

SHELBY COUNTY JAIL SEPTEMBER 2019 MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 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.</p>	<p>2 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</p>	<p>3 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</p>	<p>4 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.</p>	<p>5 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</p>	<p>6 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</p>	<p>7 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</p>
<p>8 BFAST- egg patty, biscuit, grits, ice water. LUNCH- sausage & rice, blackeyed peas, cornbread, gelatin, Vit.c drink. DINNER- chili, mashed potatoes, mixed veggies, cornbread, gelatin, vit. c drink</p>	<p>9 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</p>	<p>10 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.</p>	<p>11 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.</p>	<p>12 BFAST- egg patty, cheese grits, biscuit, milk. LUNCH-Chicken broccoli rice, northern beans, corn, cornbread, gelatin, Vit. c drink. DINNER- chicken patty, mashed potatoes, green beans, cornbread, gelatin, Vit.c drink</p>	<p>13 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</p>	<p>14 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</p>
<p>15 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.</p>	<p>16 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</p>	<p>17 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</p>	<p>18 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.</p>	<p>19 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.</p>	<p>20 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</p>	<p>21 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</p>
<p>22 BFAST- egg patty, biscuit, grits, ice water. LUNCH- sausage & rice, blackeyed peas, cornbread, gelatin, Vit.c drink. DINNER- chili, mashed potatoes, mixed veggies, cornbread, gelatin, vit. c drink</p>	<p>23 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</p>	<p>24 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.</p>	<p>25 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.</p>	<p>26 BFAST- egg patty, cheese grits, biscuit, milk. LUNCH-Chicken broccoli rice, northern beans, corn, cornbread, gelatin, Vit. c drink. DINNER- chicken patty, mashed potatoes, green beans, cornbread, gelatin, Vit.c drink</p>	<p>27 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</p>	<p>28 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</p>
<p>29 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.</p>	<p>30 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</p>					

Menu is subject to change without notice