

**Federal Bureau of Prisons
FY 2011 Certified Food Menu - Week 1**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine
Fresh Apple -Spanish Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Banana Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Chicken Wings -Sauce -Mashed Potatoes -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg. Chili -White Rice -Mixed Vegetable 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

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-Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

**Federal Bureau of Prisons
FY 2011 Certified Food Menu - Week 2**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 10 gm 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine
Fresh Apple -Cheese Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Banana Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Stuffed Cabbage -Tomato Sauce -Parsley Potatoes -Mixed vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Ckn Chow Mein w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Cutlet -Mushroom Gravy -White Rice -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

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**Federal Bureau of Prisons
FY 2011 Certified Food Menu - Week 3**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine
Fresh Apple -Spanish Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Chicken Wings -Sauce -Mashed Potatoes -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Banana Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Ckn Chow Mien w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

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