

ANDERSON COUNTY HEALTH DEPARTMENT

710 North Main Street
Clinton, Tennessee 37716
865-425-8804

February 3, 2014

Deputy Sandra Rodgers
Anderson County Detention Facility
308 Public Safety Drive
Clinton, TN 37716

Deputy Rodgers:

The menus at the Anderson County Jail have been provided to me for evaluation. A four-week cycle is used with corrections added as necessary.

According to the USDA Guidelines for Healthy Americans, the following servings should be provided on a daily basis:

- Milk, yogurt and cheese: 2-3 servings
- Meat, poultry, fish, eggs, dried beans and nuts: 2-3 servings
- Vegetables: 3-5 servings
- Fruits: 2-4 servings
- Breads, cereals, rice and pasta: 6-11 servings

In evaluating the menus, fruit and vegetable selections were combined for a minimum of 5-9 servings daily.

Each of the daily menus were evaluated using the above guidelines. The chart below shows the following results:

<u>FOOD GROUPS</u>	Daily menus evaluated						
	Week 1 Sunday	Week 2 Mon	Week 3 Tues	Week 4 Wed.	Week 1 Thurs.	Week 2 Friday	Week3 Sat.
Milk (2-3servings)	2	2	2	2	2	2	2
Meat (2-3 servings)	3	2 1/2	4	3	3	2	3 1/2
Vegetable/Fruit (5-9)	4	5	6	5	5	5	5
Breads/Cereals (6-11)	7	7	7	7	4	6	6

The following observations have been noted:

1. Breads and cereals in appropriate amounts as are generally being provided; continue to indicate if more than one biscuit, slice of bread or sandwich is served.

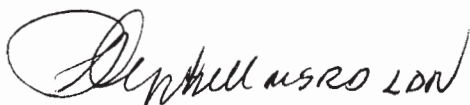
2. Fruits and vegetables have improved to 5 servings most days. The recommendation is 5-9 servings daily. Fresh fruits and vegetables are offered as the budget permits.
3. Appropriate amounts of proteins and milk products are offered. 2% white milk or 1% chocolate milk is provided at breakfast and lunch.
4. Complimentary proteins may be served (ie., pinto beans and cornbread or red beans and rice) on a daily basis. It is recommended to offer one high quality protein (beef, chicken, fish or pork) daily.
5. Inmates requiring a special diet, such as diabetes or express dietary restrictions for religious reasons should be so noted on the menu. All non-pork diets are given a beef or chicken substitute at any meal consisting of a pork or pork based product. Vegetarian diets are offered complimentary proteins (see item # 4).
6. All diabetic trays are given a sugar-free substitution or a reduced sugar substitute. Unsweetened tea is offered at dinner with a sugar substitute for sweetening. Evening snack consists of a sugar-free cereal and 8 oz. 2% milk. An alternate evening snack: ½ -1 peanut butter sandwich with 4-8 oz. milk. Amounts are based on dietary and caloric need.
It is recommended to closely monitor blood sugar levels of diabetic inmates to tailor their caloric needs.
7. Currently, all pregnant inmates receive 16 oz. milk at each meal and an evening snack of cereal and 8 oz. 2% milk. **The recommended amount of milk/dairy during pregnancy is 32oz. daily.**

Please note: The 3-compartment delivery system is still in place. The sandwich at noon is offered with lettuce and tomato to increase vegetable intake when it is on the menu. The Food Service Supervisor is adding fresh fruit in season as the budget permits.

The menus are provided to me for review are approved.

If you have any questions, please feel free to contact me.

Sincerely,



Patty Campbell, M.S., R.D., LDN
Anderson County Nutritionist

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**A.C.D.F. Food Services
Menus and Meals Served**

	BREAKFAST	LUNCH	DINNER
DATE: 6/15/2014 SUN	GRITS	PEMINTO CHEESE	BBQ CHICKEN <i>Burrito</i>
BREAKFAST: 373	TOAST	BREAD	FATER TOTS <i>Cheese Sausage</i>
LUNCH: 370	TURKEY LINKS	MILK	BAKED APPLES
DINNER: 376	PEARS		BUN <i>Corn Nuggets</i>
TOTAL: 1121	MILK		TEA

DATE: 6/16/2014 MON	B & G	PB&J	MIXED BEANS
BREAKFAST: 378	CHICKEN PATTY		OKRA
LUNCH: 378	ORANGES <i>Oranges</i>	BREAD	WHOLE POTATOES
DINNER: 375	MILK	MILK	CORNBREAD
TOTAL: 1129			TEA

DATE: 6/17/2014 TUE	EGGS	TURKEY BOLOANA <i>Roast</i>	Corn Dogs
BREAKFAST: 373	TOAST	BREAD	CORN
LUNCH: 374	TURKEY BACON	SWISS CHEESE	FRIES
DINNER: 375	APPLESAUCE	MILK	
TOTAL: 1122	MILK		TEA

DATE: 6/18/2014 WED	B&G	PB&J	HAMBURGER / CHEESE
BREAKFAST: 365	TURKEY PATTY	BREAD	SALAD
LUNCH: 370	PINEAPPLES		BAKED BEANS
DINNER: 369	MILK	MILK	BUN
TOTAL: 1104			TEA

DATE: 6/19/2014 THURS	WAFFLES	TURKEY	MEAT LOAF
BREAKFAST: 359	TURKEY LINKS	CHEESE	MASHED POTATOES
LUNCH: 361	SYRUP	BREAD	GREEN BEANS
DINNER: 365	FRUIT COCKTAIL	MILK	BREAD
TOTAL: 1085	MILK		TEA

DATE: 6/20/2014 FRI	B&G	SLOPPY JOES	Beans Pinto
BREAKFAST: 354	CHICKEN PATTY		BURRITOS/CHEESE <i>Cornbread</i>
LUNCH: 363	PEACHES	BREAD	CORN NUGGETS
DINNER: 360	MILK	MILK	<i>Greens</i>
TOTAL: 1077			TEA

DATE: 6/21/2014 SAT	OATMEAL	PB&J	HOT DOGS
BREAKFAST: 367	TURKEY BACON	BREAD	SLAW
LUNCH: 368	TOAST	MILK	TOTS
DINNER: 354	TROPICAL FRUIT		BUN
TOTAL: 1089	MILK		TEA

Weekly Meals Served: 7827

Notes: DIABETIC: 1 BREAD, 1 EXTRA MEAT, 1 WHITE MILK
PREGNANT: 2 WHITE MILKS EVERY MEAL

A.C.D.F. Food Services Menus and Meals Served

	BREAKFAST	LUNCH	DINNER
DATE: 6/22/2014 SUN	6 OZ GRITTS	¼ CUP PEMINTO CHEESE	6 MINI CORN DOGS PIZZA
BREAKFAST: 369	2 SLICES TOASTED BREAD	2 SLICES BREAD	6 OZ FRENCH FRIES
LUNCH: 371	(2) 1 OZ TURKEY LINKS	8 OZ, 1% CHOC MILK	½ C VEG. BEANS
DINNER: 371	(2) PEAR HALVES		
TOTAL: 1111	8 OZ, 2% WHITE MILK		8 OZ SWEET TEA

DATE: 6/23/2014 MON	6 OZ PEPPER GRAVY	¼ CUP PB&J MIX	6 OZ PINTO BEANS
BREAKFAST: 367	5 OZ CHICKEN PATTY		4 OZ FRIED OKRA
LUNCH: 362	½ C MANDARIN ORANGES	2 SLICES BREAD	2/3 C WHOLE POTATOES
DINNER: 362	8 OZ, 2% WHITE MILK	8OZ 1% CHOC MILK	6 OZ SLICE CORNBREAD
TOTAL: 1091			8 OZ SWEET TEA

DATE: 6/24/2014 TUE	(1) EGG ROUND	2 OZ TURKEY BOLOANA	½ C SLOPPY JOE
BREAKFAST: 366	2 SLICES TOAST	2 SLICES BREAD	1 C BAKED APLES
LUNCH: 362	(2)TURKEY BACON	1 OZ SWISS CHEESE	6 OZ TATER TOTS
DINNER: 372	½ CAPPLESAUCE	8 OZ 1% CHOC MILK	BUN
TOTAL: 1100	8 OZ, 2% WHITE MILK		8 OZ SWEET TEA

DATE: 6/25/2014 WED	6 OZ PEPPER GRAVY	¼ C PB&JMIX	(2) HOT DOGS
BREAKFAST: 365	3 OZ TURKEY PATTY	2 SLICESBREAD	½ C COLE SLAW
LUNCH: 368	(3) PINEAPPLE RINGS		6 OZ FRENCH FRIES
DINNER: 367	8 OZ 2% WHITE MILK	8OZ 1 % CHOC MILK	BUN
TOTAL: 1000			8 OZ SWEET TEA

DATE: 6/26/2014 THURS	(2) WAFFLES	5 OZ CHICKEN PATTY	4 OZ MEAT LOAF
BREAKFAST: 368	(2) 1OZ TURKEY LINKS		2/3 C MASHED POTATOES
LUNCH: 368	SYRUP	BUN	½ CGREEN BEANS
DINNER: 367	1 CUP FRUIT COCKTAIL	8OZ 1% CHOC MILK	2 SLICES BREAD
TOTAL: 1103	8 OZ 2% WHITE MILK		8 OZ SWEET TEA

DATE: 6/27/2014 FRI	6 OZ PEPPER GRAVY	2 OZ SLICEDTURKEY BOL	6 OZ WHITE BEANS
BREAKFAST: 372	5 OZ CHICKEN PATTY		6 OZ SLICE CORN BREAD
LUNCH: 375	½ C PEACHES	2 SLICES BREAD	1 C MIXED GREENS
DINNER: 362	8 OZ 2% WHITE MILK	8 OZ 1% CHOC MILK	4 OZ FRIED SQUASH
TOTAL: 1104			8 OZ SWEET TEA

DATE: 6/28/2014 SAT	6 OZ OATMEAL	2 OZTURKEY	4 OZ HAMBURGER
BREAKFAST: 367 387	(2) TURKEY BACON	2 SLICES BREAD	1 C SALAD
LUNCH: 365	2 SLICES TOAST	1 OZ CHEESE	6 OZ TATER TOTS
DINNER: 359	½ C TROPICAL FRUIT	8 OZ 1% CHOC MILK	BUN
TOTAL: 1091	8OZ 2% WHITE MILK		8 OZ SWEET TEA

Weekly Meals Served: 7,600

Notes: DIABETIC: 1 BREAD, 1 EXTRA MEAT, 1 WHITE MILK
PREGNANT: 2 WHITE MILKS EVERY MEAL

A.C.D.F. Food Services Menus and Meals Served

BREAKFAST LUNCH DINNER

DATE: 6/29/2014 SUN	6 OZ GRITTS	¼ CUP PIMENTO CHEESE	6 OZ BBQ PIZZA
BREAKFAST: 369	2 SLICES TOASTED BREAD	2 SLICES BREAD	½ C CORN
LUNCH: 365	(2) 1 OZ TURKEY LINKS	8 OZ, 1% CHOC MILK	6 OZ FRENCH FRIES
DINNER: 363	(2) PEAR HALVES		
TOTAL: 1097	8 OZ, 2% WHITE MILK		8 OZ SWEET TEA

DATE 6/30/2014 TUE	6 OZ PEPPER GRAVY	¼ CUP PB&J MIX	6 OZ MIXED BEANS
BREAKFAST: 356	5 OZ CHICKEN PATTY		4 OZ FRIED OKRA
LUNCH: 362	½ C MANDARIN ORANGES	2 SLICES BREAD	2/3 C WHOLE POTATOES
DINNER:	8 OZ, 2% WHITE MILK	8OZ 1% CHOC MILK	6 OZ SLICE CORNBREAD
TOTAL:			8 OZ SWEET TEA

DATE: 7/1/2014 TUE	(1) EGG ROUND	2 OZ TURKEY BOLOANA	½ C SLOPPY JOE
BREAKFAST:	2 SLICES TOAST	2 SLICES BREAD	1 C BAKED APLES
LUNCH:	(2) TURKEY BACON	1 OZ SWISS CHEESE	6 OZ TATER TOTS
DINNER:	½ CAPPLESAUCE	8 OZ 1% CHOC MILK	BUN
TOTAL:	8 OZ, 2% WHITE MILK		8 OZ SWEET TEA

DATE: 7/2/2014 WED	6 OZ PEPPER GRAVY	¼ C PB&JMIX	(2) HOT DOGS
BREAKFAST:	3 OZ TURKEY PATTY	2 SLICESBREAD	½ C CORN
LUNCH:	(3) PINEAPPLE RINGS		6 OZ FRENCH FRIES
DINNER:	8 OZ 2% WHITE MILK	8OZ 1 % CHOC MILK	BUN
TOTAL:			8 OZ SWEET TEA

DATE: 7/3/2014 THURS	(2) WAFFLES	5 OZ TURKEY BOLOANA	4 OZ MEAT LOAF
BREAKFAST:	(2) 1OZ TURKEY LINKS		2/3 C MASHED POTATOES
LUNCH:	SYRUP	BUN	½ C PEAS
DINNER:	1 CUP FRUIT COCKTAIL	8OZ 1% CHOC MILK	2 SLICES BREAD
TOTAL:	8 OZ 2% WHITE MILK		8 OZ SWEET TEA

DATE: 7/4/2014 FRI	6 OZ PEPPER GRAVY	¼ C PB&J MIX	4 OZ HAMBURGER
BREAKFAST:	5 OZ CHICKEN PATTY		1 HOT DOG
LUNCH:	½ C PEACHES	2 SLICES BREAD	4 OZ PAT SALAD
DINNER:	8 OZ 2% WHITE MILK	8 OZ 1% CHOC MILK	4 OZ BAKED BEANS
TOTAL:			8 OZ SWEET TEA

DATE: 7/5/2014 SAT	6 OZ OATMEAL	2 OZTURKEY	4 OA PINTO BEANS
BREAKFAST:	(2) TURKEY BACON	2SLICES BREAD	4 OZ MIXED GREENS
LUNCH:	2 SLICES TOAST	1OZ CHEESE	6 OZ SQUASH
DINNER:	½ C TROPICAL FRUIT	8OZ 1% CHOC MILK	CORN BREAD
TOTAL:	8OZ 2% WHITE MILK		8 OZ SWEET TEA

Weekly Meals Served:

Notes: DIABETIC: 1 BREAD, 1 EXTRA MEAL, 1 WHITE MILK
PREGNANT: 2 WHITE MILK EVERY MEAL