

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - CONTINENTAL BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - CONTINENTAL AND HOT BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL PANCAKES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL CREAMED BEEF HOME FRED POTATO BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS FRENCH TOAST W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - HOT BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL PANCAKES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS CREAMED BEEF HOME FRED POTATO BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL FRENCH TOAST W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL SCRAMBLED EGGS HASH BROWN POTATO WHITE BREAD ^WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS WAFFLES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 1
 UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA SPANISH OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR HH BOILED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	FRIED FISH FILET ^OR HH BKD FISH #OR PEANUT BTR AND JELLY (2) MACARONI & CHEESE ^OR BAKED POT ^CARROTS CORNBREAD ^OR WHEAT BREAD ^MARGARINE ^TARTAR SAUCE DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE FAJITA SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN REFRIED BEANS ^OR PINTO BEANS ^SALSA ^FLOUR TORTILLA ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH CHICKEN #OR COTTAGE CHEES ^STEAMED RICE ^COLLARD GREENS ^PINTO BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND POTATO SALAD ^OR BAKED POT ^NAVY BEANS ^LETTUCE ^TOMATO&ONION SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY W/SAUCE ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CHICKEN LO MEIN ^OR HH LO MEIN #OR SOY LO MEIN W/LO MEIN NOODLES ^OR HH NOODLES ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHILI DOGS ^OR HH CHILI #OR COTTAGE CHEES ^BAKED POT ^GREEN BEANS ^PINTO BEANS CATSUP&MUSTARD HOT DOG BUN ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	LASAGNE ^OR SPAGHETTI W/HH MEATSAUCE #OR SOY LASAGNE ^GREEN BEANS GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	*PORK ADOBO ^*OR HH PRK ADOBO #OR PEANUT BUTTER AND JELLY (2) ^STEAMED RICE ^KIDNEY BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POT BROWN GRAVY ^STEWED TOMATOES WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	^ZESTY BEAN SOUP TUNA SALAD SAND ^OR HH TUNA SLD #OR BLD EGGS (2) #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POT ^CARROT SALAD ^LETTUCE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	ROAST TURKEY ^OR HH ROAST TRKY #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POTATO ^PEAS AND CARROTS CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 2
 UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR HH OVN BR POT ^AND WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	BEEF TACOS ^OR HH BF TACOS #OR SOY TACOS REFRIED BEANS ^OR PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SHREDDED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	^SPAGHETTI W/MARINARA SAUCE ^OR HH MARINARA S CHEESE PIZZA ^OR WHEAT BREAD ^NAVY BEANS ^SPINACH ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	FRIED CHICKEN ^OR BAKED CHICKEN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POT ^STEWED TOMATOES CHICKEN GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	^OLD FSH BEAN SOU GRILLHAM&CHEES(2) ^OR BOILED EGGS 2 ^W/WHEAT BREAD ^& SALAD DRESS #OR CHEESE SAND 2 #W/SALAD DRESSING POTATO SALAD ^OR BAKED POT ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	PORK BBQ ^OR HH ROAST PORK #OR PEANUT BUTTER AND JELLY (2) MACARONI SALAD ^OR HH MAC SALAD ^PINTO BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^OR HH CKN & RICE #OR SOY CKN &RICE ^SIMMERED CABBAGE ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	POLISH SAUSAGE #^OR SOY BURGER #W/SALAD DRESSING AU GRATIN POTATO ^OR BAKED POT SAUERKRAUT ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN CHOW MEIN ^OR HH CHOW MEIN #OR COTTAGE CHEES FRIED RICE ^OR STEAMED RICE ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHILI MAC ^OR HH CHILI MAC #OR SOY CHILI MAC GRILL CHEESE SAND ^OR CHEESE SAND ^PEAS ^NAVY BEANS ^MARGARINE ^BEVERAGE	BEEF&BEAN BURRITO ^OR HH BURRITO #OR BEAN BURRITO ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	CREOLE FISH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POT ^GREEN BEANS ^COLESLAW ^TARTAR SAUCE CORNBREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	ROAST TURKEY ^OR HH ROAST TRKY #OR COTTAGE CHEES ^BKD SWEET POTATO ^SPINACH ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 3
 UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA CHEESE OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHILI CON CARNE ^OR HH CHILI #OR SOY CHILI ^STEAMED RICE ^WH KERNEL CORN CORNBREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	^OLD FSH BEAN SOU TUNA SALAD ^OR HH TUNA SALAD #OR BOLD EGGS #W/SALAD DRESSING POTATO SALAD ^OR BAKED POT ^GREEN BEANS ^WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BBQ CHICKEN ^OR HH CHICKEN #OR COTTAGE CHE POTATO SALAD ^OR HH POTA SALAD ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POT ^COLLARD GREENS ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND POTATO SALAD ^OR BAKED POT ^NAVY BEANS ^LETTUCE ^TOMATO&ONION SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
BEEF ENCH CASSERO ^OR HH ENCH CASS #OR CHEESE ENCH ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^MIXED VEG ^SALSA ^MARGARINE PAT ^BEVERAGE	TURKEY POT PIE ^OR HH TRKY & NDL #OR PEANUT BUTTER AND JELLY (2) ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN STIR FRY ^OR HH STIR FRY #OR COTTAGE CHE ^STEAMED RICE ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	ROAST BEEF ^OR HH ROAST BEEF #OR PEANUT BUTTER AND JELLY (2) OVEN BRO POTATO ^OR BAKED POT BROWN GRAVY ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BAKED ZITI ^OR HH BAKED ZITI #OR SOY BKED ZITI ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN FRY STEAK ^OR HH BF PATTY #OR SOY BURGER MASHED POTATOES ^OR BAKED POT ^GREEN PEAS CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF TACOS ^OR HH BF TACOS #OR SOY TACOS REFRIED BEANS ^OR PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^CHOPPED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 4

UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR BAKED POT ^AND WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE FAJITA SPANISH RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^WH KERNEL CORN ^SALSA ^FLOUR TORTILLA ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND POTATO SALAD ^OR HH POTA SALAD ^NAVY BEANS ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH CHICKEN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POT CHICKEN GRAVY ^COLLARD GREENS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BEEF&BEAN BURRITO ^OR HH BURRITO #OR BEAN BURRITO ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	OPEN TURKEY SANDW ^OR HH ROAST TRKY #OR CHEESE SANDW #W/SALAD DRESSING MASHED POTATOES ^OR BAKED POTATO ^MIXED VEGETBLES CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD DESSERT ^OR FRESH APPLE ^MARGARINE PAT ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^OR HH CKN & RICE #OR SOY CKN &RICE ^CARROTS ^NAVY BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR SOY BURGER #W/SALAD DRESSING MASHED POTATOES ^OR HH MASH POT BROWN GRAVY ^SPINACH WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHILI DOGS ^OR HH CHILI #OR COTTAGE CHE POTATO CHIPS ^OR BAKED POT ^COLESLAW CATSUP&MUSTARD HOT DOG BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY M/SAUCE ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^MINESTRONE SOUP SUB SANDWICH #OR CHEESE SAND ^OR BOILED EGGS 2 POTATO CHIPS ^OR BAKED POT ^CARROTS ^LETTUCE ^SALAD DRESSING ^MUSTARD HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CREOLE FISH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BKD SWEET POT ^GREEN PEAS ^TARTAR SAUCE CORNBREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF STEW ^OR HH BEEF STEW #OR PEANUT BUTTER AND JELLY (2) ^EGG NOODLES ^GREEN BEANS ^PINTO BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE

