

2025-2026 Dialysis Diet Menu

M. Stone, MS, RDN, LD

Day 1			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Upper Peninsula Pasties w/1 Tbsp ketchup	2 each	Meat	Renal Tuna Salad	4 oz
Bread	Country Soda Biscuits	2 each	Starch	Pie crust (included in entrée)		Starch	Renal Macaroni Salad	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Crackers	8 each
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Fruit of Choice	4 oz	Dessert	Apple Spice Muffin	1 each
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Beef Patty Sandwich	1 each	Snack	Tuna Salad Sandwich	3 oz
			Snack	Margarine/Mayo on Sandwich	1 Tbsp			

Day 2			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Breakfast Sausage Patty	2-2 oz portions	Meat	Beef and Rice	8 oz	Meat	Fried Fish Patty	1 each
Bread	Renal Pancakes	2 each	Starch	Rice (included in entree)		Meat	Boiled Eggs	2 each
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Starch	Leached French Fries	4 oz
Fruit	Fruit of Choice	8 oz	Bread	Flour Tortillas	2 each	Veg	Low Potassium Vegetable of Choice	8 oz
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Bread	Sliced Bread	2 Slices
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Fruit of Choice	4 oz	Fat	Tartar Sauce	1 Tbsp
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Dessert	Oatmeal Cookies	2 each
Dairy	Milk	8 oz	Snack	Beef Patty Sandwich	1 each	Bev	Beverage of Choice	8 oz
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Fish Patty Sandwich	1 each
						Snack	Tartar Sauce/Margarine/Mayo on Sandwich	1 Tbsp

Day 3			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fried Eggs	2 each	Meat	Baked Ham Steak w/Pineapple Mustard Glaze**	1 each+1 Tbs	Meat	Baked Chicken	1 Qtr
Bread	Toast	2 slices	Starch	Buttered Rice	4 oz	Starch	Garlic Butter Macaroni	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Plain Cake	2" x 2"	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Scrambled Egg Sandwich	4 oz egg	Snack	Chicken Patty Sandwich	1 each
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

Please note in the event of a meal option being unavailable, an appropriate substitution will be provided.

*substitutions of approved fresh produce always allowed

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Day 4			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Protein	Scrambled Eggs	4 oz	Meat	Grilled Hamburger Patty	1 each	Meat	Pork Chop Mexicana**	5 oz
Bread	Renal Pancakes	2 each	Starch	Noodles and Renal Gravy	4 oz	Starch	Buttered Rice	4 oz
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1oz	Dessert	Sugar Cookies	2 each	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Snack	Beef Patty Sandwich	1 each	Snack	Chicken Patty Sandwich	1 each
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 5			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Breakfast Sausage Patty	2-2 oz portions	Meat	Sweet and Sour Chicken	1 Qtr	Meat	Braised Pork and Noodles**	8 oz
Bread	Country Soda Biscuits	2 each	Starch	Buttered rice	4 oz	Starch	Noodles (included in entrée)	
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 each
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Cinnamon Sugar Cookies	2 each	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Peanut Butter and Diet Jelly Sandwich	1 oz PB	Snack	Scrambled Egg Sandwich	4 oz eggs
						Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 6			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fiesta Eggs	4 oz	Meat	Chicken Patty	1 each	Meat	Beef Stew	8 oz
Bread	Toast	2 slices	Starch	Renal Macaroni Salad	4 oz	Starch	Buttered Noodles	4 oz
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Southern Cornbread	2" x 2"
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Coffee Cake	2" x 2"	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Snack	Fried Egg Sandwich	2 eggs	Snack	Beef Patty Sandwich	1 each
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

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Day 7			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fried Eggs	2 each	Meat	Taco Meat + 1 Tbsp salsa	4 oz	Meat	Beef Meatloaf w/1 Tbsp ketchup	4 oz
Bread	French Toast	2 each	Starch	Buttered rice	4 oz	Starch	Buttered Noodles	4 oz
Cereal	Hot Cereal of Choice	8 oz	Beans	Beans	4 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Veg	Low Potassium Vegetable of Choice	4 oz	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Bread	Flour Tortillas	2 each	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Fat	Margarine/Butter	1 Tbsp	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Dessert	Plain Cake	2" x 2"	Bev	Beverage of Choice	8 oz
			Bev	Beverage of Choice	8 oz	Snack	Meatloaf Sandwich	3 oz
			Snack	Taco Meat Sandwich	3 oz	Snack	Margarine/Mayo on Sandwich	1 Tbsp
			Snack	Margarine/Mayo on Sandwich	1 Tbsp			

Day 8			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Beef Tamale Pie + 1 Tbsp Salsa	8 oz	Meat	Chicken and Rice	8 oz
Bread	Country Soda Biscuits	2 each	Bread	Cornbread (included in entrée)		Starch	Rice (included in entrée)	
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Fat	Margarine/Butter	1 Tbsp	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Dessert	Fruit of Choice	4 oz	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Bev	Beverage of Choice	8 oz	Dessert	Oatmeal Cookies	2 each
Bev	Coffee	6 oz	Snack	Beef Patty Sandwich	1 each	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Chicken Patty Sandwich	1 each
						Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 9			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Breakfast Sausage Patty	2-2 oz portions	Meat	Pork Meatloaf* w/1 Tbsp Ketchup**	4 oz	Meat	Renal Chili	6 oz
Bread	Renal Pancakes	2 each	Starch	Buttered Noodles	4 oz	Starch	Buttered Rice	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Beans	Beans	4 oz
Fruit	Fruit of Choice	8 oz	Bread	Southern Cornbread	2" x 2"	Veg	Low Potassium Vegetable of Choice	4 oz
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Bread	Crackers	8 each
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Sugar Cookies	2 each	Fat	Tartar Sauce	1 Tbsp
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Dessert	Fruit of Choice	4 oz
			Snack	Scrambled Egg Sandwich	4 oz eggs	Bev	Beverage of Choice	8 oz
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Beef Patty Sandwich	1 each
						Snack	Margarine/Mayo on Sandwich	1 Tbsp

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Day 10			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fried Eggs	2 each	Meat	Smothered Pork Chop**	5 oz	Meat	Breaded Ground Beef Patty	4 oz
Bread	Toast	2 slices	Starch	Rice and Renal Gravy	4 oz	Starch	Garlic Butter Macaroni	4 oz
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Fruit of Choice	4 oz	Dessert	Coffee Cake	2" x 2"
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Snack	Chicken Patty Sandwich	1 each	Snack	Breaded Beef Sandwich	1 each
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 11			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Chicken Enchiladas	2 each	Meat	Beef & Noodles	8 oz
Bread	Renal Pancakes	2 each	Starch	Buttered rice	4 oz	Starch	Noodles (included in entrée)	
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Corn tortillas (included with entrée)		Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Fruit of Choice	4 oz	Dessert	Cinnamon Sugar Cookies	2 each
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Peanut Butter and Diet Jelly Sandwich	1 oz PB	Snack	Beef Patty Sandwich	1 each
						Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 12			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fried Eggs	2 each	Meat	Renal Tuna Salad	4 oz	Meat	Chicken Fried Hamburger Steak	4 oz
Bread	Toast	2 slices	Starch	Renal Macaroni Salad	4 oz	Starch	Noodles and Renal Gravy	4 oz
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Fruit of Choice	4 oz	Dessert	Plain Cake	2" x 2"
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Snack	Tuna Salad Sandwich	3 oz	Snack	Chicken Fried Hamburger Steak Sandwich	1 each
						Snack	Margarine/Mayo on Sandwich	1 Tbsp

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Day 13			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Fried Chicken	1 Qtr	Meat	Breakfast Sausage Patty	2-2 oz portions
Bread	Renal Pancakes	2 each	Starch	Garlic Butter Macaroni	4 oz	Starch	Hot Cereal of Choice	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Leached Oven Fried Potatoes	4 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Fruit	Fruit of Choice	4 oz
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Bread	Toast	2 slices
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Fruit of Choice	4 oz	Fat	Margarine/Butter	1 Tbsp
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Dessert	Apple Spice Muffin	1 each
			Snack	Chicken Patty Sandwich	1 each	Bev	Beverage of Choice	8 oz
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Fried Egg Sandwich	2 eggs
						Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 14			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Peanut Butter	1 oz	Meat	Beef and Noodles	8 oz	Meat	Pulled Pork**	4 oz
Bread	French Toast	2 each	Starch	Noodles (included in entrée)		Starch	Buttered Rice	4 oz
Cereal	Dry Cereal of Choice	1 each	Beans	Beans	4 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Veg	Low Potassium Vegetable of Choice	4 oz	Bread	Southern Cornbread	2" x 2"
Fat	Margarine/Butter	1 Tbsp	Bread	Sliced bread	2 Slices	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Fat	Margarine/Butter	1 Tbsp	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Dessert	Oatmeal Cookies	2 each	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Bev	Beverage of Choice	8 oz	Snack	Chicken Patty Sandwich	1 each
			Snack	Beef Patty Sandwich	1 each	Snack	Margarine/Mayo on Sandwich	1 Tbsp
			Snack	Margarine/Mayo on Sandwich	1 Tbsp			

Day 15			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Breakfast Sausage Patty	2-2 oz portions	Meat	Pepper Steak + 2 Tbsp Renal Gravy	4 oz	Meat	Picadillo	8 oz
Bread	Country Soda Biscuits	2 each	Starch	Buttered Rice	4 oz	Starch	Potatoes (included in entree)	
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Low Potassium Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced bread	2 Slices	Bread	Flour Tortillas	2 each
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Sugar Cookies	2 each	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Pepper Steak Sandwich	3 oz	Snack	Fried Egg Sandwich	2 eggs
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

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Day 16			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Baked Chicken	1 Qtr	Meat	Taco Meat + 1 Tbsp Salsa	4 oz
Bread	Toast	2 slices	Starch	Garlic Butter Macaroni	4 oz	Starch	Buttered Rice	4 oz
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Beans	Beans	4 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Veg	Low Potassium Vegetable of Choice	4 oz
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Bread	Flour Tortillas	2 each
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Coffee Cake	2" x 2"	Fat	Margarine/Butter	1 Tbsp
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Dessert	Fruit of Choice	4 oz
Dairy	Milk	8 oz	Snack	Chicken Patty Sandwich	1 each	Bev	Beverage of Choice	8 oz
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Taco Meat Sandwich	3 oz
						Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 17								
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fried Eggs	2 each	Meat	Baked Hamburger Patty	1 each	Meat	Chicken Fried Pork Patty**	1 each
Bread	Renal Pancakes	2 each	Starch	Buttered Rice	4 oz	Starch	Noodles and Renal Gravy	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Garlic Toast	2 slices	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Cinnamon Sugar Cookies	2 each	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Beef Patty Sandwich	1 each	Snack	Chicken Patty Sandwich	1 each
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 18								
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Breakfast Sausage Patty	2-2 oz portions	Meat	Baked Fresh Ham with Pineapple Glaze**	1 each+1 Tbs	Meat	Beef Meatloaf* w/1 Tbsp Ketchup**	4 oz
Bread	Toast	2 slices	Starch	Leached Mashed Potatoes	4 oz	Starch	Buttered Noodles	4 oz
Cereal	Dry Cereal of Choice	1 each	Veg	Low Potassium Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 each	Bread	Southern Cornbread	2" x 2"
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Fruit of Choice	4 oz	Dessert	Plain Cake	2" x 2"
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Snack	Chicken Patty Sandwich	1 each	Snack	Meatloaf Sandwich	3 oz
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

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Day 19			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fiesta Eggs	4 oz	Meat	Beef Dirty Rice	8 oz	Meat	Fried Pork Chop**	5 oz
Bread	Toast	2 slices	Starch	Rice (included in entrée)		Starch	Leached Oven Fried Potatoes	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Low Potassium Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Southern Cornbread	2" x 2"	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Oatmeal Cookies	2 each	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Beef Patty Sandwich	1 each	Snack	Scrambled Egg Sandwich	4 oz eggs
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 20								
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Chicken Patty	1 each	Meat	Beef Pot Pie	8 oz
Bread	Renal Pancakes	2 each	Starch	Macaroni Salad	4 oz	Starch	Pie crust (included in entree)	
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Sugar Cookies	2 each	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Snack	Peanut Butter and Diet Jelly Sandwich	1 oz PB	Snack	Beef Patty Sandwich	1 each
						Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 21								
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Peanut Butter	1 oz	Meat	Chicken Spaghetti	8 oz	Meat	Grilled Garlic Beef Patty	4 oz
Bread	French Toast	2 each	Starch	Spaghetti (included in entrée)		Starch	Noodles with renal gravy	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Fruit of Choice	4 oz	Dessert	Coffee Cake	2" x 2"
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Fried Egg Sandwich	2 eggs	Snack	Garlic Beef Patty Sandwich	3 oz
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

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*substitutions of approved **fresh** produce always allowed

**PORK FREE must have another meat/plant-based protein substituted

Menus are planned to meet the weekly dietary requirements of offenders requiring a dialysis diet

2025-2026 Dialysis Diet Menu

M. Stone, MS, RDN, LD

Day 22			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Breakfast Sausage Patty	2-2 oz portions	Meat	Fried Chicken	1 Qtr	Meat	Renal Chili	6 oz
Bread	Country Soda Biscuits	2 each	Starch	Buttered Macaroni	4 oz	Starch	Buttered Rice	4 oz
Cereal	Dry Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Beans	Beans	4 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Veg	Low Potassium Vegetable of Choice	4 oz
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Bread	Southern Cornbread	2" x 2"
Cal Suppl	Diet Jelly	2 pkts	Dessert	Cinnamon Sugar Cookies	2 each	Fat	Margarine/Butter	1 Tbsp
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Dessert	Fruit of Choice	4 oz
Dairy	Milk	8 oz	Snack	Chicken Patty Sandwich	1 each	Bev	Beverage of Choice	8 oz
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Beef Patty Sandwich	1 each
						Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 23								
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Salisbury Steak	4 oz	Meat	Renal Tuna Salad	4 oz
Bread	Renal Pancakes	2 each	Starch	Rice and Renal Gravy	4 oz	Starch	Renal Macaroni Salad	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Crackers	8 each
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Fruit of Choice	4 oz	Dessert	Plain cake	2" x 2"
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Salisbury Steak Sandwich	1 each	Snack	Tuna Salad Sandwich	3 oz
			Snack	Margarine/Mayo on Sandwich	1 Tbsp			

Day 24								
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fried Eggs	2 each	Meat	Chicken and Rice	8 oz	Meat	Creole Meatball	4 oz
Bread	Country Soda Biscuits	2 each	Starch	Rice (included in entrée)		Starch	Buttered noodles	4 oz
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Fruit of Choice	4 oz	Dessert	Oatmeal Cookies	2 each
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Snack	Chicken Patty Sandwich	1 each	Snack	Beef Sandwich	1 each
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

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2025-2026 Dialysis Diet Menu

M. Stone, MS, RDN, LD

Day 25			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Chicken Fried Hamburger Steak	4 oz	Meat	Braised Pork Chop**	5 oz
Bread	Renal Pancakes	2 each	Starch	Rice and Renal Gravy	4 oz	Starch	Buttered Noodles	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Garlic Toast	2 slices	Bread	Sliced Bread	2 each
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Fruit of Choice	4 oz	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Chicken Fried Hamburger Steak Sandwich	1 each	Snack	Fried Egg Sandwich	2 eggs
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 26								
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Breakfast Tacos	2 each	Meat	Renal Chicken and Dumplings	8 oz	Meat	Fried Fish Patty	1 each
Bread	Flour Tortillas	in entree	Starch	Dumplings (included in entrée)		Meat	Boiled Eggs	2 each
Cereal	Dry Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Leached Mashed Potatoes	4 oz
Fruit	Fruit of Choice	8 oz	Bread	Southern Cornbread	2" x 2"	Veg	Low Potassium Vegetable of Choice	4 oz
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Bread	Sliced Bread	2 Slices
Cal Suppl	Salsa	1 Tbsp	Dessert	Cinnamon Sugar Cookies	2 each	Fat	Tartar Sauce	1 Tbsp
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Dessert	Fruit of Choice	4 oz
Dairy	Milk	8 oz	Snack	Peanut Butter and Diet Jelly Sandwich	1 oz PB	Bev	Beverage of Choice	8 oz
						Snack	Fried Fish Patty Sandwich	1 each
						Snack	Tartar Sauce/Margarine/Mayo on Sandwich	1 Tbsp

Day 27								
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fried Eggs	2 each	Meat	Chicken Patty	1 each	Meat	Beef and Noodles	8 oz
Bread	Renal Pancakes	2 each	Starch	Renal Macaroni Salad	4 oz	Starch	Noodles (included in entree)	
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	4 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Oatmeal Cookies	2 each	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Chicken Patty Sandwich	1 each	Snack	Beef Patty Sandwich	1 each
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

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Menus are planned to meet the weekly dietary requirements of offenders requiring a dialysis diet

2025-2026 Dialysis Diet Menu

M. Stone, MS, RDN, LD

Day 28			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Taco Meat + 1 Tbsp Salsa	4 oz	Meat	Breakfast Sausage Patty	2-2 oz portions
Bread	French Toast	2 each	Starch	Buttered Rice	4 oz	Starch	Hot Cereal of Choice	4 oz
Cereal	Dry Cereal of Choice	1 each	Beans	Beans	4 oz	Veg	Leached Oven Fried Potatoes	4 oz
Fruit	Fruit of Choice	8 oz	Veg	Low Potassium Vegetable of Choice	4 oz	Fruit of Choice	Fruit of Choice	4 oz
Fat	Margarine/Butter	1 Tbsp	Bread	Flour Tortillas	2 each	Bread	Toast	2 slices
Cal Suppl	Diet Syrup	1 pkt/1 oz	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Bev	Coffee	6 oz	Dessert	Fruit of Choice	4 oz	Dessert	Coffee Cake	2" x 2"
Dairy	Milk	8 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Taco Meat Sandwich	3 oz	Snack	Scrambled Egg Sandwich	4 oz eggs
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 29			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Fried Eggs	2 each	Meat	Chicken Salad	5 oz	Meat	Boudin Balls	4 oz
Bread	Country Soda Biscuits	2 each	Starch	Buttered Macaroni	4 oz	Starch	Rice and Renal Gravy	4 oz
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Fruit of Choice	4 oz	Dessert	Plain Cake	2" x 2"
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
			Snack	Chicken Salad Sandwich	3 oz	Snack	Beef Patty Sandwich	1 each
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp

Day 30			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size
Meat	Scrambled Eggs	4 oz	Meat	Beef and Rice	8 oz	Meat	Tuna Noodle Casserole	8 oz
Bread	Renal Pancakes	2 each	Starch	Rice (included in entree)		Starch	Noodles (included in entrée)	
Cereal	Dry Cereal of Choice	1 each	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz
Fruit	Fruit of Choice	8 oz	Bread	Corn Tortillas	2 each	Bread	Sliced Bread	2 Slices
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp
Cal Suppl	Diet Syrup	1 pkt/1 oz	Dessert	Apple Spice Muffin	1 each	Dessert	Fruit of Choice	4 oz
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz
Dairy	Milk	8 oz	Snack	Beef Patty Sandwich	1 each	Snack	Tuna Salad Sandwich	3 oz

Snack	Margarine/Mayo on Sandwich	1 Tbsp
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Menus are planned to meet the weekly dietary requirements of offenders requiring a dialysis diet

2025-2026 Dialysis Diet Menu

M. Stone, MS, RDN, LD

Day 31	Breakfast			Lunch			Dinner		
Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	Category	Menu Item	Serving Size	
Meat	Fiesta Eggs	4 oz	Meat	Pulled Pork**	4 oz	Meat	Grilled Garlic Beef Patty	4 oz	
Bread	Toast	2 slices	Starch	Buttered Noodles	4 oz	Starch	Noodles with renal gravy	4 oz	
Cereal	Hot Cereal of Choice	8 oz	Veg	Vegetable of Choice	8 oz	Veg	Vegetable of Choice	8 oz	
Fruit	Fruit of Choice	8 oz	Bread	Sliced Bread	2 Slices	Bread	Sliced Bread	2 Slices	
Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	Fat	Margarine/Butter	1 Tbsp	
Cal Suppl	Diet Jelly	2 Pkts	Dessert	Fruit of Choice	4 oz	Dessert	Sugar Cookies	2 each	
Bev	Coffee	6 oz	Bev	Beverage of Choice	8 oz	Bev	Beverage of Choice	8 oz	
			Snack	Fried Egg Sandwich	2 eggs	Snack	Garlic Beef Patty Sandwich	1 each	
			Snack	Margarine/Mayo on Sandwich	1 Tbsp	Snack	Margarine/Mayo on Sandwich	1 Tbsp	

Vegetable Guidelines:

Use of herbs, spices, and low-sodium seasonings are encouraged

Low potassium vegetables: green beans, green peas, whole kernel corn, vegetable blend, seasoned greens

Medium potassium vegetables: carrots, yellow squash, leached potatoes, canned sweet potatoes

-Canned beans that are drained and rinsed may be substituted for a medium potassium vegetable. When this is done, they should be paired with a low potassium vegetable

Low potassium vegetables may be served in 8 oz total portions per meal unless otherwise specified

Medium potassium vegetables should be limited to 4 oz total per meal and served with a low potassium vegetable. The medium potassium + low potassium vegetables should equal 8 oz total serving

-For example, if you served sliced carrots, 4 oz carrots could be given with 4 oz green peas

Cereal Guidelines:

Dry Cereal of Choice: toasted oats or frosted flakes are allowed. Do NOT give bran cereals.

Hot Cereal of Choice: oatmeal or buttered grits are allowed

-Dry or hot cereals may be substituted for each other in the event of supply shortages.

-Unless otherwise specified, serving sizes are as follows: 8 oz for hot cereals, 1 each/8 oz for dry cereals

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