Federal Bureau of Prisons - National Menu Breakfast FY 2022

CONTINENTAL

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	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	◆Margarine Pat	◆Margarine Pat	♥Margarine Pat	◆Margarine Pat	♥Skim Milk
Coffee	♥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	♥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		♥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 Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

Week 1

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Scrambled Eggs or	♥Beef Tacos or	Chicken Patty Sand. or	◆Hamburger or	♥Baked Chicken or	Breaded Fish Sand. or	♥Scrambled Eggs or
#Peanut Butter	#Soy Tacos	#Ckn. No Flesh Patty	#Beef No Flesh Patty	#Pinto Beans	♥Baked Fish or	#PB w/ WW bread
Oven Brown Potatoes	♥Black Beans	♥Steamed Rice	French Fries or	♥Baked Sweet Potato	#Baked Beans	♥Baked Tater Tots
Cream Gravy	♥Whole Kernel Corn	♥Pinto Beans	♥ Baked Potato	♥Green Beans	◆Macaroni Salad	♥Flour Tortilla (1)
Biscuits (2) or	♥Taco Shells (2)	♥Lettuce/Tomato	♥Sliced Onions	♥Whole Wheat Bread	♥ Carrots	Shredded Cheese
♥Whole Wheat Bread	Shredded Cheese	Salad Dressing	♥Catsup & Mustard	◆Margarine Pat	♥WW Hamburger Bun	♥Salsa
and ♥Jelly (2)	♥Salsa	♥WW Hamburger Bun	♥WW Hamburger Bun	Dessert or	Tartar Sauce	♥Fruit
♥Margarine Pat	♥Fruit	Dessert or	♥Fruit	♥Fruit	♥Fruit	♥Beverage
♥Fruit	♥Beverage	♥Fruit	♥ Beverage	♥ Beverage	♥ Beverage	
♥Beverage	1	♥Beverage			16.50	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinne
♥Roast Beef or	♥Pasta w/ Marinara and	Salisbury Steak or	♥Black Bean Soup	♥Chicken Fajitas or	♥Chicken Fried Rice or	♥Vegetable Soup
#Black Eyed Peas	♥Meatballs or	#Black Beans	●Beef Taco Salad or	#Tofu Fajitas	#Tofu Fried Rice	♥Tuna Salad or
●Mashed Potatoes	#Soy Spaghetti Sauce	◆Mashed Potatoes	#Soy Taco Salad	♥Cilantro Rice	♥Green Peas	#Hummus
♥Green Beans	♥Spinach	♥Whole Kernel Corn	Shredded Cheese	♥Black Beans	♥Whole Wheat Bread	Potato Chips or
Brown Gravy	♥Garden Salad	Brown Gravy	♥Salsa	♥Whole Kernel Corn	♥ Beverage	♥Baked Potato
♥Whole Wheat Bread	♥Ital Dressing Low Cal	♥Whole Wheat Bread	♥Beverage	♥Salsa		♥Lettuce Leaf
· Wiloic Wilcut Dicuu		♥Margarine Pat	1	♥Flour Tortilla (2)		♥WW Bread (2)
	Garlic Bread or	Viviai gaillie Fat				
	Garlic Bread or ♥Whole Wheat Bread	♥Beverage		♥Beverage		♥Beverage
♥Beverage				♥ Beverage		♥Beverage

Week 2

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) or	♥Chicken Tacos or	Chicken Patty Sand. or	♥Hamburger or	Fried Chicken or	♥Baked Fish or	♥Scrambled Eggs or
#Peanut Butter	#Soy Tacos	♥#Ckn. No Flesh Patty	#Beef No Flesh Patty	♥Baked Chicken or	♥#Black Beans	#Peanut Butter
♥Oven Brown Potatoes	♥Cilantro Rice	♥Steamed Rice	French Fries or	#PB & Jelly Sand. (2)	♥Garlic Macaroni	♥Oven Brown Potatoes
Pancakes	♥Black Beans	♥Pinto Beans	♥Baked Potato		♥Green Beans	Pancakes
W/Syrup or	♥Whole Kernel Corn	♥Lettuce/Tomato	♥Sauteed Onions	♥ Carrots	Cornbread or	W/Syrup or
♥Whole Wheat Bread	♥Taco Shells (2)	Salad Dressing	♥Catsup & Mustard	Chicken Gravy	♥Whole Wheat Bread	♥Whole Wheat Bread
and ♥Jelly (2)	♥Salsa	♥WW Hamburger Bun	♥WW Hamburger Bun	♥Whole Wheat Bread	♥Margarine Pat	and ♥Jelly (2)
♥Margarine Pat	♥Fruit	Dessert or	♥Fruit	♥Margarine Pat	Tartar Sauce	♥Margarine Pat
♥Fruit	♥ Beverage	♥Fruit	♥ Beverage	Dessert or	♥Fruit	♥Fruit
♥Beverage		♥Beverage		♥Fruit	♥Beverage	♥Beverage
				♥ Beverage		
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Swedish Meatballs or	♥BBQ Pork or	Beef & Bean Burrito or	Cheese Pizza or	♥Cream of Potato Soup	♥Lasagna w/Meat or	♥BBQ Shredded Ckn. or
♥#Beef No Flesh Patty	#BBQ Tofu	♥#Bean Burrito	♥#Three Bean Salad	Chef Salad or	#Tofu Italian Pasta	#Hummus Wrap
*#DECT NO FIGSH Fatty						
	♥Pinto Beans	♥Cilantro Rice	♥Green Beans	♥#Tofu Chef Salad	♥Garden Salad	♥Potato Salad
♥Egg Noodles	♥Pinto Beans ♥Coleslaw	◆Cilantro Rice◆Whole Kernel Corn	♥Green Beans ♥Garden Salad	♥#Tofu Chef Salad ♥Beets (Cold)	Garden Salad♥Ital Dressing Low Cal	♥Potato Salad ♥Green Beans
♥Egg Noodles ♥Green Beans	7.5 1013 0 - 1010			Contract States and St		
♥Egg Noodles ♥Green Beans ♥Garden Salad	♥ Coleslaw	♥Whole Kernel Corn	♥Garden Salad	●Beets (Cold)	♥Ital Dressing Low Cal	♥Green Beans
◆Egg Noodles ◆Green Beans ◆Garden Salad ◆Ital Dressing Low Cal ◆Whole Wheat Bread	♥Coleslaw ♥WW Hamburger Bun	♥Whole Kernel Corn ♥Salsa	♥Garden Salad ♥Ital Dressing Low Cal	♥Beets (Cold)♥Ital Dressing Low Cal	♥Ital Dressing Low Cal Garlic Bread or	♥Green Beans ♥Whole Wheat Bread

Week 3

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or	♥Vegetable Soup	Chicken Patty Sand. or	♥Hamburger or	BBQ Chicken or	Breaded Fish Sand. or	♥Scrambled Eggs or
#Peanut Butter	♥Tuna Salad or	♥#Ckn. No Flesh Patty	#Beef No Flesh Patty	◆Baked Chicken or	♥Baked Fish or	#PB w/ WW Bread
Oven Brown Potatoes	#Three Bean Salad	♥Garlic Macaroni	Sliced Cheese	#PB & Jelly Sand. (2)	#Black Beans	♥ Baked Tater Tots
Cream Gravy	♥Lettuce Leaf	♥Green Peas	Tater Tots or	Macaroni & Cheese or	Rice Pilaf or	♥Flour Tortilla (1)
Biscuits (2) or	♥Italian Pasta Salad	♥Lettuce/Tomato	♥Baked Potato	♥Garlic Macaroni	♥Steamed Rice	Shredded Cheese
♥Whole Wheat Bread	♥Whole Wheat Bread	Salad Dressing	♥Sliced Onions	♥Mixed Vegetables	♥Green Peas	♥Salsa
and ♥Jelly (2)	♥Fruit	♥WW Hamburger Bun	♥Catsup & Mustard	♥Whole Wheat Bread	♥ Coleslaw	♥Fruit
♥Margarine Pat	♥Beverage	Dessert or	♥WW Hamburger Bun	Dessert or	♥WW Hamburger Bun	♥ Beverage
♥Fruit		♥Fruit	♥Fruit	♥Fruit	Tartar Sauce	
♥Beverage		♥Beverage	♥Beverage	♥ Beverage	♥Fruit	
					♥Beverage	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Chicken Fried Rice or	♥Chili or	♥Pepper Steak or	♥Black Bean Soup	♥Chicken Lo Mein or	♥Chicken Fajitas or	♥Roast Beef or
#Tofu Fried Rice	♥#Three Bean Chili	♥#Lentils	♥Beef Taco Salad or	♥#Ckn. No Flesh Patty	♥#Tofu Fajitas	♥#Lentils
♥Black Beans	♥Steamed Rice	♥Steamed Rice	#Soy Taco Salad	♥Spaghetti Pasta	♥Cilantro Rice	◆Mashed Potatoes
♥ Carrots	♥Whole Kernel Corn	♥Green Beans	Shredded Cheese	♥ Carrots	♥Black Beans	▼Mixed Vegetables
♥Whole Wheat Bread	Cornbread or	♥Whole Wheat Bread	♥Salsa	♥Whole Wheat Bread	♥Whole Kernel Corn	Brown Gravy
* Wildle Wileat bread	and the second s	♥Beverage	♥ Beverage	♥ Beverage	♥Salsa	♥Whole Wheat Bread
♥Beverage	■Whole Wheat Bread	* Develage				
	Whole Wheat BreadMargarine Pat	Develage			♥Flour Tortilla (2)	♥Margarine Pat

Week 4

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or	Cheese Pizza or	Chicken Parmesan or	♥Hamburger or	Fried Chicken or	♥Vegetable Soup	♥Scrambled Eggs or
#Peanut Butter	♥#Three Bean Salad	♥#Ckn. No Flesh Patty	#Beef No Flesh Patty	■Baked Chicken or	♥Tuna Salad or	#PB w/ WW Bread
♥Oven Brown Potatoes	♥Green Beans	Spaghetti w/ Marinara	Sliced Cheese	#PB & Jelly Sand. (2)	#Hummus	♥Baked Tater Tots
French Toast (2)	♥Garden Salad	♥Spinach	French Fries or	♥Baked Sweet Potato	Potato Chips or	♥Flour Tortilla (1)
W/Syrup or	♥Ital Dressing Low Cal	Garlic Bread or	♥Baked Potato	♥Garden Salad	♥ Baked Potato	Shredded Cheese
♥Whole Wheat Bread	♥Fruit	♥Whole Wheat Bread	♥Sauteed Onions	♥Green Beans	♥Lettuce Leaf	♥Salsa
and ♥Jelly (2)	♥Beverage	Dessert or	♥Catsup & Mustard	♥Ital Dressing Low Cal	♥WW Hamburger Bun	♥Fruit
♥Margarine Pat	1000	♥Fruit	♥WW Hamburger Bun	♥Whole Wheat Bread	♥Fruit	♥Beverage
♥Fruit		♥Beverage	♥Fruit	◆Margarine Pat	♥Beverage	
♥ Beverage		11.5	♥Beverage	Dessert or		
				♥Fruit		
				♥Beverage		
				- Severage		
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
•	Monday Dinner ◆Chicken Fried Rice or	Tuesday Dinner ◆BBQ Pork or	Wednesday Dinner ♥Pasta		Friday Dinner Chicken Cheese Steak or	Saturday Dinner Chili or
♥BBQ Shred Chicken or				Thursday Dinner		
♥BBQ Shred Chicken or	Chicken Fried Rice or	♥BBQ Pork or	♥Pasta	Thursday Dinner Hot Dogs (2) or	Chicken Cheese Steak or	♥Chili or
♥BBQ Shred Chicken or #Baked Beans	♥Chicken Fried Rice or #Tofu Fried Rice	♥BBQ Pork or #BBQ Tofu	♥Pasta ♥w/ Marinara Sauce	Thursday Dinner Hot Dogs (2) or ♥#Kidney Beans	Chicken Cheese Steak or ♥#Three Bean Salad	♥Chili or ♥#Three Bean Chili
♥BBQ Shred Chicken or #Baked Beans ♥Baked Potato	♥Chicken Fried Rice or #Tofu Fried Rice ♥Black Beans	♥BBQ Pork or #BBQ Tofu ♥Steamed Rice	♥Pasta ♥w/ Marinara Sauce Meatballs or	Thursday Dinner Hot Dogs (2) or #Kidney Beans Tater Tots or	Chicken Cheese Steak or ##Three Bean Salad #Italian Pasta Salad	♥Chili or ♥#Three Bean Chili ♥Steamed Rice
♥BBQ Shred Chicken or #Baked Beans ♥Baked Potato ♥Coleslaw	◆Chicken Fried Rice or #Tofu Fried Rice ◆Black Beans ◆Carrots	♥BBQ Pork or #BBQ Tofu ♥Steamed Rice ♥Collard Greens	♥Pasta ♥w/ Marinara Sauce Meatballs or #Soy Spaghetti Sauce	Thursday Dinner Hot Dogs (2) or #Kidney Beans Tater Tots or #Baked Potato	Chicken Cheese Steak or #Three Bean Salad Italian Pasta Salad Carrots	♥Chili or ♥#Three Bean Chili ♥Steamed Rice ♥Whole Kernal Corn
♥BBQ Shred Chicken or #Baked Beans ♥Baked Potato ♥Coleslaw ♥WW Hamburger Bun	◆Chicken Fried Rice or #Tofu Fried Rice ◆Black Beans ◆Carrots ◆Whole Wheat Bread	♥BBQ Pork or #BBQ Tofu ♥Steamed Rice ♥Collard Greens ♥Whole Wheat Bread	♥Pasta♥w/ Marinara SauceMeatballs or#Soy Spaghetti Sauce♥Spinach	Thursday Dinner Hot Dogs (2) or #Kidney Beans Tater Tots or #Baked Potato #Coleslaw	Chicken Cheese Steak or ##Three Bean Salad Italian Pasta Salad Carrots WWW Hot Dog Bun	♥Chili or ♥#Three Bean Chili ♥Steamed Rice ♥Whole Kernal Corn Cornbread or
♥BBQ Shred Chicken or #Baked Beans ♥Baked Potato ♥Coleslaw ♥WW Hamburger Bun ♥Margarine Pat	◆Chicken Fried Rice or #Tofu Fried Rice ◆Black Beans ◆Carrots ◆Whole Wheat Bread	♥BBQ Pork or #BBQ Tofu ♥Steamed Rice ♥Collard Greens ♥Whole Wheat Bread	 ♥Pasta ♥w/ Marinara Sauce Meatballs or #Soy Spaghetti Sauce ♥Spinach ♥Garden Salad 	Thursday Dinner Hot Dogs (2) or #Kidney Beans Tater Tots or #Baked Potato #Coleslaw #Catsup & Mustard	Chicken Cheese Steak or ##Three Bean Salad Italian Pasta Salad Carrots WWW Hot Dog Bun	♥Chili or ♥#Three Bean Chili ♥Steamed Rice ♥Whole Kernal Corn Cornbread or ♥Whole Wheat Bread
♥BBQ Shred Chicken or #Baked Beans ♥Baked Potato ♥Coleslaw ♥WW Hamburger Bun ♥Margarine Pat	◆Chicken Fried Rice or #Tofu Fried Rice ◆Black Beans ◆Carrots ◆Whole Wheat Bread	♥BBQ Pork or #BBQ Tofu ♥Steamed Rice ♥Collard Greens ♥Whole Wheat Bread	 ♥Pasta ♥w/ Marinara Sauce Meatballs or #Soy Spaghetti Sauce ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal 	Thursday Dinner Hot Dogs (2) or #Kidney Beans Tater Tots or Baked Potato Coleslaw Catsup & Mustard WWW Hot Dog Buns (2)	Chicken Cheese Steak or ##Three Bean Salad Italian Pasta Salad Carrots WWW Hot Dog Bun	♥Chili or ♥#Three Bean Chili ♥Steamed Rice ♥Whole Kernal Corn Cornbread or ♥Whole Wheat Bread ♥Margarine Pat

Week 5

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) or	Chili Cheese Fries or	Chicken Patty Sand. or	♥Hamburger or	♥Baked Chicken or	Breaded Fish Sand. or	♥Scrambled Eggs or
#Peanut Butter	♥#Three Bean Chili	♥#Ckn. No Flesh Patty	#Beef No Flesh Patty	#Black Beans	♥Baked Fish or	#Peanut Butter
♥Oven Brown Potatoes	♥ Baked Potato	♥Steamed Rice	French Fries or	♥Baked Sweet Potato	#Baked Beans	♥Oven Brown Potatoes
French Toast (2)	♥ Carrots	♥Pinto Beans	♥Baked Potato		♥Garlic Macaroni	Pancakes
W/Syrup or	♥Whole Wheat Bread	♥ Lettuce/Tomato	♥Sliced Onions	♥Whole Wheat Bread	♥Collard Greens	W/Syrup or
♥Whole Wheat Bread	♥Fruit	Salad Dressing	♥Catsup & Mustard	Margarine Pat	♥ Coleslaw	♥Whole Wheat Bread
and ♥Jelly (2)	♥ Beverage	♥WW Hamburger Bun	♥WW Hamburger Bun	Dessert or	♥WW Hamburger Bun	and ♥Jelly (2)
♥Margarine Pat	1	Dessert or	♥ Fruit	♥Fruit	Tartar Sauce	◆Margarine Pat
♥Fruit		♥Fruit	♥ Beverage	♥ Beverage	♥Fruit	♥Fruit
♥Beverage		♥Beverage			♥Beverage	♥ Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Beef Tacos or	♥Chicken Fried Rice or	Pork Italian Sausage or	♥Old Fshnd. Bean Soup	Steak & Cheese Sub or	♥Chicken Lo Mein	♥Chicken Ala King or
#Soy Tacos	#Tofu Fried Rice	♥#Lentils	Chef Salad or	♥#Kidney Beans	#Ckn. No Flesh Patty	♥#Three Bean Salad
	1010-101-40-40-01-00-01-00-01-00-01-00-01-01-01-01-01	Mary Mary Mary	The second secon			The state of the s
♥Cilantro Rice	♥Black Beans	♥Oven Brown Potatoes	♥#Tofu Chef Salad	Potato Chips or	♥Spaghetti Pasta	♥Egg Noodles
♥Cilantro Rice ♥Black Beans	♥Black Beans ♥Green Beans	◆Oven Brown Potatoes ◆Diced Onions & Peppers	The second of the second	Potato Chips or ●Baked Potato	♥Spaghetti Pasta ♥Carrots	◆Egg Noodles◆Green Peas
	S Chalery Many Man		The second of the second			
♥Black Beans ♥Whole Kernel Corn	♥Green Beans	◆Diced Onions & Peppers◆Mixed Vegetables	♥Beets (Cold)	♥Baked Potato ♥Green Beans	♥Carrots ♥Whole Wheat Bread	♥Green Peas ♥Whole Wheat Bread
♥Black Beans	●Green Beans ●Whole Wheat Bread	◆Diced Onions & Peppers◆Mixed Vegetables◆WW Hot Dog Bun	♥Beets (Cold)♥Ital Dressing Low Cal♥Whole Wheat Bread (2)	♥Baked Potato ♥Green Beans	♥ Carrots	♥Green Peas
♥Black Beans ♥Whole Kernel Corn Shredded Cheese	●Green Beans ●Whole Wheat Bread	◆Diced Onions & Peppers◆Mixed Vegetables	◆Beets (Cold)◆Ital Dressing Low Cal	♥Baked Potato ♥Green Beans ♥WW Hot Dog Bun	♥Carrots ♥Whole Wheat Bread	♥Green Peas ♥Whole Wheat Bread