

## Federal Bureau of Prisons - National Menu Breakfast FY 2022

### CONTINENTAL

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

Dry Cereal and Milk Substitute may be served in **Satellite Feeding Situations** in place of Hot Cereal and Skim Milk.

### MIXED CONTINENTAL/HOT

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

Dry Cereal and Milk Substitute may be served in **Satellite Feeding Situations** in place of Hot Cereal and Skim Milk.

## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2022

### Week 1

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 ♥Whole Kernel Corn ♥Taco Shells (2) Shredded Cheese ♥Salsa ♥Fruit ♥Beverage	Chicken Patty Sand. or #Ckn. No Flesh Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger or #Beef No Flesh Patty French Fries or ♥Baked Potato ♥Sliced Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken or #Pinto Beans ♥Baked Sweet Potato ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand. or ♥Baked Fish or #Baked Beans ♥Macaroni Salad ♥Carrots ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs or #PB w/ WW bread ♥Baked Tater Tots ♥Flour Tortilla (1) Shredded Cheese ♥Salsa ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef or #Black Eyed Peas ♥Mashed Potatoes ♥Green Beans Brown Gravy ♥Whole Wheat Bread ♥Beverage	♥Pasta w/ Marinara and ♥Meatballs or #Soy Spaghetti Sauce ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Salisbury Steak or #Black Beans ♥Mashed Potatoes ♥Whole Kernel Corn Brown Gravy ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Shredded Cheese ♥Salsa ♥Beverage	♥Chicken Fajitas or #Tofu Fajitas ♥Cilantro Rice ♥Black Beans ♥Whole Kernel Corn ♥Salsa ♥Flour Tortilla (2) ♥Beverage	♥Chicken Fried Rice or #Tofu Fried Rice ♥Green Peas ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Tuna Salad or #Hummus Potato Chips or ♥Baked Potato ♥Lettuce Leaf ♥WW Bread (2) ♥Beverage

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

## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2022

### Week 2

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) or #Peanut Butter ♥Oven Brown Potatoes Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Chicken Tacos or #Soy Tacos ♥Cilantro Rice ♥Black Beans ♥Whole Kernel Corn ♥Taco Shells (2) ♥Salsa ♥Fruit ♥Beverage	Chicken Patty Sand. or ♥#Ckn. No Flesh Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger or #Beef No Flesh Patty French Fries or ♥Baked Potato ♥Sauteed Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥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 ♥#Black Beans ♥Garlic Macaroni ♥Green Beans Cornbread or ♥Whole Wheat Bread ♥Margarine Pat Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs or #Peanut Butter ♥Oven Brown Potatoes Pancakes W/Syrup or ♥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 ♥#Beef No Flesh Patty ♥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 ♥Cilantro Rice ♥Whole Kernel Corn ♥Salsa ♥Beverage	Cheese Pizza or ♥#Three Bean Salad ♥Green Beans ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Cream of Potato Soup Chef Salad or ♥#Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥WW Bread (2) ♥Beverage	♥Lasagna w/Meat or #Tofu Italian Pasta ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥BBQ Shredded Ckn. or #Hummus Wrap ♥Potato Salad ♥Green Beans ♥Whole Wheat Bread ♥Beverage

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## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2022

### Week 3

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 ♥Fruit ♥Beverage	Chicken Patty Sand. or ♥#Ckn. No Flesh Patty ♥Garlic Macaroni ♥Green Peas ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger or #Beef No Flesh Patty Sliced Cheese Tater Tots or ♥Baked Potato ♥Sliced Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage	BBQ Chicken or ♥Baked Chicken or #PB & Jelly Sand. (2) Macaroni & Cheese or ♥Garlic Macaroni ♥Mixed Vegetables ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand. or ♥Baked Fish or #Black Beans Rice Pilaf or ♥Steamed Rice ♥Green Peas ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs or #PB w/ WW Bread ♥Baked Tater Tots ♥Flour Tortilla (1) Shredded Cheese ♥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 ♥#Three Bean Chili ♥Steamed Rice ♥Whole Kernel Corn Cornbread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pepper Steak or ♥#Lentils ♥Steamed Rice ♥Green Beans ♥Whole Wheat Bread ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Shredded Cheese ♥Salsa ♥Beverage	♥Chicken Lo Mein or ♥#Ckn. No Flesh Patty ♥Spaghetti Pasta ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥Chicken Fajitas or ♥#Tofu Fajitas ♥Cilantro Rice ♥Black Beans ♥Whole Kernel Corn ♥Salsa ♥Flour Tortilla (2) ♥Beverage	♥Roast Beef or ♥#Lentils ♥Mashed Potatoes ♥Mixed Vegetables Brown Gravy ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage

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## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2022

### Week 4

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or #Peanut Butter ♥Oven Brown Potatoes French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	Cheese Pizza or ♥#Three Bean Salad ♥Green Beans ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	Chicken Parmesan or ♥#Ckn. No Flesh Patty Spaghetti w/ Marinara ♥Spinach Garlic Bread or ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	♥Hamburger or #Beef No Flesh Patty Sliced Cheese French Fries or ♥Baked Potato ♥Sauteed Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage	Fried Chicken or ♥Baked Chicken or #PB & Jelly Sand. (2) ♥Baked Sweet Potato ♥Garden Salad ♥Green Beans ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad or #Hummus Potato Chips or ♥Baked Potato ♥Lettuce Leaf ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Scrambled Eggs or #PB w/ WW Bread ♥Baked Tater Tots ♥Flour Tortilla (1) Shredded Cheese ♥Salsa ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥BBQ Shred Chicken or #Baked Beans ♥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 ♥Beverage	♥Pasta ♥w/ Marinara Sauce Meatballs or #Soy Spaghetti Sauce ♥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	Chicken Cheese Steak or ♥#Three Bean Salad ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun ♥Beverage	♥Chili or #Three Bean Chili ♥Steamed Rice ♥Whole Kernal Corn Cornbread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage

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## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2022

Week 5

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) or #Peanut Butter ♥Oven Brown Potatoes French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	Chili Cheese Fries or ♥#Three Bean Chili ♥Baked Potato ♥Carrots ♥Whole Wheat Bread ♥Fruit ♥Beverage	Chicken Patty Sand. or ♥#Ckn. No Flesh Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger or #Beef No Flesh Patty French Fries or ♥Baked Potato ♥Sliced Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken or #Black Beans ♥Baked Sweet Potato ♥Mixed Vegetables ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand. or ♥Baked Fish or #Baked Beans ♥Garlic Macaroni ♥Collard Greens ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs or #Peanut Butter ♥Oven Brown Potatoes Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Beef Tacos or #Soy Tacos ♥Cilantro Rice ♥Black Beans ♥Whole Kernel Corn Shredded Cheese ♥Salsa ♥Taco Shells (2) ♥Beverage	♥Chicken Fried Rice or #Tofu Fried Rice ♥Black Beans ♥Green Beans ♥Whole Wheat Bread ♥Beverage	Pork Italian Sausage or ♥#Lentils ♥Oven Brown Potatoes ♥Diced Onions & Peppers ♥Mixed Vegetables ♥WW Hot Dog Bun ♥Beverage	♥Old Fshnd. Bean Soup Chef Salad or ♥#Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	Steak & Cheese Sub or ♥#Kidney Beans Potato Chips or ♥Baked Potato ♥Green Beans ♥WW Hot Dog Bun ♥Beverage	♥Chicken Lo Mein #Ckn. No Flesh Patty ♥Spaghetti Pasta ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥Chicken Ala King or ♥#Three Bean Salad ♥Egg Noodles ♥Green Peas ♥Whole Wheat Bread ♥Beverage

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