

Federal Bureau of Prisons - National Menu Breakfast FY 2024

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 Biscuits or ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥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 2024

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) ♥Fruit ♥Beverage	Southwest Chkn Wrap or ♥ Chicken & Veggies or #Southwest Tofu Wrap ♥Cole Slaw ♥Pinto Beans ♥Fruit ♥Beverage	Chicken Patty Sand. or ♥#Ckn. No Flesh Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Mayonnaise ♥WW Hamburger Bun ♥Fruit or Dessert ♥Beverage	♥Hamburger or # Black Bean Burger French Fries or ♥Baked Potato W/Margarine Pat ♥Lettuce/Tomato ♥Sliced Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken or #Pinto Beans ♥Baked Sweet Potato ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat ♥Fruit or Dessert ♥Beverage	♥Baked Fish or #Baked Beans Macaroni & Cheese or ♥Garlic Macaroni ♥Carrots ♥Whole Wheat Bread Tartar Sauce ♥Fruit ♥Beverage	♥Beef Tacos or #Black Beans ♥Cilantro Rice ♥Whole Kernel Corn ♥Taco Shells (2) 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	♥Turkey Roast #or Navy Beans ♥Steamed Rice ♥Green Peas Brown Gravy ♥Whole Wheat Bread ♥Beverage	♥Salisbury Steak or #Black Eyed Peas ♥Mashed Potatoes Brown Gravy ♥Whole Kernel Corn ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Shredded Cheese ♥Salsa ♥Beverage	♥Chicken Fajita or #Tofu Fajita ♥Cilantro Rice ♥Black Beans ♥Whole Kernel Corn ♥Salsa ♥Beverage	♥Pasta ♥w/ Marinara Sauce ♥Meatballs or #Soy Spaghetti Sauce ♥Spinach ♥Garden Salad ♥Dressing, Assorted Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Chicken Salad or #Hummus Potato Chips or ♥Baked Potato W/Margarine Pat ♥Lettuce Leaf ♥Whole Wheat Bread ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2024

Week 2

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or #Peanut Butter ♥Oven Brown Potatoes Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Chicken Tacos or #or Chickpea 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 Mayonnaise ♥WW Hamburger Bun ♥Fruit or Dessert ♥Beverage	♥Hamburger or # Black Bean Burger French Fries or ♥Baked Potato W/Margarine Pat ♥Lettuce/Tomato ♥Sliced 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 ♥Fruit or Dessert ♥Beverage	Breaded Fish Sand. or ♥Baked Fish or #Hummus ♥Cilantro Rice ♥Pinto Beans ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs or #Peanut Butter ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Chicken Alfredo #or Tofu & Vegetables ♥Spaghetti Pasta ♥Green Peas ♥Whole Wheat Bread ♥Beverage	♥BBQ Pork or #BBQ Tofu ♥Pinto Beans ♥Coleslaw ♥Baked Sweet Potato ♥Margarine Pat ♥WW Hamburger Bun ♥Beverage	Swedish Meatballs or ♥# Black Bean Burger ♥Egg Noodles ♥Green Beans ♥Garden Salad ♥Dressing, Assorted ♥Whole Wheat Bread ♥Beverage	Cheese Pizza ♥#or Navy Beans ♥Pasta w/ Marinara ♥Garden Salad ♥Dressing, Assorted ♥Beverage	♥Cream of Potato Soup Chef Salad or ♥#Tofu Chef Salad ♥Beets (Cold) ♥Dressing, Assorted ♥WW Bread (2) ♥Beverage	Lasagna w/Meat #or ♥Pasta Fazool ♥Garden Salad ♥Dressing, Assorted Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Chicken Breast Sandwich #or Hummus Wrap ♥Potato Salad ♥Green Beans ♥Lettuce/Tomato Mayonnaise ♥WW Hamburger Bun ♥Beverage

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Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2024

Week 3

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

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2024

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 Navy Beans ♥Italian Pasta Salad ♥Green Beans ♥Garden Salad ♥Dressing, Assorted ♥Fruit ♥Beverage	Chicken Parmesan or ♥#Ckn. No Flesh Patty ♥Pasta w/ Marinara ♥Spinach Garlic Bread or ♥Whole Wheat Bread ♥Fruit or Dessert ♥Beverage	♥Hamburger or # Black Bean Burger Sliced Cheese French Fries or ♥Baked Potato W/Margarine Pat ♥Lettuce/Tomato ♥Sliced Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage	Fried Chicken or ♥Baked Chicken or #PB & Jelly Sand. (2) ♥Baked Sweet Potato ♥Green Beans ♥Garden Salad ♥Dressing, Assorted ♥Whole Wheat Bread ♥Margarine Pat ♥Fruit or Dessert ♥Beverage	Breaded Fish Sand. or ♥Baked Fish or #Hummus ♥Cilantro Rice ♥Pinto Beans ♥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
♥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 ♥Dressing, Assorted Garlic Bread or ♥Whole Wheat Bread ♥Beverage	Hot Dogs (2) or ♥#Kidney Beans ♥Oven Brown Potatoes ♥Coleslaw ♥Catsup & Mustard ♥WW Hot Dog Buns (2) ♥Beverage	♥Chicken Cheese Steak #or Navy Beans ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun ♥Beverage	♥Meatloaf or #Three Bean Chili ♥Steamed Rice ♥Whole Kernal Corn ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage

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Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2024

Week 5

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	Chili Cheese Fries or ♥#Three Bean Chili ♥W/Baked Potato ♥Carrots ♥Whole Wheat Bread ♥Fruit ♥Beverage	Chicken Patty Sand. or ♥#Ckn. No Flesh Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Mayonnaise ♥WW Hamburger Bun ♥Fruit or Dessert ♥Beverage	♥Hamburger or # Black Bean Burger French Fries or ♥Baked Potato W/Margarine Pat ♥Lettuce/Tomato ♥Sliced Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken or #Black Beans ♥Baked Sweet Potato ♥Mixed Vegetables ♥Whole Wheat Bread ♥Margarine Pat ♥Fruit or Dessert ♥Beverage	♥Baked Fish or #Baked Beans ♥Garlic Macaroni ♥Collard Greens ♥Coleslaw ♥Whole Wheat Bread Tartar Sauce ♥Fruit ♥Beverage	Beef Nachos or ♥#Three Bean Chili ♥Whole Kernel Corn ♥Pinto Beans ♥Salsa ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Beef Tacos or #or Chickpea Tacos ♥Cilantro Rice ♥Black Beans ♥Whole Kernel Corn Shredded Cheese ♥Salsa ♥Taco Shells (2) ♥Beverage	♥Pepper Steak or #Lentils ♥Steamed Rice ♥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) ♥Dressing, Assorted ♥Whole Wheat Bread (2) ♥Beverage	Steak & Cheese Sub or ♥#Kidney Beans Potato Chips or ♥Baked Potato W/Margarine Pat ♥Green Beans ♥WW Hot Dog Bun ♥Beverage	♥Baked Ziti & Beef or #Soy Baked Ziti ♥Green Beans ♥Garden Salad ♥Dressing, Assorted ♥Whole Wheat Bread ♥Beverage	♥Chicken Cheese Steak #or Navy Beans ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.