

SHELBY COUNTY JAIL JANUARY 2021 MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 BFAST - sausage link, gravy, grits, biscuit, ice water. LUNCH - Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink. DINNER - chicken pasta salad, salad mix, dressing pack, crackers, gelatin, vit.c drink	2 BFAST - egg patty, biscuit, grits, ice water. LUNCH - Spaghetti, corn, cornbread, gelatin, Vit.c drink. DINNER - chicken & noodles, lima beans, cornbread, gelatin, vit. c drink
3 BFAST egg patty, biscuit, grits, ice water. LUNCH - Chicken broccoli rice, sweet potato half, blackeye peas,cornbread, gelatin, Vit.c drink. DINNER - Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.	4 BFAST sausage link, gravy, grits, biscuit, ice water. LUNCH - chicken nuggets, turnip green, black beans, peas & carrots, gelatin, Vit.c drink. DINNER - Chicken pasta salad, salad ,dressing pack crackers, gelatin, vit. c drink	5 BFAST - egg patty, cheese grits, biscuit, milk. LUNCH - Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink. DINNER - Chicken&rice, black eye peas, sweet potato half, cornbread, gelatin, Vit.c drink	6 BFAST - sausage link, gravy, grits, biscuit, ice water. LUNCH - Chicken pot pie, biscuit, navy beans, carrots, gelatin, Vit.c drink. DINNER - Corndog, black beans, peas & carrots, gelatin, vit. c drink.	7 BFAST - egg patty, cheese grits, biscuit, milk. LUNCH - Beef stew, greens, cornbread, gelatin, vit. c drink DINNER - Chicken patty, mashed potatoes, green beans, cornbread, gelatin, vit. c drink.	8 BFAST - sausage link, gravy, grits, biscuit, ice water. LUNCH - Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink.. DINNER - beefaroom & rice, navy beans, cornbread, gelatin, vit. c drink	9 BFAST - egg patty, biscuit, grits, ice water. LUNCH - Spaghetti, corn, cornbread, gelatin, Vit.c drink. DINNER - chicken & noodles, lima beans, cornbread, gelatin, vit. c drink
10 BFAST egg patty, biscuit, grits, ice water. LUNCH - sausage and rice, blackeye peas,cornbread, gelatin, Vit.c drink. DINNER - Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.	11 BFAST sausage link, gravy, grits, biscuit, ice water. LUNCH - Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink. DINNER - Chicken pasta salad, salad ,dressing pack crackers, gelatin, vit. c drink	12 BFAST - egg patty, cheese grits, biscuit, milk. LUNCH - Spanish rice & chicken, refried beans, corn, flour tortillas, gelatin, Vit.c drink. DINNER - Corndog, pinto beans, peas & carrots, gelatin, vit. c drink.	13 BFAST - sausage link, gravy, grits, biscuit, ice water. LUNCH -pizza, hominy, coleslaw, gelatin, Vit.c drink. DINNER - chicken nuggets,greens, navy beans, peas & carrots, gelatin, Vit.c drink.	14 BFAST - egg patty, cheese grits, biscuit, milk. LUNCH -Chiken broccoli rice, northern beans, corn, cornbread, gelatin, Vit. c drink. DINNER - chicken patty, mashed potatoes, green beans, cornbread, gelatin, Vit.c drink	15 BFAST - sausage link, gravy, grits, biscuit, ice water. LUNCH - Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink. DINNER - chicken pasta salad, salad mix, dressing pack, crackers, gelatin, vit.c drink	16 BFAST - egg patty, biscuit, grits, ice water. LUNCH - Spaghetti, corn, cornbread, gelatin, Vit.c drink. DINNER - chicken & noodles, lima beans, cornbread, gelatin, vit. c drink
17 BFAST egg patty, biscuit, grits, ice water. LUNCH - Chicken broccoli rice, sweet potato half, blackeye peas,cornbread, gelatin, Vit.c drink. DINNER - Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.	18 BFAST sausage link, gravy, grits, biscuit, ice water. LUNCH - chicken nuggets, turnip green, black beans, peas & carrots, gelatin, Vit.c drink. DINNER - Chicken pasta salad, salad ,dressing pack crackers, gelatin, vit. c drink	19 BFAST - egg patty, cheese grits, biscuit, milk. LUNCH - Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink. DINNER - Chicken&rice, black eye peas, sweet potato half, cornbread, gelatin, Vit.c drink	20 BFAST - sausage link, gravy, grits, biscuit, ice water. LUNCH - Chicken pot pie, biscuit, navy beans, carrots, gelatin, Vit.c drink. DINNER - Corndog, black beans, peas & carrots, gelatin, vit. c drink.	21 BFAST - egg patty, cheese grits, biscuit, milk. LUNCH - Beef stew, greens, cornbread, gelatin, vit. c drink DINNER - Chicken patty, mashed potatoes, green beans, cornbread, gelatin, vit. c drink.	22 BFAST - sausage link, gravy, grits, biscuit, ice water. LUNCH - Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink.. DINNER - beefaroom & rice, navy beans, cornbread, gelatin, vit. c drink	23 BFAST - egg patty, biscuit, grits, ice water. LUNCH - Spaghetti, corn, cornbread, gelatin, Vit.c drink. DINNER - chicken & noodles, lima beans, cornbread, gelatin, vit. c drink
24 BFAST egg patty, biscuit, grits, ice water. LUNCH - sausage and rice, blackeye peas,cornbread, gelatin, Vit.c drink. DINNER - Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.	25 BFAST sausage link, gravy, grits, biscuit, ice water. LUNCH - Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink. DINNER - Chicken pasta salad, salad ,dressing pack crackers, gelatin, vit. c drink	26 BFAST - egg patty, cheese grits, biscuit, milk. LUNCH - Spanish rice & chicken, refried beans, corn, flour tortillas, gelatin, Vit.c drink. DINNER - Corndog, pinto beans, peas & carrots, gelatin, vit. c drink.	27 BFAST - sausage link, gravy, grits, biscuit, ice water. LUNCH -pizza, hominy, coleslaw, gelatin, Vit.c drink. DINNER - chicken nuggets,greens, navy beans, peas & carrots, gelatin, Vit.c drink.	28 BFAST - egg patty, cheese grits, biscuit, milk. LUNCH -Chiken broccoli rice, northern beans, corn, cornbread, gelatin, Vit. c drink. DINNER - chicken patty, mashed potatoes, green beans, cornbread, gelatin, Vit.c drink	29 BFAST - sausage link, gravy, grits, biscuit, ice water. LUNCH - Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink. DINNER - chicken pasta salad, salad mix, dressing pack, crackers, gelatin, vit.c drink	30 BFAST - egg patty, biscuit, grits, ice water. LUNCH - Spaghetti, corn, cornbread, gelatin, Vit.c drink. DINNER - chicken & noodles, lima beans, cornbread, gelatin, vit. c drink

Menu is subject to change without notice