

**SHELBY COUNTY JAIL NOVEMBER 2018 MENU**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p><b>1</b> <b>BFAST</b>- boiled egg, cheese grits, biscuit, milk. <b>LUNCH</b>- beef stew, rice, mixed greens, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chicken patty, mashed potatoes, green beans, cornbread, gelatin, vit. c drink.</p>	<p><b>2</b> <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink.. <b>DINNER</b>- beefaroom &amp; rice, navy beans, cornbread, gelatin, vit. c drink</p>	<p><b>3</b> <b>BFAST</b>- egg patty, biscuit, grits, ice water. <b>LUNCH</b>- Spaghetti, corn, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chicken &amp; noodles, lima beans, cornbread, gelatin, vit. c drink</p>
<p><b>4</b> <b>BFAST</b>- egg patty, biscuit, grits, ice water. <b>LUNCH</b>- sausage &amp; rice, blackeyed peas, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chili, mashed potatoes, corn, cornbread, gelatin, vit. c drink</p>	<p><b>5</b> <b>BFAST</b> sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- Chicken pasta salad, salad ,dressing pack crackers, gelatin, vit. c drink</p>	<p><b>6</b> <b>BFAST</b>- boiled egg, cheese grits, biscuit, milk. <b>LUNCH</b>- Spanish rice &amp; chicken, refried beans, corn, flour tortillas, gelatin, Vit.c drink. <b>DINNER</b>- Corndog, pinto beans, peas &amp; carrots, gelatin, vit. c drink.</p>	<p><b>7</b> <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- chicken nuggets,greens, navy beans, peas &amp; carrots, gelatin, Vit.c drink. <b>DINNER</b>- beef and cheese burrito, rice, black beans, mixed vegetables, gelatin, Vit.c drink.</p>	<p><b>8</b> <b>BFAST</b>- boiled egg, cheese grits, biscuit, milk. <b>LUNCH</b>- PB&amp;J sandwich, chips, graham crackers, mandarin oranges, vit. c drink. <b>DINNER</b>- chicken patty, mashed potatoes, green beans, cornbread, gelatin, Vit.c drink</p>	<p><b>9</b> <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chicken pasta salad, salad mix, dressing pack, crackers, gelatin, vit.c drink</p>	<p><b>10</b> <b>BFAST</b>- egg patty, biscuit, grits, ice water. <b>LUNCH</b>- Spaghetti, corn, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chicken &amp; noodles, lima beans, cornbread, gelatin, vit. c drink</p>
<p><b>11</b> <b>BFAST</b> egg patty, biscuit, grits, ice water. <b>LUNCH</b>- Chicken broccoli rice, sweet potato half, blackeye peas,cornbread, gelatin, Vit.c drink. <b>DINNER</b>- Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.</p>	<p><b>12</b> <b>BFAST</b> sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- chicken nuggets, turnip green, black beans, peas &amp; carrots, gelatin, Vit.c drink. <b>DINNER</b>- Chicken pasta salad, salad ,dressing pack crackers, gelatin, vit. c drink</p>	<p><b>13</b> <b>BFAST</b>- boiled egg, cheese grits, biscuit, milk. <b>LUNCH</b>- Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- Chicken&amp;rice, black eye peas, sweet potato half, cornbread, gelatin, Vit.c drink</p>	<p><b>14</b> <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- hamburgers, baked beans, coleslaw, gelatin, Vit.c drink. <b>DINNER</b>- Corndog, black beans, peas &amp; carrots, gelatin, vit. c drink.</p>	<p><b>15</b> <b>BFAST</b>- boiled egg, cheese grits, biscuit, milk. <b>LUNCH</b>- beef stew, rice, mixed greens, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chicken patty, mashed potatoes, green beans, cornbread, gelatin, vit. c drink.</p>	<p><b>16</b> <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink.. <b>DINNER</b>- beefaroom &amp; rice, navy beans, cornbread, gelatin, vit. c drink</p>	<p><b>17</b> <b>BFAST</b>- egg patty, biscuit, grits, ice water. <b>LUNCH</b>- Spaghetti, corn, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chicken &amp; noodles, lima beans, cornbread, gelatin, vit. c drink</p>
<p><b>18</b> <b>BFAST</b>- egg patty, biscuit, grits, ice water. <b>LUNCH</b>- sausage &amp; rice, blackeyed peas, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chili, mashed potatoes, corn, cornbread, gelatin, vit. c drink</p>	<p><b>19</b> <b>BFAST</b> sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- Chicken pasta salad, salad ,dressing pack crackers, gelatin, vit. c drink</p>	<p><b>20</b> <b>BFAST</b>- boiled egg, cheese grits, biscuit, milk. <b>LUNCH</b>- Spanish rice &amp; chicken, refried beans, corn, flour tortillas, gelatin, Vit.c drink. <b>DINNER</b>- Corndog, pinto beans, peas &amp; carrots, gelatin, vit. c drink.</p>	<p><b>21</b> <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- chicken nuggets,greens, navy beans, peas &amp; carrots, gelatin, Vit.c drink. <b>DINNER</b>- beef and cheese burrito, rice, black beans, mixed vegetables, gelatin, Vit.c drink.</p>	<p><b>22</b> <b>BFAST</b>- boiled egg, cheese grits, biscuit, milk. <b>LUNCH</b>- PB&amp;J sandwich, chips, graham crackers, mandarin oranges, vit. c drink. <b>DINNER</b>- chicken patty, mashed potatoes, green beans, cornbread, gelatin, Vit.c drink</p>	<p><b>23</b> <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chicken pasta salad, salad mix, dressing pack, crackers, gelatin, vit.c drink</p>	<p><b>24</b> <b>BFAST</b>- egg patty, biscuit, grits, ice water. <b>LUNCH</b>- Spaghetti, corn, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chicken &amp; noodles, lima beans, cornbread, gelatin, vit. c drink</p>
<p><b>25</b> <b>BFAST</b> egg patty, biscuit, grits, ice water. <b>LUNCH</b>- Chicken broccoli rice, sweet potato half, blackeye peas,cornbread, gelatin, Vit.c drink. <b>DINNER</b>- Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.</p>	<p><b>26</b> <b>BFAST</b> sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- chicken nuggets, turnip green, black beans, peas &amp; carrots, gelatin, Vit.c drink. <b>DINNER</b>- Chicken pasta salad, salad ,dressing pack crackers, gelatin, vit. c drink</p>	<p><b>27</b> <b>BFAST</b>- boiled egg, cheese grits, biscuit, milk. <b>LUNCH</b>- Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- Chicken&amp;rice, black eye peas, sweet potato half, cornbread, gelatin, Vit.c drink</p>	<p><b>28</b> <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- hamburgers, baked beans, coleslaw, gelatin, Vit.c drink. <b>DINNER</b>- Corndog, black beans, peas &amp; carrots, gelatin, vit. c drink.</p>	<p><b>29</b> <b>BFAST</b>- boiled egg, cheese grits, biscuit, milk. <b>LUNCH</b>- beef stew, rice, mixed greens, cornbread, gelatin, Vit.c drink. <b>DINNER</b>- chicken patty, mashed potatoes, green beans, cornbread, gelatin, vit. c drink.</p>	<p><b>30</b> <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water. <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink.. <b>DINNER</b>- beefaroom &amp; rice, navy beans, cornbread, gelatin, vit. c drink</p>	