<b>0.04+</b>	<b>122</b>	<b>1477</b>	<b>5.06</b>
<b>Evening Meal</b>															
C Fish, Breaded, 4 oz	1 each	113	304	16.2	21.5	18.2	18.2	54.4	0.0	97	129	2.95	0	314	0.16
C Macaroni and Cheese	1/2 cup	213	224	6.9	12.5	33.1	6.8	27.6	1.4	57	196	0.03	0	178	1.47
Greens, Mustard	1 cup	395	87	5.3	21.5	9.9	4.3	38.7	6.5+	237+	16214+	0.00+	32+	116	2.57+
C Bread, Combread, Mix, Large Cut	1 piece	151	316	5.3	6.7	52.5	9.2	26.4	4.9	45	87	0.07	0	620	1.89
C Catsup, Bulk, 1 tbsp	1 tablespoon	30	31	0.3	3.6	8.3	0.0	0.8	0.1	5	160	0.00	1	275	0.11
C Cake, Yellow, Mix	1 piece	61	141	1.4	4.0	31.0	1.3	8.4	0.5	80	0	0.04	0	276	0.79
C Tea, Iced, Sweet**, 10 oz.	10 ounces	331	101	0.0	0.0	26.0	0.0	0.0	0.0	9	0	0.00	0	9	0.01
<b>Evening Meal Totals</b>			<b>1203</b>	<b>35.5</b>	<b>11.6</b>	<b>179.0</b>	<b>39.8</b>	<b>29.6</b>	<b>13.4+</b>	<b>530+</b>	<b>16786+</b>	<b>3.09+</b>	<b>33+</b>	<b>1789</b>	<b>7.00+</b>
<b>Daily Totals for 07/31/15</b>			<b>3150</b>	<b>99.5</b>	<b>11.8</b>	<b>427.5</b>	<b>123.9</b>	<b>34.8</b>	<b>24.3+</b>	<b>1208+</b>	<b>19034+</b>	<b>4.46+</b>	<b>160+</b>	<b>4617+</b>	<b>17.44+</b>
<b>1/3 RDA/DRI STANDARDS, 1 MEAL (M, 70 yo)</b>			<b>852</b>	<b>18.7</b>		<b>117.2</b>	<b>28.4</b>		<b>10.0</b>	<b>333</b>		<b>0.80</b>	<b>30</b>	<b>433</b>	<b>2.67</b>
<b>Percent 1/3 RDA/DRI STANDARDS, 1 MEAL (%)</b>			<b>370</b>	<b>52.7</b>		<b>364.7</b>	<b>436.3</b>		<b>242.9+</b>	<b>362+</b>		<b>556.47+</b>	<b>533+</b>	<b>1066+</b>	<b>663.35+</b>
<b>Week Daily Average (07/26/15-07/31/15)</b>			<b>3231</b>	<b>102.6</b>	<b>12.6</b>	<b>393.9+</b>	<b>140.3</b>	<b>38.8</b>	<b>24.7+</b>	<b>2910+</b>	<b>19642+</b>	<b>3.45+</b>	<b>165+</b>	<b>4577+</b>	<b>19.84+</b>
<b>Daily Average (07/25/15-07/31/15)</b>			<b>3219</b>	<b>103.0</b>	<b>12.7</b>	<b>397.5+</b>	<b>137.3</b>	<b>38.1</b>	<b>24.9+</b>	<b>2643+</b>	<b>19269+</b>	<b>3.66+</b>	<b>161+</b>	<b>4574+</b>	<b>19.85+</b>

Includes main items only. \* Denotes a menu item whose nutrient analysis may no longer be valid or accepted.  
+ Indicates nutrient value calculated from partial information. Blank indicates nutrient values unavailable.

## **MDOC 2016 Nutritional Analysis of Meals**

*3 Week Average Per Day:*

Calories: 2108 kcal  
Fat: 65 g  
Protein: 90 g  
CHO: 313 g  
Sodium: 3370 mg

## **MDOC 2016 Nutritional Analysis of Meals and Snacks**

*3 Week Average Per Day:*

Calories: 2811 kcal  
Fat: 89 g  
Protein: 114 g  
CHO: 417 g  
Sodium: 4142 mg

2016		MISSISSIPPI DEPARTMENT OF CORRECTIONS						Week 1	
Meal	Sunday Jan-18, Feb-8, Mar-1, Mar-22, Apr-12	Monday Jan-19, Feb-9, Mar-2, Mar-23, Apr-13	Tuesday Jan-20, Feb-10, Mar-3, Mar-24, Apr-14	Wednesday Jan-21, Feb-11, Mar-4, Mar-25, Apr-15	Thursday Jan-22, Feb-12, Mar-5, Mar-26, Apr-16	Friday Jan-23, Feb-13, Mar-6, Mar-27, Apr-17	Saturday Jan-24, Feb-14, Mar-7, Mar-28, Apr-18		
B R E A K F A S T	Grape Juice Scrambled Egg Fresh Banana Oatmeal Whole Grain White Toast Chocolate Skim Milk Margarine Mrs. Dash Packet Sugar Packet Pepper Packet	Orange Juice Scrambled Egg Fresh Apple Slices Whole Grain Biscuit 1% Low-fat Milk Margarine Assorted Jelly Mrs. Dash Packet Pepper Packet Sugar Packet	Apple Juice Scrambled Egg Whole Grain Waffle Orange Wedges 1% Low-fat Milk Margarine Syrup Mrs. Dash Packet Pepper Packet Sugar Packet	Grape Juice Cheerios Cereal Fresh Banana Whole Grain White Toast 1% Low-fat Milk Margarine Assorted Jelly Mrs. Dash Packet Pepper Packet Sugar Packet	Orange Juice Scrambled Egg Red Seedless Grapes Oatmeal Chocolate Skim Milk Margarine Assorted Jelly Mrs. Dash Packet Pepper Packet Sugar Packet	Apple Juice Scrambled Egg Orange Wedges Whole Grain Waffle Chocolate Skim Milk Margarine Syrup Mrs. Dash Packet Pepper Packet Sugar Packet	Grape Juice Raisin Bran Pineapple Tidbits Whole Grain White Toast 1% Low-fat Milk Margarine Assorted Jelly Mrs. Dash Packet Sugar Packet		
L U N C H	Jambalaya Okra & Tomatoes Fresh Orange Whole Wheat Dinner Roll 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet	Honey Mustard Chicken Lima Beans Squash and Zucchini Medley Sliced Peaches Whole Wheat Dinner Roll Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet	Baked Ham Great Northern Beans Capri Vegetables Pineapple Slices Whole Wheat Dinner Roll Chocolate Skim Milk Mrs. Dash Packet Pepper Packet	Chicken Spaghetti Whole Baby Carrots Steamed Broccoli Red Seedless Grapes Whole Wheat Dinner Roll 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet	Turkey with Gravy Cornbread Dressing Green Beans Almondine Diced Peaches Whole Wheat Dinner Roll Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet	Baked Chicken Whipped Sweet Potatoes Cabbage Pear Half Whole Wheat Dinner Roll 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet	Corn Dog Oven Roasted Potatoes Garden Vegetables Fresh Banana Whole Wheat Dinner Roll Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet		
D I N N E R	Roasted Pork Loin with Gravy Whipped Potatoes Italian Vegetables Red Delicious Apple Lemon Cake White Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Meatballs with Mushroom Gravy Brown Rice Spinach Polonaise Pear Half Marble Pudding White Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Breaded Fish Whole Kernel Corn Garlic Green Beans Coleslaw Sugar Cookie White Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Pork Chopette Blackeyed Peas Country Tomatoes Applesauce Brownie Blondie Cornbread 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Hamburger Steak Ranch Mashed Potatoes Winter Blend Vegetables Tossed Salad Oatmeal Crème Snack Cake Cornbread 2% Low-fat Milk Margarine Salt Packet Pepper Packet Ranch Dressing Packet	Ham and Macaroni Casserole Steamed Broccoli Apple and Orange Salad Peanut Butter Cookie Whole Wheat Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Sweet & Sour Chicken Buttered Rice Oriental Green Beans Cherry Gelatin Sliced Banana Pudding White Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet		

2016		MISSISSIPPI DEPARTMENT OF CORRECTIONS						Week 2	
Meal	Sunday Jan-25, Feb-15, Mar-8, Mar-29, Apr-19	Monday Jan-26, Feb-16, Mar-9, Mar-30, Apr-20	Tuesday Jan-27, Feb-17, Mar-10, Mar-31, Apr-21	Wednesday Jan-28, Feb-18, Mar-11, Apr-1, Apr-22	Thursday Jan-29, Feb-19, Mar-12, Apr-2, Apr-23	Friday Jan-30, Feb-20, Mar-13, Apr-3, Apr-24	Saturday Jan-31, Feb-21, Mar-14, Apr-4, Apr-25		
B R E A K F A S T	Orange Juice Scrambled Egg Oatmeal Fresh Banana 1% Low-fat Milk Margarine Assorted Jelly Mrs. Dash Packet Pepper Packet Sugar Packet	Apple Juice Scrambled Egg Whole Grain Waffle Fresh Apple Slices Chocolate Skim Milk Margarine Syrup Mrs. Dash Packet Pepper Packet Sugar Packet	Grape Juice Scrambled Egg Orange Wedges Whole Grain Waffle 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet Sugar Packet Syrup	Orange Juice Toasted Oat Cereal Fresh Banana Whole Grain White Toast 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet Sugar Packet Assorted Jelly	Apple Juice Whole Grain Biscuit Red Seedless Grapes Oatmeal Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet Sugar Packet	Grape Juice Scrambled Egg Whole Grain Waffle Orange Wedges Chocolate Skim Milk Margarine Syrup Mrs. Dash Packet Pepper Packet Sugar Packet	Orange Juice Raisin Bran Whole Wheat Bagel Pineapple Tidbits 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet Sugar Packet Assorted Jelly		
L U N C H	Salisbury Steak Garlic Mashed Potatoes Peas and Carrots Applesauce Whole Wheat Dinner Roll Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet	BBQ Chopped Pork Whole Kernel Corn Turnip Greens Pineapple Slices Whole Wheat Hamburger Bun 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet	Rotisserie Chicken Macaroni and Cheese Whole Grain Creole Tomatoes Tossed Salad Fresh Banana Whole Wheat Dinner Roll Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet FF Ranch Dressing Packet	Fish Sticks Tater Tots Stewed Okra Orange Wedges Whole Wheat Dinner Roll 1% Low-fat Milk Mrs. Dash Packet Pepper Packet Margarine Ketchup	Apple Raisin Pork Loin Cheesy Potatoes Steamed Broccoli Cinnamon Applesauce Whole Wheat Dinner Roll Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet	Turkey with Gravy Lima Beans Mustard Greens Fruit Cocktail Whole Wheat Dinner Roll 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet	Hamburger Patty Blackeyed Peas Tossed Salad Red Seedless Grapes Strawberry Gelatin Whole Wheat Hamburger Bun Chocolate Skim Milk Italian Dressing Mrs. Dash Packet Pepper Packet Ketchup Mustard Packet		
D I N N E R	Turkey Tetrazzini Steamed Broccoli Tossed Salad Chocolate Chip Cookie White Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet Ranch Dressing Packet	Lasagna Casserole Green Beans Pear Half White Cake Garlic Toast 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Pepper Steak Parslied Rice Orange Glazed Carrots Asian Salad Marble Pudding White Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Baked Ham Blackeyed Peas Cabbage Pineapple Slices Rice Crisp Marshmallow Treat Cornbread 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Chicken Parmesan Parmesan Pasta Squash and Zucchini Medley Autumn Salad Chocolate Crème Filled Snack Cake White Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Red Beans and Rice with Sausage Italian Vegetables Tossed Salad White Cupcake Garlic Toast 2% Low-fat Milk Margarine Salt Packet Pepper Packet Ranch Dressing Packet	Pepperoni Pizza Mexican Corn Tomato and Onion Salad Mandarin Oranges Chocolate Brownie 2% Low-fat Milk Margarine Salt Packet Pepper Packet		

2016		MISSISSIPPI DEPARTMENT OF CORRECTIONS						Week 3	
Meal	Sunday Feb-1, Feb-22, Mar-15, Apr-5	Monday Feb-2, Feb-23, Mar-16, Apr-6	Tuesday Feb-3, Feb-24, Mar-17, Apr-7	Wednesday Feb-4, Feb-25, Mar-18, Apr-8	Thursday Feb-5, Feb-26, Mar-19, Apr-9	Friday Feb-6, Feb-27, Mar-20, Apr-10	Saturday Feb-7, Feb-28, Mar-21, Apr-11		
B R E A K F A S T	Apple Juice Scrambled Egg Cinnamon Oatmeal Fresh Banana Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet Sugar Packet Assorted Jelly	Grape Juice Toasted Oat Cereal Whole Grain White Toast Fresh Apple Slices 1% Low-fat Milk Margarine Assorted Jelly Mrs. Dash Packet Pepper Packet Sugar Packet	Apple Juice Scrambled Egg Oatmeal Orange Wedges Chocolate Skim Milk Margarine Assorted Jelly Mrs. Dash Packet Pepper Packet Sugar Packet	Orange Juice Scrambled Egg Whole Grain Waffle Fresh Banana 1% Low-fat Milk Syrup Margarine Mrs. Dash Packet Pepper Packet Sugar Packet	Grape Juice Oatmeal Whole Wheat Bagel Red Seedless Grapes Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet Sugar Packet	Apple Juice Scrambled Egg Whole Grain Waffle Orange Wedges 1% Low-fat Milk Margarine Syrup Mrs. Dash Packet Pepper Packet Sugar Packet	Orange Juice Raisin Bran Whole Grain White Toast Applesauce 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet Sugar Packet Assorted Jelly		
	Glazed Ham Whipped Sweet Potatoes Turnip Greens Pear Half Whole Wheat Dinner Roll Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet	Country Fried Steak Whipped Potatoes Garlic Green Beans Fresh Banana Whole Wheat Dinner Roll Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet	Pork Chopette Lima Beans Country Tomatoes Apple and Orange Salad Whole Wheat Dinner Roll 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet	Ranch Chicken Pasta Parmesan & Parsley Whole Grain Garden Vegetables Rosy Applesauce Chocolate Skim Milk Whole Wheat Dinner Roll Margarine Mrs. Dash Packet Pepper Packet	Tamale Pie Black Beans Okra & Tomatoes Fruit Cocktail Whole Wheat Dinner Roll 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet	Chicken and Dumplings Peas and Carrots Pineapple Tidbits Whole Wheat Dinner Roll 1% Low-fat Milk Margarine Mrs. Dash Packet Pepper Packet	Salisbury Steak Parslied New Potatoes Creole Cabbage Fresh Orange Whole Wheat Dinner Roll Chocolate Skim Milk Margarine Mrs. Dash Packet Pepper Packet		
	Barbecue Chicken Blackeyed Peas Steamed Broccoli Lime Gelatin Brownie Blondie Whole Wheat Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Turkey with Mushroom & Rosemary Gravy Rice Pilaf Glazed Carrots Cinnamon Apples Chocolate Brownie White Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Meatloaf with Gravy Au gratin Potatoes Spinach Polonaise Tossed Salad Sugar Cookie White Dinner Roll 2% Low-fat Milk Margarine Salt Packet Pepper Packet Ranch Dressing Packet	Breaded Fish Tater Tots Winter Blend Vegetables Coleslaw Chocolate Chip Pudding Hamburger Bun 2% Low-fat Milk Margarine Salt Packet Pepper Packet Mayonnaise Packet	BBQ Pork Rib Patty Macaroni and Cheese Turnip Greens Pear and Cheese Salad Chocolate Mousse Cornbread 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Baked Spaghetti & Meat sauce Italian Green Beans Cucumber Salad Oatmeal Crème Snack Cake Garlic Toast 2% Low-fat Milk Margarine Salt Packet Pepper Packet	Grilled Chicken Sandwich Potato Chips Broccoli with Cheese Tossed Salad Vanilla Pudding 2% Low-fat Milk Margarine Salt Packet Pepper Packet Mayonnaise Packet		

**Mississippi Department of Corrections**  
**1st & 2nd Quarter 2016**

**Cycle 1**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>						
Oatmeal Eggs Chicken Sausage Biscuit Jelly Coffee Sugar Milk Margarine	8oz. 4oz. 1 link 1 ea. 1oz. 10oz. 2ea. 8oz. 2T.	Cereal Potatoes Sausage Gravy Biscuit Coffee Sugar Milk Margarine	8oz. 4oz. 4oz. 1ea. 10oz. 2ea. 8oz. 2T.	Cheese Grits Sausage Patty Pancakes Syrup Coffee Sugar Milk Margarine	8oz. 1ea. 3ea. 2oz. 10oz. 2ea. 8oz. 2T.	Oatmeal Eggs Fried Bologna Biscuit Jelly Coffee Sugar Milk Margarine
<b>Lunch</b>						
Corn Dog Baked Beans Au Gratin Potatoes Coleslaw Cookies Punch Mustard	1ea. 4oz. 4oz. 4oz. 1pk. 10oz. 1T.	Turkey Ham Seasoned Rice Green Peas Sliced Bread Cookies Mustard Sandwich Garnish Punch	4oz. 4oz. 4oz. 2 slices 1pk. 1T. 1ea. 10oz.	Beef Mac & Cheese Tossed Salad Black-Eyed Peas Cornbread Cookies Punch Salad Dressing	8oz. 4oz. 4oz. 1ea. 1pk. 10oz. 2oz.	Chicken Nuggets Mashed Potatoes Gravy Green Beans Dinner Roll Mousse Ketchup Punch
<b>Supper</b>						
Salisbury Steak Gravy Mashed Potatoes Green Beans Dinner Roll Cake Tea	1ea. 2oz. 4oz. 4oz. 1ea. 1ea. 10oz.	Breaded Beef Patty Country Gravy Whole Kernel Corn Green Beans Dinner Roll Mousse Tea	1ea. 2oz. 4oz. 4oz. 1ea. 4oz. 10oz.	Chicken Broccoli Rice Farm Vegetables Green Peas Peach Cobbler Dinner Roll Tea	8oz. 4oz. 4oz. 4oz. 1ea. 10oz.	Beef Patty Gravy Rice Farm Vegetables Cornbread Cake Tea
<b>**Substitutions can be made upon approval by the Food Service Director.</b>						
<b>*Pork Items Are Denoted In BOLD</b>						
<b>Meatballs</b> <b>BBQ Sauce</b> <b>Mashed Potatoes</b> <b>Farm Vegetables</b> <b>Dinner Roll</b> <b>Cookies</b> <b>Punch</b> <b>Fish</b> <b>Au Gratin Potatoes</b> <b>Farm Vegetables</b> <b>Ketchup</b> <b>Cornbread</b> <b>Mousse</b> <b>Tea</b>						

**MDOC Deputy Commissioner:** \_\_\_\_\_ **DATE:** \_\_\_\_\_  
**MDOC Food Service Director:** Stanley W. Smith **DATE:** 1/27/16  
**Dietitian's Approval:** Chad Cochran, R.D. **DATE:** 01/22/2016

## Cycle 2

\*Park Items Are Denoted In BOLD

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_  
MDOC Food Service Director: \_\_\_\_\_ DATE: 1/27/16  
Dietitian's Approval: \_\_\_\_\_ DATE: 01/22/2016

**Mississippi Department of Corrections**  
**1st & 2nd Quarter 2016**

**Cycle 3**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>						
Grits 8oz.	Oatmeal 8oz.	Grits 8oz.	Oatmeal 8oz.	Grits 8oz.	Oatmeal 8oz.	Grits 8oz.
Eggs 4oz.	Eggs 4oz.	Eggs 4oz.	Eggs 4oz.	Sausage Patty 1ea.	Potatoes 4oz.	Potatoes 4oz.
Potatoes 4oz.	Sausage Patty 1ea.	Sausage Patty 1ea.	Sausage Link 1 link	Pancakes 3ea.	Bacon 2oz.	Sausage Gravy 4oz.
Biscuit 1ea.	Flour Tortilla 1ea.	Flour Tortilla 1ea.	Biscuit 1ea.	Syrup 2oz.	Biscuit 1ea.	Biscuit 1ea.
Honey 1oz.	Coffee 10oz.	Coffee 10oz.	Jelly 1T.	Coffee 10oz.	Honey 1oz.	Coffee 10oz.
Coffee 10oz.	Sugar 2ea.	Sugar 2ea.	Coffee 10oz.	Sugar 2ea.	Coffee 10oz.	Sugar 2ea.
Sugar 2ea.	Milk 8oz.	Milk 8oz.	Sugar 2ea.	Milk 8oz.	Sugar 2ea.	Milk 8oz.
Milk 8oz.	Margarine 2T.	Milk 2T.	Margarine 2T.	Margarine 2T.	Milk 2T.	Margarine 2T.
Margarine 2T.					Margarine 2T.	
<b>Lunch</b>						
BBQ Pork 4oz.	Meatloaf 1ea.	Tuna Salad 4oz.	Beef Fingers 5ea.	Chicken Rotel 8oz.	Pizza 1ea.	BBQ Beef 4oz.
Pinto Beans 4oz.	Rice 4oz.	Sweet Potatoes 4oz.	Gravy 2oz.	Corn 4oz.	Tossed Salad 4oz.	Baked Beans 4oz.
Corn 4oz.	Black-eyed Peas 4oz.	Farm Vegetables 4oz.	Mashed Potatoes 4oz.	Peas & Carrots 4oz.	Salad Dressing 2oz.	Coleslaw 4oz.
Dinner Roll 1ea.	Gravy 2oz.	Sliced Bread 2 Slices	Pinto Beans 4oz.	Garlic Roll 1ea.	Corn 4oz.	Dinner Roll 1ea.
Fruit 1ea.	Cornbread 1ea.	Mousse 4oz.	Cornbread 1ea.	Mousse 4oz.	Cookies 1pk.	Mousse 4oz.
Punch 10oz.	Cookies 10oz.	Punch 10oz.	Cookies 1pk.	Punch 10oz.	Punch 10oz.	Punch 10oz.
	Punch 10oz.		Ketchup 1T.			
<b>Supper</b>						
Cheesy Mac 8oz.	Breaded Chicken 1ea.	Jambalaya 8oz.	Chicken Tetrazzini 8oz.	Hamburger Patty 1ea.	Baked Chicken Leg 1ea.	Fish 1ea.
Green Beans 4oz.	Patty 4oz.	Corn 4oz.	Corn 4oz.	Baked Beans 4oz.	Quarter 4oz.	Mac & Cheese 4oz.
Carrots 4oz.	Chicken Gravy 2oz.	Cabbage 4oz.	Green Beans 4oz.	Potato Salad 4oz.	Gravy 4oz.	Greens 8oz.
Garlic Roll 1ea.	Mashed Potatoes 8oz.	Cornbread 1ea.	Cornbread 1ea.	Dinner Roll 1ea.	Mashed Potatoes 4oz.	Cornbread 1ea.
Apple Cobbler 4oz.	Peas & Carrots 4oz.	Cake 1ea.	Cornbread 1ea.	Sandwich Garnish 1ea.	Green Beans 4oz.	Ketchup 1ea.
Tea 10oz.	Cake 1ea.	Tea 10oz.	Brownie 1ea.	Mayonnaise 1ea.	Cornbread 1ea.	Cake 1ea.
	Tea 10oz.		Tea 10oz.	Cake 1ea.	Mousse 4oz.	Tea 10oz.
				Tea 10oz.	Tea 10oz.	

\*\*Substitutions can be made upon approval by the Food Service Director.

\*Pork Items Are Denoted In BOLD

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: Stanley W. Warden DATE: 1/27/16

Dietitian's Approval: Chad Cochran, R.D., L.D. DATE: 01/22/2016



**Mississippi Department of Corrections**  
**1st & 2nd Quarter 2016**

**Cycle 4**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>						
Grits Eggs Sausage Patty Biscuit Jelly Coffee Sugar Milk Margarine	Oatmeal Pepper Gravy Beef Fingers Biscuit Coffee Sugar Milk Margarine	Cereal Potatoes Sausage Gravy Biscuit Coffee Sugar Milk Margarine	Oatmeal Egg Pancake on a Stick Pancake Syrup Coffee Sugar Milk Margarine	Cereal Eggs Sausage Patty Biscuit Jelly Coffee Sugar Milk Margarine	Grits Sausage Link Potatoes Biscuit Jelly Coffee Sugar Milk Margarine	Rice Eggs Sausage Gravy Biscuit Coffee Sugar Milk Margarine
<b>Lunch</b>						
Beef Patty Sliced Cheese Corn Green Beans Potato Salad Roll Cookies Punch	Hot Dog Baked Beans Potato Salad Sliced Bread Fruit Mustard Punch	Breaded Beef Patty Gravy Mashed Potatoes Turnip Greens Cornbread Mousse Punch	Tuna Salad Carrots Green Peas Sliced Bread Cookies Punch	Corn Dog Baked Beans Mac & Cheese Tossed Salad Salad Dressing Cookies Mustard Punch	Turkey Ham Farm Vegetables Peas & Corn Dinner Roll Mustard Snack Cake Punch	Hamburger Helper Cabbage Carrots Cornbread Cookies Punch
<b>Supper</b>						
Spaghetti & Meat Sauce Corn Green Peas Garlic Roll Brownie Tea	Chicken Stew Greens Rice Cornbread Cake Tea	Red Beans & Sausage Rice Cabbage Cornbread Cake Tea	Creamy Chicken Casserole Green Beans Carrots Dinner Roll Mousse Tea	Beef Fingers Brown Gravy Mashed Potatoes Mixed Vegetables Cornbread Brownie Tea	Chicken & Dumplings Lima Beans Sweet Potatoes Cornbread Cake Tea	Fish Au Gratin Potatoes Greens Cornbread Tartar Sauce Cake Tea

\*Pork Items Are Denoted In **BOLD**

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: Stanley W. Burke DATE: 1/27/16  
MDOC Food Service Director: Chad Cochran, R.D., L.D. DATE: 01/22/2016  
Dietitian's Approval: \_\_\_\_\_ DATE: \_\_\_\_\_

# Mississippi Department of Corrections

## CWC Menu

### 1st & 2nd Quarter 2016

#### Cycle 1

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>						
Oatmeal Eggs Chicken Sausage Biscuit Jelly Coffee Sugar Milk Margarine	8oz. 4oz. 4oz. 1 ea. 1oz. 10oz. 2ea. 8oz. 2T.	Cereal Potatoes Sausage Gravy Biscuit Coffee Sugar Milk Margarine	8oz. 1 ea. 3ea. 2oz. 10oz. 2ea. 8oz. 2T.	Oatmeal Eggs Fried Bologna Biscuit Jelly Coffee Sugar Milk Margarine	8oz. 4oz. 2oz. 1ea. 1oz. 10oz. 2ea. 8oz. 2T.	Rice Eggs Bacon Biscuit Jelly Coffee Sugar Milk Margarine
<b>Lunch</b>						
Corn Dog Baked Beans Au Gratin Potatoes Coleslaw Cookies Punch Mustard	1ea. 4oz. 4oz. 4oz. 1pk. 10oz. 1T.	Peanut Butter & Jelly Sandwich Cookies	2 ea. 1pk.	Peanut Butter & Jelly Sandwich Cookies	2 ea. 1pk.	Peanut Butter & Jelly Sandwich Cookies
<b>Supper</b>						
Salisbury Steak Gravy Mashed Potatoes Green Beans Dinner Roll Cake Tea	1ea. 2oz. 4oz. 4oz. 1ea. 1ea. 10oz.	Chicken Chili w/Beans Rice Cabbage Cornbread Cake Tea	8oz. 4oz. 4oz. 1ea. 1ea. 10oz.	Chicken Broccoli Rice Farm Vegetables Green Peas Peach Cobbler Dinner Roll Tea	8oz. 4oz. 4oz. 4oz. 1ea. 10oz.	Fish Au Gratin Potatoes Farm Vegetables Ketchup Cornbread Mousse Tea

\*\*Substitutions can be made upon approval by the Food Service Director.

\*Pork Items Are Denoted In **BOLD**

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_  
MDOC Food Service Director: Stanley W. Smith DATE: 1/27/16  
Dietitian's Approval: Chad Cochran, R.D. DATE: 01/22/2016

**Mississippi Department of Corrections**  
**CWC Menu**  
**1st & 2nd Quarter 2016**  
**Cycle 2**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>						
Oatmeal 8oz.	Cereal 8oz.	Oatmeal 8oz.	Grits 8oz.	Oatmeal 8oz.	Cereal 8oz.	Oatmeal 8oz.
Eggs 4oz.	Potatoes 4oz.	Eggs 4oz.	Eggs 4oz.	Eggs 4oz.	Potatoes 4oz.	Ham 4oz.
Sausage Patty 1ea.	Turkey Ham 2oz.	Sausage Patty 1ea.	Sausage Gravy 1ea.	Sausage Link 1ea.	Sausage Gravy 1ea.	Potatoes 4oz.
Biscuit 1ea.	Biscuit 1ea.	Tortilla 1ea.	Biscuit 1ea.	Biscuit 1ea.	Biscuit 1ea.	Biscuit 1ea.
Jelly 1oz.	Jelly 1oz.	Coffee 10oz.	Coffee 10oz.	Jelly 10oz.	Coffee 10oz.	Jelly 10oz.
Coffee 10oz.	Coffee 10oz.	Sugar 2ea.	Sugar 2ea.	Coffee 10oz.	Sugar 2ea.	Coffee 10oz.
Sugar 2ea.	Sugar 2ea.	Milk 8oz.	Milk 8oz.	Sugar 2ea.	Milk 8oz.	Sugar 2ea.
Milk 8oz.	Milk 8oz.	Margarine 2T.	Milk 8oz.	Milk 8oz.	Margarine 2T.	Milk 8oz.
Margarine 2T.	Margarine 2T.		Margarine 2T.	Margarine 2T.		Margarine 2T.
<b>Lunch</b>						
Peanut Butter & Jelly 4oz.	Roast Beef Gravy 4oz.	Peanut Butter & Jelly Sandwich 2 ea.	Peanut Butter & Jelly Sandwich 2 ea.	Peanut Butter & Jelly Sandwich 2 ea.	Peanut Butter & Jelly Sandwich 2 ea.	Peanut Butter & Jelly Sandwich 2 ea.
Sliced Bread 4 slices	Mashed Potatoes 4oz.	Jelly Sandwich 1pk.	Jelly Sandwich 1pk.	Jelly Sandwich 1pk.	Jelly Sandwich 1pk.	Jelly Sandwich 1pk.
Macaroni & Cheese 4oz.	Green Peas 4oz.	Cookies 1pk.	Cookies 1pk.	Cookies 1pk.	Cookies 1pk.	Cookies 1pk.
Fruit 4oz.	Dinner Roll 1ea.					
Cookies 1pk.	Mousse 4oz.					
Punch 10oz.	Punch 10oz.					
<b>Supper</b>						
Breaded Beef Patty 1ea.	Satisfury Steak 1ea.	Chili Mac 1ea.	Breaded Chicken Patty 1ea.	Cheese Grits 1ea.	BBQ Chicken Leg Quarter 1ea.	Breaded Fish 1ea.
Brown Gravy 2oz.	Gravy 2oz.	Green Beans 2oz.	Patty 4oz.	Bacon 3ea.	Mac & Cheese 4oz.	Mac & Cheese 4oz.
Rice 4oz.	Rice 4oz.	Carrots 4oz.	Spaghetti & Sauce 8oz.	Pancakes 2oz.	Coleslaw 4oz.	Coleslaw 4oz.
Green Beans 4oz.	Greens 8oz.	Dinner Roll 1ea.	Mixed Vegetables 4oz.	Pancake Syrup 2oz.	Dinner Roll 1ea.	Dinner Roll 1ea.
Dinner Roll 1ea.	Cake 1ea.	Cake 1ea.	Dinner Roll 1ea.	Margarine 2T.	Ketchup 4oz.	Ketchup 4oz.
Cake 1ea.	Brownie 1ea.	Tea 10oz.	Apple Crisp 4oz.	Tea 10oz.	Cake 1ea.	Cake 1ea.
Tea 10oz.	Tea 10oz.		Tea 10oz.		Tea 10oz.	Tea 10oz.

\*Pork Items Are Denoted In BOLD

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: Stanley Wood DATE: 1/27/16  
MDOC Food Service Director: Chad. Cochran, RD, LD. DATE: 01/22/2016  
Dietitian's Approval: \_\_\_\_\_ DATE: \_\_\_\_\_

# Mississippi Department of Corrections

## CWC Menu

### 1st & 2nd Quarter 2016

#### Cycle 3

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>						
Grits 8oz.	Oatmeal 8oz.	Grits 8oz.	Oatmeal 8oz.	Grits 8oz.	Oatmeal 8oz.	Grits 8oz.
Eggs 4oz.	Potatoes 4oz.	Eggs 4oz.	Eggs 4oz.	Sausage Patty 1ea.	Potatoes 4oz.	Potatoes 4oz.
Potatoes 4oz.	Biscuit 1ea.	Sausage Patty 1ea.	Sausage Link 1 link	Pancakes 3ea.	Bacon 2 slices	Sausage Gravy 4oz.
Biscuit 1ea.	Sausage Gravy 4oz.	Flour Tortilla 1ea.	Biscuit 1ea.	Syrup 2oz.	Biscuit 1ea.	Biscuit 1ea.
Honey 1oz.	Coffee 10oz.	Coffee 10oz.	Jelly 1T.	Coffee 10oz.	Honey 10oz.	Coffee 10oz.
Coffee 10oz.	Sugar 2ea.	Sugar 2ea.	Coffee 10oz.	Sugar 2ea.	Coffee 10oz.	Sugar 2ea.
Sugar 2ea.	Milk 8oz.	Milk 8oz.	Sugar 2ea.	Milk 8oz.	Sugar 2ea.	Milk 8oz.
Milk 8oz.	Margarine 2T.	Margarine 2T.	Milk 8oz.	Margarine 2T.	Milk 8oz.	Margarine 2T.
Margarine 2T.			Margarine 2T.		Margarine 2T.	
<b>Lunch</b>						
BBQ Pork 4oz.	Meatloaf 4oz.	Peanut Butter & Jelly Sandwich 1ea.	Peanut Butter & Jelly Sandwich 2 ea.	Peanut Butter & Jelly Sandwich 2 ea.	Peanut Butter & Jelly Sandwich 2 ea.	Peanut Butter & Jelly Sandwich 2 ea.
Pinto Beans 4oz.	Rice 4oz.	Jelly Sandwich 1pk.	Jelly Sandwich 1pk.	Jelly Sandwich 1pk.	Jelly Sandwich 1pk.	Jelly Sandwich 1pk.
Corn 4oz.	Black-eyed Peas 4oz.	Cookies 1ea.	Cookies 1ea.	Cookies 1ea.	Cookies 1ea.	Cookies 1ea.
Dinner Roll 1ea.	Gravy 2oz.					
Fruit 1ea.	Cornbread 1ea.					
Punch 10oz.	Cookies 1ea.					
	Punch 10oz.					
<b>Supper</b>						
Cheesy Mac 8oz.	Breaded Chicken Patty 4oz.	Jambalaya 1ea.	Chicken Tetrazini 8oz.	Hamburger Patty 1ea.	Baked Chicken Leg 1ea.	Fish 1ea.
Green Beans 4oz.	Chicken Gravy 4oz.	Corn 4oz.	Corn 4oz.	Baked Beans 4oz.	Quarterm 4oz.	Mac & Cheese 4oz.
Carrots 4oz.	Mashed Potatoes 1ea.	Cabbage 2oz.	Green Beans 4oz.	Potato Salad 2oz.	Gravy 2oz.	Greens 8oz.
Garlic Roll 1ea.	Peas & Carrots 4oz.	Cornbread 1ea.	Cornbread 1ea.	Dinner Roll 1ea.	Mashed Potatoes 4oz.	Cornbread 1ea.
Apple Cobbler 4oz.	Cake 1ea.	Cake 1ea.	Brownie 1ea.	Sandwich Garnish 1ea.	Green Beans 4oz.	Ketchup 1T.
Tea 10oz.	Tea 10oz.	Tea 10oz.	Tea 10oz.	Mayonnaise 1ea.	Cornbread 1ea.	Cake 1ea.
				Cake 1ea.	Mousse 4oz.	Tea 10oz.
				Tea 10oz.	Tea 10oz.	

\*Pork Items Are Denoted In BOLD

\*\*Substitutions can be made upon approval by the Food Service Director.

MDOC Deputy Commissioner: Stanley W. W. W. DATE: 1/27/16

MDOC Food Service Director: Chad. Cochran, RD, LD. DATE: 01/22/2016

Dietitian's Approval:  DATE:

Mississippi Department of Corrections

CWC Menu

1st & 2nd Quarter 2016

Cycle 4

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>						
Grits 4oz. 1 ea. 1 ea. 10oz. 10oz. 2ea. 8oz. 2T.	Oatmeal Pepper Gravy Beef Fingers Biscuit Coffee Sugar Milk Margarine	8oz. 4oz. 4oz. 1ea. 10oz. 2ea. 8oz. 2T.	Oatmeal Egg Pancake on a Stick Pancake Syrup Coffee Sugar Milk Margarine	8oz. 4oz. 1ea. 2oz. 10oz. 2ea. 8oz. 2T.	Cereal Eggs Sausage Patty Biscuit Jelly Coffee Sugar Milk Margarine	8oz. 1ea. 4oz. 1ea. 10oz. 2ea. 8oz. 2T.
<b>Lunch</b>						
Beef Patty Sliced Cheese Corn Green Beans Potato Salad Roll Cookies Punch	1ea. 1 slice 4oz. 4oz. 1ea. 1pk. 10oz.	Hot Dog Baked Beans Potato Salad Sliced Bread Fruit Mustard Punch	2ea. 8oz. 4oz. 2 slices 4oz. 1T 10oz.	Peanut Butter & Jelly Sandwich Cookies	2 ea. 1pk.	Peanut Butter & Jelly Sandwich Cookies
<b>Supper</b>						
Spaghetti & Meat Sauce Corn Green Peas Garlic Roll Brownie Tea	8oz. 4oz. 4oz. 1ea. 1ea. 1ea. 10oz.	Chicken Stew Greens Rice Cornbread Cake Tea	8oz. 4oz. 4oz. 1ea. 1ea. 10oz.	Creamy Chicken Cassorole Green Beans Carrots Dinner Roll Mousse Tea	8oz. 4oz. 4oz. 1ea. 4oz. 10oz.	Beef Fingers Brown Gravy Mashed Potatoes Mixed Vegetables Cornbread Brownie Tea
<b>**Substitutions can be made upon approval by the Food Service Director.</b>						

MDOC Deputy Commissioner: \_\_\_\_\_ DATE: \_\_\_\_\_

MDOC Food Service Director: \_\_\_\_\_ DATE: \_\_\_\_\_

Dietitian's Approval: \_\_\_\_\_ DATE: \_\_\_\_\_

Patient Information For: TEST EDI TEST  
Housing Loc:

MDOC#: 1111

## Restricted Medical Diet

MEDICAL NOTE: If you do not see the required diet listed on this order form, the dietician must be contacted BEFORE the diet may be produced.

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_  
DIET ORDER: (Check ONLY ONE diet at a time. Please!)

	Regular/Decreased Leafy Green Vegetables
	No Concentrated Sweets with H.S. Snack
	Snack - High Protein
	Snack - 15 gm Carb/7 gm Protein
	PEM I (4 Meal Plan for Protein Energy Malnutrition) with H.S. Snack (4000 Kcals),
	PEM II (6 Meal Plan for Protein Energy Malnutrition) with 10 a.m. and 2 p.m. + H.S. Snacks (4000 Kcals)
	"Cardiovascular:" Low Fat/Chol/Sat/Bland (<300 Chol; <30% Fat; 3-4 gm NA)
	Renal Dialysis (80-85 gms Protein - 2 gm NA - 3 gm K) with H.S. Snack,
	Acute Hepatitis/Cirrhosis (Non Acute Encephalopathy (80-85 gms Protein - 3000 Kcals)
	High Fiber/High Fruit
	Mechanical Dental (Chewing problems)
	Pureed Food (no teeth or Dysphagic)
	Full Liquid (3 Days Only)
	Clear Liquid (2 Days Only)
	High Protein - Full Liquid (30 Days Only for Broken Jaws/"Bloody Socket")
	Pregnancy Diet (with H.S. Snack) NOT to exceed 9 months from start date
	High Protein/High Carbohydrate
	IDDM 1500 Calorie A.D.A. Diabetic with H.S. Snack
	IDDM 1800 Calorie A.D.A. Diabetic with H.S. Snack
	IDDM 2200 Calorie A.D.A. Diabetic with H.S. Snack
	IDDM 2600 Calorie A.D.A. Diabetic with H.S. Snack
	IDDM 3000 Calorie A.D.A. Diabetic with H.S. Snack
	NIDDM 1500 Calorie A.D.A. Diabetic
	NIDDM 1800 Calorie A.D.A. Diabetic
	NIDDM 2200 Calorie A.D.A. Diabetic
	NIDDM 2600 Calorie A.D.A. Diabetic
	NIDDM 3000 Calorie A.D.A. Diabetic
	Isolation Styrofoam Tray for diet

I have been counseled on this diet, understand the plan and agree to follow the rules of eating the diet every day. I also understand that if I do not pick up the diet tray and sign for it at each meal, the consequence will be the cancellation of my diet tray by Food Service per the direction of the Medical Director.

Inmate's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Comments: \_\_\_\_\_

Authorized Medical Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
NO WEIGHT REDUCTION DIETS ARE TO BE ORDERED USING THE ADA PATTERNS, USE CHOLESTEROL/FAT RESTRICTED DIET FOR LIFE THREATENING CASES. VEGETARIAN DIETS ARE NOT MEDICAL PROBLEMS, THEREFORE, THEY ARE NOT ORDERED ON THIS FORM