Federal Bureau of Prisons - National Menu Breakfast FY 2024

CONTINENTAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥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						
♥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	♥Whole Wheat Bread	W/ Syrup or	♥Whole Wheat Bread	W/ Syrup or	and ♥Jelly (2)
◆Margarine Pat	Biscuits or	and ♥Jelly (2)	♥Whole Wheat Bread	and ♥Jelly (2)	♥Whole Wheat Bread	♥Sugar Substitute Pks
♥Sugar Substitute Pks	♥Whole Wheat Bread	♥Sugar Substitute Pks	and ♥Jelly (2)	♥Sugar Substitute Pks	and ♥Jelly (2)	◆Margarine Pat
♥Skim Milk	and ♥Jelly (2)	♥Margarine Pat	♥Sugar Substitute Pks	♥Margarine Pat	♥Sugar Substitute Pks	♥Skim Milk
Coffee	♥Sugar Substitute Pks	♥Skim Milk	◆Margarine Pat	♥Skim Milk	♥Margarine Pat	Coffee
	♥Skim Milk		♥Skim Milk		♥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	Southwest Chkn Wrap or	Chicken Patty Sand. or	♥Hamburger or	♥Baked Chicken or	♥Baked Fish or	♥Beef Tacos or
#Peanut Butter	◆ Chicken & Veggies or	♥#Ckn. No Flesh Patty	# Black Bean Burger	#Pinto Beans	#Baked Beans	#Black Beans
♥Oven Brown Potatoes	#Southwest Tofu Wrap	♥Steamed Rice	French Fries or	♥Baked Sweet Potato	Macaroni & Cheese or	♥Cilantro Rice
Cream Gravy	♥Cole Slaw	♥Pinto Beans	♥Baked Potato	♥Green Beans	♥Garlic Macaroni	♥Whole Kernel Corn
Biscuits (2) or	♥Pinto Beans	◆Lettuce/Tomato	W/Margarine Pat	♥Whole Wheat Bread	♥ Carrots	♥Taco Shells (2)
♥Whole Wheat Bread	♥Fruit	Mayonnaise	◆Lettuce/Tomato	■Margarine Pat	♥Whole Wheat Bread	Shredded Cheese
and ♥Jelly (2)	♥Beverage	♥WW Hamburger Bun	♥Sliced Onions	♥Fruit	Tartar Sauce	♥Salsa
♥Fruit		♥Fruit	◆Catsup & Mustard	or Dessert	♥Fruit	♥Fruit
♥Beverage		or Dessert	♥WW Hamburger Bun	♥Beverage	♥Beverage	♥ Beverage
		♥ Beverage	♥Fruit			
			♥Beverage			
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef or	♥Turkey Roast	♥Salisbury Steak or	♥Black Bean Soup	♥Chicken Fajita or	♥Pasta	♥Vegetable Soup
#Black Eyed Peas	#or Navy Beans	#Black Eyed Peas	♥Beef Taco Salad or	#Tofu Fajita	♥w/ Marinara Sauce	♥Chicken Salad or
	♥Steamed Rice	Mashed Potatoes	#Soy Taco Salad	♥Cilantro Rice		#Hummus
♥Green Beans	♥Green Peas	Brown Gravy	Shredded Cheese	♥Black Beans	#Soy Spaghetti Sauce	Potato Chips or
Brown Gravy	Brown Gravy	♥Whole Kernel Corn	♥Salsa	♥Whole Kernel Corn	♥Spinach	♥Baked Potato
♥Whole Wheat Bread	♥Whole Wheat Bread	♥Whole Wheat Bread	♥ Beverage	♥Salsa	♥Garden Salad	W/Margarine Pat
♥Beverage	♥Beverage	◆Margarine Pat		♥Beverage	♥Dressing, Assorted	♥Lettuce Leaf
		♥Beverage			Garlic Bread or	♥Whole Wheat Bread
					♥Whole Wheat Bread	♥Beverage
					♥Beverage	

Week 2

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or	♥Chicken Tacos or	Chicken Patty Sand. or	♥Hamburger or	Fried Chicken or	Breaded Fish Sand. or	♥Scrambled Eggs or
#Peanut Butter	#or Chickpea Tacos	♥#Ckn. No Flesh Patty	# Black Bean Burger	◆Baked Chicken or	◆Baked Fish or	#Peanut Butter
♥Oven Brown Potatoes	♥Cilantro Rice	♥Steamed Rice	French Fries or	#PB & Jelly Sand. (2)	#Hummus	♥Oven Brown Potatoes
Pancakes	♥Black Beans	♥Pinto Beans	♥Baked Potato	■Mashed Potatoes	♥Cilantro Rice	Cream Gravy
W/Syrup or	♥Whole Kernel Corn	♥Lettuce/Tomato	W/Margarine Pat	♥ Carrots	♥Pinto Beans	Biscuits (2) or
♥Whole Wheat Bread	♥Taco Shells (2)	Mayonnaise	◆Lettuce/Tomato	Chicken Gravy	♥WW Hamburger Bun	♥Whole Wheat Bread
and ♥Jelly (2)	♥Salsa	♥WW Hamburger Bun	♥Sliced Onions	♥Whole Wheat Bread	Tartar Sauce	and ♥Jelly (2)
■Margarine Pat	♥Fruit	♥Fruit	Catsup & Mustard	♥Margarine Pat	♥Fruit	♥Fruit
♥Fruit	♥ Beverage	or Dessert	♥WW Hamburger Bun	♥Fruit	♥ Beverage	♥ Beverage
♥ Beverage		♥ Beverage	♥Fruit	or Dessert		
			♥Beverage	♥ Beverage		
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
◆Chicken Alfredo	♥BBQ Pork or	Swedish Meatballs or	Cheese Pizza	♥Cream of Potato Soup	Lasagna w/Meat	♥Chicken Breast Sandwich
#or Tofu & Vegetables	#BBQ Tofu	♥# Black Bean Burger	♥#or Navy Beans	Chef Salad or	#or ♥Pasta Fazool	#or Hummus Wrap
♥Spaghetti Pasta	♥Pinto Beans	♥Egg Noodles	♥Pasta w/ Marinara	♥#Tofu Chef Salad	♥Garden Salad	♥Potato Salad
♥Green Peas	♥ Coleslaw	♥Green Beans	♥Garden Salad	♥Beets (Cold)	◆Dressing, Assorted	♥Green Beans
♥Whole Wheat Bread	●Baked Sweet Potato	♥Garden Salad	◆Dressing, Assorted	◆Dressing, Assorted	Garlic Bread or	♥Lettuce/Tomato
♥Beverage	♥Margarine Pat	♥Dressing, Assorted	♥Beverage	♥WW Bread (2)	♥Whole Wheat Bread	Mayonnaise
	♥WW Hamburger Bun	♥Whole Wheat Bread		♥ Beverage	♥ Beverage	♥WW Hamburger Bun
	♥ Beverage	♥ Beverage				♥ Beverage

Week 3

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or	♥Chicken Fajita or	Chicken Patty Sand. or	♥Hamburger or	BBQ Chicken or	♥Baked Fish or	♥Sloppy Joe or
#Peanut Butter	#Tofu Fajita	♥#Ckn. No Flesh Patty	# Black Bean Burger	◆Baked Chicken or	#Black Beans	#PB & Jelly Sand. (2)
♥Oven Brown Potatoes	♥Cilantro Rice	♥Garlic Macaroni	Sliced Cheese	#PB & Jelly Sand. (2)	♥Rice Pilaf	♥Oven Brown Potatoes
Pancakes	♥Black Beans	♥Green Peas	French Fries or	Macaroni & Cheese or	♥Spinach	♥ Carrots
W/Syrup or	♥Whole Kernel Corn	◆Lettuce/Tomato	♥Baked Potato	♥Garlic Macaroni	♥ Coleslaw	♥WW Hamburger Bun
♥Whole Wheat Bread	♥Salsa	Mayonnaise	W/Margarine Pat	Mixed Vegetables	♥Whole Wheat Bread	♥Fruit
and ♥Jelly (2)	♥Fruit	♥WW Hamburger Bun	◆Lettuce/Tomato	♥Whole Wheat Bread	Tartar Sauce	♥Beverage
◆Margarine Pat	♥ Beverage	♥Fruit	♥Sliced Onions	♥Fruit	♥Fruit	
♥Fruit		or Dessert	◆Catsup & Mustard	or Dessert	♥Beverage	
♥ Beverage		♥Beverage	♥WW Hamburger Bun	♥Beverage		
			♥Fruit			
			♥Beverage			
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Turkey Roast	♥Chili or	♥Pepper Steak or	♥Hot Grits	♥Chicken & Veggies	♥Black Bean Soup	♥Roast Beef or
#or Navy Beans	#Three Bean Chili	#Lentils	♥Scrambled Eggs or	#or Ckn. No Flesh Patty	♥Beef Taco Salad or	#Lentils
■Mashed Potatoes	♥Steamed Rice	♥Steamed Rice	#Peanut Butter	♥Steamed Rice	#Soy Taco Salad	
Brown Gravy	Mixed Vegetables Mixed	♥Green Beans	♥Oven Brown Potatoes	♥Green Peas	Shredded Cheese	Mixed Vegetables
♥ Carrots	Cornbread or	♥Whole Wheat Bread	Cream Gravy	♥Whole Wheat Bread	♥Salsa	Brown Gravy
♥Whole Wheat Bread	♥Whole Wheat Bread	♥Beverage	Biscuits (2) or	♥Beverage	♥ Beverage	♥Whole Wheat Bread
♥Beverage	♥Margarine Pat		♥Whole Wheat Bread			♥Margarine Pat
100000000000000000000000000000000000000	♥Beverage		and ♥Jelly (2)			♥Beverage
			♥ Beverage			
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Week 4

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or	Cheese Pizza	Chicken Parmesan or	♥Hamburger or	Fried Chicken or	Breaded Fish Sand. or	♥Scrambled Eggs or
#Peanut Butter	♥#or Navy Beans	♥#Ckn. No Flesh Patty	# Black Bean Burger	♥Baked Chicken or	♥Baked Fish or	#Peanut Butter
♥Oven Brown Potatoes	♥Italian Pasta Salad	♥Pasta w/ Marinara	Sliced Cheese	#PB & Jelly Sand. (2)	#Hummus	♥Oven Brown Potatoes
French Toast (2)	♥Green Beans	♥Spinach	French Fries or	●Baked Sweet Potato	♥Cilantro Rice	Pancakes
W/Syrup or	●Garden Salad	Garlic Bread or	♥Baked Potato	♥Green Beans	♥Pinto Beans	W/Syrup or
♥Whole Wheat Bread	◆Dressing, Assorted	♥Whole Wheat Bread	W/Margarine Pat	♥Garden Salad	♥WW Hamburger Bun	♥Whole Wheat Bread
and ♥Jelly (2)	♥Fruit	♥Fruit	◆Lettuce/Tomato	◆Dressing, Assorted	Tartar Sauce	and ♥Jelly (2)
◆Margarine Pat	♥Beverage	or Dessert	♥Sliced Onions	♥Whole Wheat Bread	♥Fruit	♥Margarine Pat
♥Fruit	F 4	♥Beverage	Catsup & Mustard	♥Margarine Pat	♥Beverage	♥Fruit
♥Beverage			♥WW Hamburger Bun	♥Fruit		♥Beverage
			♥Fruit	or Dessert		
			♥Beverage	♥Beverage		
				,		
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥BBQ Shred Chicken or	♥Chicken Fried Rice or	♥BBQ Pork or	♥Pasta	Hot Dogs (2) or	♥Chicken Cheese Steak	Meatloaf or
#Baked Beans	#Tofu Fried Rice	#BBQ Tofu	♥w/ Marinara Sauce	♥#Kidney Beans	#or Navy Beans	#Three Bean Chili
♥Baked Potato	♥Black Beans	♥Steamed Rice	Meatballs or	♥Oven Brown Potatoes	♥Italian Pasta Salad	♥Steamed Rice
♥ Coleslaw	♥ Carrots	♥Collard Greens	#Soy Spaghetti Sauce	♥ Coleslaw	♥ Carrots	♥Whole Kernal Corn
♥WW Hamburger Bun	♥Whole Wheat Bread	♥Whole Wheat Bread	♥Spinach	♥Catsup & Mustard	♥WW Hot Dog Bun	♥Whole Wheat Bread
♥Margarine Pat	♥ Beverage	♥ Beverage	♥Garden Salad	♥WW Hot Dog Buns (2)	♥Beverage	♥Margarine Pat
♥ Beverage			♥Dressing, Assorted	♥Beverage		♥Beverage
			Garlic Bread or			
			♥Whole Wheat Bread			
			♥ Beverage			

Week 5

		Week 5			
Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Chili Cheese Fries or	Chicken Patty Sand. or	◆Hamburger or	♥Baked Chicken or	♥Baked Fish or	Beef Nachos or
♥#Three Bean Chili	♥#Ckn. No Flesh Patty	# Black Bean Burger	#Black Beans	#Baked Beans	♥#Three Bean Chili
♥W/Baked Potato	♥Steamed Rice	French Fries or	♥Baked Sweet Potato	♥Garlic Macaroni	♥Whole Kernel Corn
♥ Carrots	♥Pinto Beans	♥Baked Potato	Mixed Vegetables	♥Collard Greens	♥Pinto Beans
♥Whole Wheat Bread	♥Lettuce/Tomato	W/Margarine Pat	♥Whole Wheat Bread	♥ Coleslaw	♥Salsa
♥Fruit	Mayonnaise	♥Lettuce/Tomato	♥Margarine Pat	♥Whole Wheat Bread	♥Fruit
♥Beverage	♥WW Hamburger Bun	♥Sliced Onions	♥Fruit	Tartar Sauce	♥ Beverage
	♥Fruit	Catsup & Mustard	or Dessert	♥Fruit	
	or Dessert	♥WW Hamburger Bun	♥Beverage	♥Beverage	
	♥ Beverage	♥Fruit			
		♥Beverage			
Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Pepper Steak or	Pork Italian Sausage or	♥Old Fshnd. Bean Soup	Steak & Cheese Sub or	♥Baked Ziti & Beef or	♥Chicken Cheese Steak
#Lentils	♥#Lentils	Chef Salad or	♥#Kidney Beans	#Soy Baked Ziti	#or Navy Beans
♥Steamed Rice	♥Oven Brown Potatoes	♥#Tofu Chef Salad	Potato Chips or	♥Green Beans	♥Italian Pasta Salad
♥Green Beans	♥Diced Onions & Peppers	♥Beets (Cold)	♥Baked Potato	♥Garden Salad	♥ Carrots
♥Whole Wheat Bread	■Mixed Vegetables	◆Dressing, Assorted	W/Margarine Pat	◆Dressing, Assorted	♥WW Hot Dog Bun
♥Beverage	♥WW Hot Dog Bun	♥Whole Wheat Bread (2)	♥Green Beans	♥Whole Wheat Bread	♥ Beverage
	♥ Beverage	♥ Beverage	♥WW Hot Dog Bun	♥ Beverage	
			♥ Beverage		
	Chili Cheese Fries or ##Three Bean Chili W/Baked Potato Carrots Whole Wheat Bread Fruit Beverage Monday Dinner Pepper Steak or #Lentils Steamed Rice Green Beans Whole Wheat Bread	Chili Cheese Fries or #Three Bean Chili W/Ckn. No Flesh Patty W/Baked Potato Carrots Whole Wheat Bread Fruit Beverage Monday Dinner Pepper Steak or #Lentils Steamed Rice Woven Brown Potatoes Winited Washers Word of the stead o	Monday Lunch Chili Cheese Fries or ♥#Three Bean Chili ♥W/Baked Potato ♥Carrots ♥Whole Wheat Bread ♥Fruit or Dessert ♥Beverage Monday Dinner ▼Pepper Steak or #Lentils ♥Green Beans ♥Whole Wheat Bread ♥Green Beans ♥Diced Onions & Peppers ♥Whole Wheat Bread ♥Diced Onions & Peppers ♥Winted Wegetables ♥ With Winted Wheat Bread ♥ With Winted Wegetables ♥ With Winted Wegetables ♥ With Winted Wheat Bread With Winted Wheat Bread With Winted Wheat Bread ♥ With Winted Wegetables ♥ With Winted Wenead (2) Whole Wheat Bread ♥ With Winted Wegetables ♥ With Winted Wegetables ♥ With Winted Wegetables ♥ Winted Wegetables	Monday Lunch Tuesday Lunch Chili Cheese Fries or □#Three Bean Chili □#Ckn. No Flesh Patty □Steamed Rice □Pinto Beans □Whole Wheat Bread □Fruit □F	Monday Lunch Tuesday Lunch Wednesday Lunch Thursday Lunch Friday Lunch Chili Cheese Fries or Chicken Patty Sand. or ♥Hamburger or ♥Baked Chicken or ♥Baked Fish or ♥#Three Bean Chili ♥#Ckn. No Flesh Patty #Black Bean Burger #Black Beans #Baked Beans ♥W/Baked Potato ♥Steamed Rice French Fries or ₱Baked Sweet Potato ♥Collard Greens ♥Whole Wheat Bread ♥Lettuce/Tomato W/Margarine Pat ♥Whole Wheat Bread ♥Colslaw ♥Fruit Mayonnaise ♥Lettuce/Tomato WArgarine Pat ♥Whole Wheat Bread ♥Coleslaw ♥Fruit ♥Catsup & Mustard or Dessert ♥Fruit Tartar Sauce ♥Fruit ♥Catsup & Mustard or Dessert ♥Fruit ▼Beverage ♥Fruit ♥Beverage ♥Beverage ♥Beverage Monday Dinner Tuesday Dinner Wednesday Dinner Thursday Dinner Friday Dinner ▼Pepper Steak or Pork Italian Sausage or ♥Old Fshnd. Bean Soup Steak & Cheese Sub or ♥Baked Ziti & Beef or ₹Hentlis ♥#Lentlis ♥#Tofu Ch