

## Federal Bureau of Prisons - National Menu FY 2018

Week 1

### Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs #or Peanut Butter ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Beef Tacos #or Soy Tacos ♥Black Beans ♥WK Corn ♥Taco Shells (2) ♥Shredded Lettuce Shredded Cheese Salsa ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Sliced Onions ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Pinto Beans ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Macaroni Salad ♥Carrots ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs #or Peanut Butter Turkey Bacon (2) ♥Baked Tater Tots ♥Flour Tortilla (1) Salsa ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef #or Black Eyed Peas ♥Steamed Rice ♥Green Beans Brown Gravy ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Chicken-Wrap #or Three Bean Salad ♥Green Peas ♥Italian Pasta Salad ♥Lettuce/Tomato/Onion ♥Beverage	♥Meatloaf #or Soy Burger w/ Salad Dressing ♥Mashed Potatoes Tomato Gravy ♥WK Corn ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pasta ♥w/Marinara ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Shredded Cheese Salsa ♥Whole Wheat Bread ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Green Peas ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Beverage

# Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

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Week 2

## Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) #or Peanut Butter Sausage Link Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥Corn Chowder ♥Chicken Wrap or #Hummus Wrap ♥Potato Salad ♥Green Beans ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Sliced Onions ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken #or PB & Jelly Sand (2) ♥Mashed Potatoes ♥Carrots Chicken Gravy ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Garlic Macaroni ♥Green Beans Cornbread or ♥Whole Wheat Bread ♥Margarine Pat Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs #or Peanut Butter ♥Baked Tater Tots Sausage Link ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Swedish Meatballs #♥or Soy Burger ♥Egg Noodles ♥Green Beans ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥BBQ Pork #or BBQ Tofu ♥Pinto Beans ♥Coleslaw ♥WW Hamburger Bun ♥Beverage	Beef & Bean Burrito or ♥#Bean Burrito Mexican Rice or ♥Steamed Rice ♥WK Corn Salsa ♥Beverage	Cheese Pizza #♥Three Bean Salad ♥Spag w/Marinara ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Cream of Potato Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	♥Lasagna w/Meat #or Tofu Stir Fry ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Chicken Tacos #or Soy Tacos ♥Cilantro Rice ♥Pinto Beans ♥WK Corn ♥Shredded Lettuce ♥Taco Shells (2) Salsa ♥Beverage

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Week 3

## Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs #or Peanut Butter ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese Tater Tots or ♥Baked Potato ♥Sliced Onions ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	BBQ Chicken ♥or Baked Chicken #or PB & Jelly Sand (2) Macaroni & Cheese or ♥Garlic Macaroni ♥Carrots ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing Rice Pilaf or ♥Steamed Rice ♥Green Peas ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs #or Peanut Butter Turkey Bacon (2) ♥Baked Tater Tots ♥Flour Tortilla (1) Salsa ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Chicken Fried Rice #or Tofu Fried Rice ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥Chili #or Kidney Beans ♥Steamed Rice Shredded Cheese ♥WK Corn Cornbread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Green Beans ♥Whole Wheat Bread ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Shredded Cheese Salsa ♥Whole Wheat Bread ♥Beverage	♥Chicken Fajitas #or Tofu Fajitas ♥Cilantro Rice ♥Black Beans ♥WK Corn Salsa ♥Flour Tortilla (2) ♥Beverage	♥Roast Beef #or BBQ Tofu ♥Mashed Potatoes ♥Mixed Vegetables Brown Gravy ♥Whole Wheat Bread (2) ♥Margarine Pat ♥Beverage

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Week 4

### Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs #Peanut Butter Sausage Link French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	Cheese Pizza ♥#or Three Bean Salad ♥Spag w/Marinara ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese French Fries or ♥Baked Potato ♥Sliced Onions ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Carrots ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Italian Pasta Salad ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Scrambled Eggs #or Peanut Butter Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥BBQ Shred Chicken #or BBQ Tofu Tater Tots or ♥Baked Potato ♥Coleslaw ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥BBQ Pork #or BBQ Tofu ♥Steamed Rice ♥Collard Greens ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pasta ♥w/Marinara ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	Hot Dogs (2) ♥#or Kidney Beans Tater Tots or ♥Baked Potato ♥Coleslaw ♥Catsup & Mustard ♥WW Hot Dog Buns (2) ♥Beverage	Ckn Cheese Steak or ♥Chicken Salad #or Three Bean Salad ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun ♥Beverage	♥Chili Mac #or Soy Chili Mac ♥Green Beans ♥Garden Salad ♥Ital Dressing Low Cal Cornbread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage

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Week 5

## Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) #or Peanut Butter French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	Chili Cheese Fries or ♥#Three Bean Chili ♥#w/Baked Potato ♥Carrots ♥Whole Wheat Bread ♥Fruit ♥Beverage	Chicken Parmesan or ♥#or Soy Chicken Patty ♥Spag w/Marinara ♥Spinach Garlic Bread or ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Sliced Onions ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Black Beans ♥Spinach ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Garlic Macaroni ♥Collard Greens ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs #or Peanut Butter Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Beef Tacos #or Soy Tacos Mexican Rice or ♥Steamed Rice ♥Black Beans ♥WK Corn Shredded Cheese Salsa ♥Taco Shells (2) ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Beverage	Pork Italian Sausage ♥#or Kidney Beans ♥Oven Brown Potatoes ♥Diced Onions & Peprs ♥Mixed Vegetables ♥WW Hot Dog Bun ♥Beverage	♥Old Fashn Bean Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	Steak & Cheese Sub ♥#or Soy Burger w/ Salad Dressing Potato Chips or ♥Baked Potato ♥Green Beans ♥WW Hot Dog Bun ♥Margarine Pat ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Chicken Fajitas #or Tofu Fajitas ♥Cilantro Rice ♥Pinto Beans ♥WK Corn Salsa ♥Flour Tortilla (2) ♥Beverage

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