## Federal Bureau of Prisons - National Menu FY 2018

Breakfast Choices

CONTINENTAL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit						
♥Hot Grits	♥Hot Oatmeal	♥Bran Flakes	♥Hot Grits	♥Bran Flakes	♥Hot Oatmeal	♥Hot Oatmeal
♥Whole Wheat Bread	Breakfast Cake or	♥Whole Wheat Bread				
and ♥Jelly (2)	♥Whole Wheat Bread	and ♥Jelly (2)				
♥Sugar Substitute Pks	and ♥Jelly (2)	♥Sugar Substitute Pks				
♥Margarine Pat	♥Sugar Substitute Pks	♥Margarine Pat				
♥Skim Milk	♥Margarine Pat	♥Skim Milk				
Coffee	♥Skim Milk	Coffee				

Dry Cereal and Milk Substitute may be served in Special Housing Units in place of Hot Cereal and Skim Milk.

## MIXED CONTINENTAL/HOT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit
♥Hot Grits	♥Hot Oatmeal	♥Bran Flakes	♥Hot Oatmeal	♥Bran Flakes	♥Hot Oatmeal	♥Hot Oatmeal
♥Whole Wheat Bread	Cream Gravy	Breakfast Cake or	Pancakes	Breakfast Cake or	French Toast	♥Whole Wheat Bread
and ♥Jelly (2)	Oven Brown Potatoes or	♥Whole Wheat Bread	W/ Syrup or	♥Whole Wheat Bread	W/ Syrup or	and ♥Jelly (2)
♥Margarine Pat	♥Boiled Potatoes	and ♥Jelly (2)	♥Whole Wheat Bread	and ♥Jelly (2)	♥Whole Wheat Bread	♥Sugar Substitute Pks
♥Sugar Substitute Pks	Biscuits or	♥Sugar Substitute Pks	and ♥Jelly (2)	♥Sugar Substitute Pks	and ♥Jelly (2)	♥Margarine Pat
♥Skim Milk	♥Whole Wheat Bread	♥Margarine Pat	♥Sugar Substitute Pks	♥Margarine Pat	♥Sugar Substitute Pks	♥Skim Milk
Coffee	and ♥Jelly (2)	♥Skim Milk	♥Margarine Pat	♥Skim Milk	♥Margarine Pat	Coffee
	♥Sugar Substitute Pks		♥Skim Milk		♥Skim Milk	
	♥Margarine Pat					
	♥Skim Milk					

Dry Cereal and Milk Substitute may be served in Special Housing Units in place of Hot Cereal and Skim Milk.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• Fruit	♥Fruit		♥Fruit	♥Fruit	♥Fruit	♥Fruit
Bran Flakes	♥Hot Oatmeal	♥Hot Grits	♥Hot Oatmeal	♥Hot Grits	♥Hot Oatmeal	♥Bran Flakes
reakfast Cake or	Cream Gravy	French Toast	Pancakes	♥Boiled Eggs	French Toast	Breakfast Cake or
Whole Wheat Bread	Oven Brown Potatoes or	W/ Syrup or	W/ Syrup or	Hash Brown Potatoes or	W/ Syrup or	♥Whole Wheat Bread
nd ♥Jelly (2)	♥Boiled Potatoes	♥Whole Wheat Bread	♥Whole Wheat Bread	♥Boiled Potatoes	♥Whole Wheat Bread	and ♥Jelly (2)
Sugar Substitute Pks	Biscuits or	and ♥Jelly (2)	and ♥Jelly (2)	♥Whole Wheat Bread	and ♥Jelly (2)	♥Sugar Substitute Pks
Margarine Pat	♥Whole Wheat Bread	♥Sugar Substitute Pks	♥Sugar Substitute Pks	and ♥Jelly (2)	♥Sugar Substitute Pks	♥Margarine Pat
Skim Milk	and ♥Jelly (2)	♥Margarine Pat	♥Margarine Pat	♥Sugar Substitute Pks	♥Margarine Pat	♥Skim Milk
Coffee	♥Sugar Substitute Pks	♥Skim Milk	♥Skim Milk	♥Margarine Pat	♥Skim Milk	Coffee
	♥Margarine Pat			♥Skim Milk		
	♥Skim Milk					