

Breakfast Choices

Federal Bureau of Prisons - National Menu FY 2017

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 Grits 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 may be served in Satellite Serving Areas in place of Hot Cereal

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 may be served in Satellite Serving Areas in place of Hot Cereal

HOT

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

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal

Departamento Federal de Prisiones - Menu Nacional FY2017 - Desayuno

Septiembre 2016

Continental						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita	♥Fruita	♥Fruita	♥Fruita	♥Fruita	♥Fruita	♥Fruita
♥Granos (Grits) Calientes	♥Avena Caliente	♥Cereal Seco	♥Granos (Grits) Calientes	♥Cereal Seco	♥Avena Caliente	♥Avena Caliente
♥Pan de Trigo	Pastel de Desayuno	Pastel de Desayuno	Pastel de Desayuno	Pastel de Desayuno	Pastel de Desayuno	♥Pan de Trigo
♥Mermelada (2)	♥o Pan de Trigo	♥o Pan de Trigo	♥o Pan de Trigo	♥o Pan de Trigo	♥o Pan de Trigo	♥Mermelada (2)
♥Endulzador Artificial	♥Mermelada (2)	♥Mermelada (2)	♥Mermelada (2)	♥Mermelada (2)	♥Mermelada (2)	♥Endulzador Artificial
♥Margarina Porcion	♥Endulzador Artificial	♥Endulzador Artificial	♥Endulzador Artificial	♥Endulzador Artificial	♥Endulzador Artificial	♥Margarina Porcion
♥Leche Descremada	♥Margarina Porcion	♥Margarina Porcion	♥Margarina Porcion	♥Margarina Porcion	♥Margarina Porcion	♥Leche Descremada
Café	♥Leche Descremada	♥Leche Descremada	♥Leche Descremada	♥Leche Descremada	♥Leche Descremada	Café

Cereal seco puede ser servido en las areas de servicio por satellite en lugar de cereals calientes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita	♥Fruita	♥Fruita	♥Fruita	♥Fruita	♥Fruita	♥Fruita
♥Granos (Grits) Calientes	♥Avena Caliente	♥Cereal Seco	♥Avena Caliente	♥Cereal Seco	♥Avena Caliente	♥Avena Caliente
♥Pan de Trigo	Carne en Crema	Pastel de Desayuno	Panqueques	Pastel de Desayuno	Francesas w/Almibar	Pastel de Desayuno
♥Mermelada (2)	♥Papas Doradas	♥o Pan de Trigo	W/ Almibar	♥o Pan de Trigo	♥o Pan de Trigo	♥o Pan de Trigo
♥Endulzador Artificial	o Papas Hervidas	♥Mermelada (2)	♥o Pan de Trigo	♥Mermelada (2)	♥Mermelada (2)	♥Mermelada (2)
♥Margarina Porcion	Panecillo	♥Endulzador Artificial	♥Mermelada (2)	♥Endulzador Artificial	♥Endulzador Artificial	♥Endulzador Artificial
♥Leche Descremada	♥o Pan de Trigo	♥Margarina Porcion	♥Endulzador Artificial	♥Margarina Porcion	♥Margarina Porcion	♥Margarina Porcion
Café	♥Mermelada (2)	♥Leche Descremada	♥Margarina Porcion	♥Leche Descremada	♥Leche Descremada	♥Leche Descremada
	♥Endulzador Artificial		♥Leche Descremada			Café
	♥Margarina Porcion					
	♥Leche Descremada					

Cereal seco puede ser servido en las areas de servicio por satellite en lugar de cereals calientes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita	♥Fruita	♥Fruita	♥Fruita	♥Fruita	♥Fruita	♥Fruita
♥Cereal Seco	♥Avena Caliente	♥Granos (Grits) Calientes	♥Avena Caliente	♥Granos (Grits) Calientes	♥Avena Caliente	♥Cereal Seco
Pastel de Desayuno	Carne en Crema	Francesas w/Almibar	Panqueques	Huevos Revueltos	Francesas w/Almibar	Pastel de Desayuno
♥o Pan de Trigo	♥Papas Doradas	♥o Pan de Trigo	W/ Almibar	Papa Rallada Frita	♥o Pan de Trigo	♥o Pan de Trigo
♥Mermelada (2)	o Papas Hervidas	♥Mermelada (2)	♥o Pan de Trigo	o Papas Hervidas	♥Mermelada (2)	♥Mermelada (2)
♥Endulzador Artificial	Panecillo	♥Endulzador Artificial	♥Mermelada (2)	♥Pan de Trigo	♥Endulzador Artificial	♥Endulzador Artificial
♥Margarina Porcion	♥o Pan de Trigo	♥Margarina Porcion	♥Endulzador Artificial	♥Mermelada (2)	♥Margarina Porcion	♥Margarina Porcion
♥Leche Descremada	♥Mermelada (2)	♥Leche Descremada	♥Margarina Porcion	♥Endulzador Artificial	♥Leche Descremada	♥Leche Descremada
Café	♥Endulzador Artificial		♥Leche Descremada	♥Margarina Porcion		Café
	♥Margarina Porcion			♥Leche Descremada		
	♥Leche Descremada					

Cereal seco puede ser servido en las areas de servicio por satellite en lugar de cereals calientes

Federal Bureau of Prisons - National Menu FY 2017

Week 1

Lunch & Dinner

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 ♥WK Corn ♥Taco Shells (2) ♥Shredded Lettuce Shredded Cheese Salsa ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Pinto Beans ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Macaroni Salad ♥Green Peas ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Turkey Burger #or Soy Burger Tater Tots or ♥Baked Potato ♥Coleslaw ♥Catsup & Mustard ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef #or Black Eyed Peas ♥Steamed Rice ♥Green Beans Brown Gravy ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Chicken Salad Wrap #or Hummus Wrap ♥Green Peas ♥Italian Pasta Salad ♥Lettuce/Tomato/Onion ♥Beverage	♥Meatloaf #or Soy Burger w/ Salad Dressing ♥Mashed Potatoes Tomato Gravy ♥WK Corn ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Spinach Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Steamed Broccoli ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Shredded Cheese Salsa ♥Whole Wheat Bread ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2017

Week 2

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) #or Peanut Butter Sausage Link Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥Cream of Broccoli Soup ♥Chicken Wrap or #Hummus Wrap ♥Potato Salad ♥Green Beans ♥Fruit ♥Beverage	Cheese Pizza #♥Three Bean Salad ♥Spag w/Marinara ♥Garden Salad ♥Ital Dressing Low Cal Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥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 Soy Burger w/ Salad Dressing ♥Garlic Macaroni ♥Green Beans Cornbread or ♥Whole Wheat Bread ♥Margarine Pat Tartar Sauce ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe Tater Tots or ♥Baked Potato ♥Green Peas ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Swedish Meatballs #♥or Soy Burger ♥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 Mexican Rice or ♥Steamed Rice ♥WK Corn Salsa ♥Beverage	♥Old Fashn Bean Soup Deli Sandwich ♥#or Hummus Wrap ♥Potato Salad ♥Lettuce/Tomato ♥Mustard Salad Dressing ♥WW Hamburger Bun ♥Beverage	♥Cream of Potato Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	♥Lasagna w/Meat #or Tofu Stir Fry ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Chicken Tacos #or Soy Tacos ♥Cilantro Rice ♥Pinto Beans ♥WK Corn ♥Shredded Lettuce ♥Taco Shells (2) Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2017

Week 3

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Plain Omelet #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 (2) ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese Turkey Bacon (2) Tater Tots or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	BBQ Chicken ♥or Baked Chicken #or PB & Jelly Sand (2) Macaroni & Cheese or ♥Garlic Macaroni ♥Carrots ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing Rice Pilaf or ♥Steamed Rice ♥Green Peas ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	Ckn Cheese Steak or ♥Chicken Salad #or Three Bean Salad ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Chicken Lo Mein #or Tofu Lo Mein ♥Spaghetti ♥Steamed Broccoli ♥Whole Wheat Bread ♥Beverage	♥Chili #or Kidney Beans ♥Steamed Rice Shredded Cheese ♥WK Corn Cornbread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Green Beans ♥Whole Wheat Bread ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Roast Beef #or BBQ Tofu ♥Mashed Potatoes ♥Mixed Vegetables Brown Gravy ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Chicken Fajitas #or Tofu Fajitas ♥Cilantro Rice ♥Black Beans ♥WK Corn Salsa ♥Flour Tortilla (2) ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Shredded Cheese Salsa ♥Whole Wheat Bread ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2017

Week 4

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs #Peanut Butter Sausage Link French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	Cheese Pizza ♥#or Three Bean Salad ♥Spag w/Marinara ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese Turkey Bacon (2) French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Carrots ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Italian Pasta Salad ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Lentil Vegetable Soup Deli Sandwich ♥# or Hummus Wrap ♥Potato Salad ♥Lettuce/Tomato ♥WW Hamburger Bun Salad Dressing Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Sloppy Joe #or Soy Sloppy Joe Tater Tots or ♥Baked Potato ♥Green Beans ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥Pork Roast #or Kidney Beans ♥Steamed Rice ♥Collard Greens ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Scrambled Eggs #or Peanut Butter Pancakes W/Syrup or ♥Whole Wheat Bread (2) and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Beverage	♥Turkey Burger #or Soy Burger Sliced Cheese Potato Chips or ♥Baked Potato ♥Lettuce/Tomato ♥Lentils ♥Catsup & Mustard Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	Hot Dogs (2) ♥#or Soy Hot Dog Tater Tots or ♥Baked Potato ♥Coleslaw ♥Catsup & Mustard ♥WW Hot Dog Buns (2) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2017

Week 5

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) #or Peanut Butter French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	Chili Cheese Fries or ♥#Soy Chili ♥#w/Baked Potato ♥Carrots ♥Whole Wheat Bread ♥Fruit ♥Beverage	Chicken Parmesan or ♥#or Soy Chicken Patty ♥Spag w/Marinara ♥Spinach Garlic Bread or ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Black Beans ♥Spinach ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Garlic Macaroni ♥Collard Greens ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe Tater Tots or ♥Baked Potato ♥Green Peas ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Beef Tacos #or Soy Tacos Mexican Rice or ♥Steamed Rice ♥Black Beans ♥WK Corn Shredded Cheese Salsa ♥Taco Shells (2) ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Steamed Broccoli ♥Whole Wheat Bread ♥Beverage	Pork Italian Sausage ♥#or Soy Hot Dog ♥Oven Brown Potatoes ♥Diced Onions & Peprs ♥Mixed Vegetables ♥WW Hot Dog Bun ♥Beverage	♥Old Fashn Bean Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	Steak & Cheese Sub ♥#or Soy Burger w/ Salad Dressing Potato Chips or ♥Baked Potato ♥Green Beans ♥WW Hot Dog Bun ♥Margarine Pat ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Chicken Fajitas #or Tofu Fajitas ♥Cilantro Rice ♥Pinto Beans ♥WK Corn Salsa ♥Flour Tortilla (2) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Departamento Federal de Prisiones - Menu Nacional Ano Fiscal 2017

Semana Numero 1

Actualizado Septiembre 2016

Almuerzo & Cena

Domingo Almuerzo	Lunes Almuerzo	Martes Almuerzo	Miercoles Almuerzo	Jueves Almuerzo	Viernes Almuerzo	Sabado Almuerzo
♥ Huevos Revueltos #Mantequilla de Mani ♥Papas Doradas Salsa de crema Panecillo (2) ♥o Pan de Trigo ♥Margarina ♥Mermelada (2) ♥Fruita ♥Bebida	♥Tacos con Carne #o Tacos con Soya ♥Frijoles Negras ♥ Maiz en Grano Salsa ♥Tortilla para Tacos (2) ♥Lechuga Queso rallado ♥Fruita ♥Bebida	Hamburguesa de Pollo ♥#Emparedado de soja ♥Ensalada de Papas ♥ Habichuelas Pintas ♥Lechuga/Tomate Aderezo para Ensalada WW pan de hamburguesa Postre ♥o Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW pan de hamburguesa ♥Fruita ♥Bebida	♥ Pollo al Horno #o Mantequilla de Mani y Mermelada (2) ♥ Batata/Camote Horneada ♥Habichuelas Pintas ♥Habichuelas Verdes ♥Pan de Trigo ♥Margarina Postre ♥o Fruita ♥Bebida	Emparedado de Pescado ♥o Pescado Horneado #o Hamburguesa de Soya w/Aderezo para Ensalada ♥Ensalada Macarrones ♥Chicharos Verdes ♥WW pan de hamburguesa Salsa Tatará ♥Fruita ♥Bebida	♥Hamburguesa de Pavo #o Hamburguesa de Soya Croqueticas de papas ♥o Papa Horneada ♥ Ensalada de col Ketchup & Mostaza ♥WW pan de hamburguesa ♥Margarina Postre ♥o Fruita ♥Bebida
Cena	Cena	Cena	Cena	Cena	Cena	Cena
♥Carne Asada #Guisantes ojo negro ♥Arroz al Vapor ♥Habichuelas Verdes Salsa Marron ♥Pan de Trigo ♥Bebida	♥ Sopa de Vegetales Ensalada de Pollo #o Puré de garbanzos ♥Ensalada Pasta Italiana ♥Chicharos Verdes ♥Lechuga/Tomate/Cebolla ♥Bebida	♥Pastel de Carne #o Hamburguesa de Soya w/ Aderezo para Ensalada ♥o Pure de Papas ♥Grano de Maiz Salsa de Tomate ♥Pan de Trigo ♥Margarina ♥Bebida	♥Spaguetti y ♥Salsa de Carne #o Soya Salsa Marinara ♥Espinaca Pan de Ajo ♥o Pan De Trigo ♥Bebida	♥Sopa de Vegetales ♥ Ensalada de Atun #Ensalada tres habichuelas Hoja de Lechuga ♥Ensalada Pasta Italiana ♥ Pan de Trigo (2) ♥Bebida	Arroz Frito con Pollo #o Arroz Frito con Tofu ♥Brócoli al vapor ♥Pan de Trigo ♥Margarina ♥Bebida	♥Sopa de Frijoles Negras ♥Ensalada Taco Carne #Ensalada Taco Soya Queso rallado ♥Salsa Tomate ♥Pan de Trigo ♥Bebida

*Indica Puerco, # Indica Sin Carne

Departamento Federal de Prisiones - Menu Nacional Ano Fiscal 2017

Semana Numero 2

Actualizado Septiembre 2016

Almuerzo & Cena

Domingo Almuerzo	Lunes Almuerzo	Martes Almuerzo	Miercoles Almuerzo	Jueves Almuerzo	Viernes Almuerzo	Sabado Almuerzo
♥ Huevos Hervidos (2) #Mantequilla de Mani Salchicha Panqueques con Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Fruita ♥Bebida	♥Crema de Brócoli ♥ Burros de Pollo ♥#Burros de Garbanzo Ensalada de Papas ♥Habichuelas Verdes ♥Fruita ♥Bebida	Pizza de Queso #Ensalada tres habichuelas ♥ Spaguetti y Marinara ♥Ensalada de Jardín ♥ Aderezo Italiana dieta Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Papitas Fritas (Bolsa) ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW pan de hamburguesa ♥Fruita ♥Bebida	Pollo Frito ♥o Pollo al Horno ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥ Puree de Papas ♥ Zanahorias Salsa de Pollo ♥Pan de Trigo (2) ♥Margarina Postre o ♥Fruita ♥Bebida	♥ Pescado al Horno #o Hamburguesa de Soya w/ Aderezo para Ensalada ♥ Macarrones y Ajo ♥ Habichuelas Verdes Pan de Maiz ♥o Pan de Trigo ♥Margarina Salsa Tartara ♥Fruita ♥Bebida	♥Sloppy Joe #or Soja Sloppy Joe Croqueticas de Papas ♥o Papa Horneada ♥ Chicharos ♥WW pan de hamburguesa ♥Margarina Postre o ♥Fruita ♥Bebida
Cena	Cena	Cena	Cena	Cena	Cena	Cena
Albóndigas suecas #♥ o Hamburguesa de Soya ♥Fideos de huevo ♥Ensalada de Jardín ♥Habichuelas Verdes w/Aderezo para Ensalada ♥Pan de Trigo ♥Bebida	♥*Cerdo a la Barbacoa #Tofu barbacoa ♥ Habichuelas Pintas Ensalada de col ♥WW pan de hamburguesa ♥Bebida	Burrito Habichuela y Carne ♥# Burrito Habichuelas Arroz Mejicano ♥ o Arroz al Vapor ♥ Maiz en Grano Salsa ♥Bebida	♥Sopa de Frijoles Emparedado Submarino ♥#o Hummus (garbanzos) ♥Ensalada de Papas ♥Lechuga/Tomate Mostaza Aderezo para Ensalada ♥WW pan de hamburguesa ♥Bebida	♥Sopa de Papas con crema Ensalada del Chef ♥Lechuga/Tomate ♥Pepino/Pimiento Verde ♥3 Oz Carne #o 3 Oz Soya ♥1 Oz Queso ♥1 Huevo Hervido w/Aderezo para Ensalada ♥ Remolacha ♥Pan de Trigo ♥Bebida	♥Lasaña de carne #Tofu salteado ♥Ensalada de Jardin Aderezo para Ensalada Pan de ajo ♥o Pan de Trigo ♥Bebida	♥Tacos con Pollo #o Tacos con Soya Arroz Con Cilantro ♥ Habichuelas Pintas ♥ Maiz en Granos ♥Lechuga Rallada Tacos conchas (2) Salsa ♥Bebida

*Indica Puerco, # Indica Sin Carne

Departamento Federal de Prisiones - Menu Nacional Ano Fiscal 2017

Semana Numero 3

Actualizado Septiembre 2016

Almuerzo & Cena

Domingo Almuerzo	Lunes Almuerzo	Martes Almuerzo	Miercoles Almuerzo	Jueves Almuerzo	Viernes Almuerzo	Sabado Almuerzo
♥Tortilla de Huevo #Mantequilla de Mani ♥ Papas Doradas Salsa de crema Panecillo (2) ♥ o Pan de Trigo ♥y Mermelada (2) ♥Margarina ♥Fruita ♥Bebida	♥Sopa de Vegetales ♥ Ensalada de Atun #Ensalada tres habichuelas Hoja de Lechuga ♥Ensalada Pasta Italiana ♥ Pan de Trigo (2) ♥Fruita ♥Bebida	Hamburguesa de Pollo #o Hamburguesa de Soya ♥ Ensalada de Papa ♥ Habichuelas Pintas ♥Lechuga/Tomate #w/Aderezo para Ensalada ♥WW Pan de Hamburguesa Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Bacon de Pavo (2) Croqueticas de Papas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW pan de hamburguesa ♥Fruita ♥Bebida	Pollo a la Barbacoa ♥ o Pollo al Horno ♥# Mantequilla de Mani Y (2) Mermelada (2) Macarrones con queso o ♥ Macarrones y Ajo ♥ Zanahorias ♥Pan de Trigo Postre o ♥Fruita ♥Bebida	Emparedado de Pescado ♥o Pescado Horneado #o Hamburguesa de Soya w/Aderezo para Ensalada Arroz Pilaf ♥ Arroz al Vapor ♥ Chicharos Verdes ♥ Ensalada de Repollo ♥WW pan de hamburguesa ♥o Pan de Trigo (2) Salsa Tatara ♥Fruita ♥Bebida	Pollo con Queso ♥ Ensalada de Pollo #Ensalada tres habichuelas ♥Ensalada Pasta Italiana ♥ Zanahorias ♥WW Pan Perro Caliente Postre o ♥Fruita ♥Bebida
Cena	Cena	Cena	Cena	Cena	Cena	Cena
♥ Pollo Lo Mein #Tofu Lo Mein ♥ Spaguetti ♥Brócoli al vapor ♥Pan de Trigo ♥Bebida	♥Chili #Frijoles rojos ♥Arroz al Vapor Queso rallado ♥Maiz en Grano Pan de Maiz ♥ o Pan de Trigo ♥Margarina ♥Bebida	Carne pimienta salteado #Tofu salteado ♥Arroz al Vapor ♥Habichuelas Verdes ♥Pan de Trigo ♥Bebida	Ziti al Horno ♥o Ziti & Carne #o Ziti con Soya ♥Espinaca ♥Ensalada Verde #W/Aderezo Dieta ♥ Pan de Trigo ♥Bebida	Carne Asada #Tofu Barbacoa Pure de Papas ♥ Vegetales Mixtos Salsa Marron ♥Pan de Trigo ♥Margarina ♥Bebida	♥Fajitas de Pollo #Fajitas de Tofu ♥Arroz con cilantro Frijoles Negros ♥Maiz en Grano Salsa ♥Tortilla de Harina (2) ♥Bebida	♥Sopa de Frijoles Negras ♥ Ensalada Taco Carne ♥ Ensalada Taco Tofu Queso rallado Salsa Tomate ♥Pan de Trigo ♥Bebida

*Indica Puerco, # Indica Sin Carne

Departamento Federal de Prisiones - Menu Nacional Ano Fiscal 2017

Semana Numero 4

Actualizado Septiembre 2016

Almuerzo & Cena

Domingo Almuerzo	Lunes Almuerzo	Martes Almuerzo	Miercoles Almuerzo	Jueves Almuerzo	Viernes Almuerzo	Sabado Almuerzo
♥Huevos Revueltos #Mantequilla de Mani Salchicha Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Fruita ♥Bebida	Pizza de Queso #♥Ensalada tres habichuelas ♥ Spaguetti y Marinara ♥Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Fruita ♥Bebida	Hamburguesa de Pollo ♥# o Hamburguesa de Soya ♥ Ensalada de Papas ♥ Habichuelas Pintas ♥Lechuga/Tomate #w/Aderezo para Ensalada WW Pan de Hamburguesa Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Bacon de Pavo (2) Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW pan de hamburguesa ♥Margarina ♥Fruita ♥Bebida	Pollo Frito ♥o Pollo al Horno ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥ Batata/Camote Horneada ♥ Zanahorias ♥Ensalada de Jardin Aderezo dieta ♥Pan de Trigo (2) ♥Margarina Postre o ♥Fruita ♥Bebida	♥Sopa de Vegetales ♥ Ensalada de Atun #Ensalada tres habichuelas Hoja de Lechuga ♥Ensalada Pasta Italiana ♥WW pan de hamburguesa ♥Fruita ♥Bebida	♥Sopa de Lentejas Emparedado Submarino ♥#o Hummus (garbanzos) Ensalada de Papa ♥Lechuga/Tomate ♥WW pan de hamburguesa Aderezo para Ensalada Postre o ♥Fruita ♥Bebida
Cena	Cena	Cena	Cena	Cena	Cena	Cena
♥Sloppy Joe #or Soja Sloppy Joe Croquetas de Papas ♥o Papa Horneada ♥Habichuelas Verdes ♥WW pan de hamburguesa ♥Margarina ♥Bebida	♥Arroz Frito con Pollo #o Arroz Frito con Tofu ♥ Frijoles Negros ♥ Zanahorias ♥o Pan de Trigo ♥Bebida	♥*Cerdo Asado #Frijoles rojos ♥Arroz al Vapor ♥Verduras ♥Pan de Trigo ♥Margarina ♥Bebida	♥ Spaguetti y ♥ Salsa De Carne #o soya w/marinara ♥Espinaca ♥ Ensalada de Jardin ♥ Aderezo Italiana dieta Pan de Ajo ♥ o Pan de Trigo ♥Bebida	♥Huevos Revueltos #Mantequilla de Mani Panqueques con Almibar ♥o Pan de Trigo (2) ♥y Mantequilla de Mani con Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Bebida	♥Hamburguesa de Pavo #o Hamburguesa de Soya Queso (1 Pedazo) Papitas Fritas (Bolsa) ♥o Papa Horneada ♥Lechuga/Tomate ♥Lentejas Ketchup & Mostaza WW pan de hamburguesa ♥Margarina ♥Bebida	Perros Caliente (2) ♥#Perros Caliente de Soya Croqueticas de papas ♥ o Papa Horneada ♥ Ensalada de col Ketchup & Mostaza WW Pan de Perro Caliente (2) ♥Bebida

*Indica Puerco, # Indica Sin Carne

Departamento Federal de Prisiones - Menu Nacional Ano Fiscal 2017

Semana Numero 5

Actualizado Septiembre 2016

Almuerzo & Cena

Domingo Almuerzo	Lunes Almuerzo	Martes Almuerzo	Miercoles Almuerzo	Jueves Almuerzo	Viernes Almuerzo	Sabado Almuerzo
♥ Huevos Hervidos (2) #Mantequilla de Mani Francesas (2) w/Almibar ♥ o Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Fruita ♥Bebida	Papas Fritas con Chili y Queso ♥# o Chili de Soya ♥# W/Papa Horneada ♥ Zanahorias ♥Pan de Trigo ♥Fruita ♥Bebida	Pollo a la Parmesana ♥#Emparedado de soja ♥ Spaguetti W/Salsa Marinara ♥Espinaca Pan de Ajo ♥ o Pan de Trigo Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW pan de hamburguesa ♥Fruita ♥Bebida	♥ Pollo al Horno ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥Camote al horno ♥Frijoles Negras ♥Espinaca ♥ Pan de Trigo ♥Margarina Postre o ♥Fruita ♥Bebida	Emparedado de Pescado ♥o Pescado Horneado #o Hamburguesa de Soya w/ Aderezo para Ensalada ♥ Macarrones y Ajo ♥ Verduras ♥ Ensalada de col ♥WW pan de hamburguesa Salsa Tatar ♥Fruita ♥Bebida	♥Sloppy Joe #or Soja Sloppy Joe Croquetas de Papas ♥o Papa Horneada ♥ Chicharos ♥WW pan de hamburguesa ♥o Pan de Trigo (2) ♥Margarina Postre o ♥Fruita ♥Bebida
Cena	Cena	Cena	Cena	Cena	Cena	Cena
♥Tacos de carne #o Tacos de Soya Arroz Mexicano ♥o Arroz al Vapor ♥Frijoles negros ♥Grano de Maiz Queso rallado Salsa ♥Tortilla para Tacos (2) ♥Bebida	Carne pimienta salteado #Tofu salteado ♥Arroz al Vapor ♥Brócoli al vapor ♥Pan de Trigo ♥Bebida	♥*Salchicha Italiana #Perros Caliente de Soya ♥ Papas Doradas ♥ Cebolla y Pimientos ♥Vegetales Mixtos WW Pan de Perro Caliente ♥Margarina ♥Bebida	♥Sopa de Frijoles Ensalada del Chef ♥Lechuga/Tomate ♥Pepino/Pimiento Verde ♥3 Oz Pavo #o 3 Oz Soya ♥1 Oz Queso ♥1 Huevo Hervido w/Aderezo Italiana dieta ♥ Remolacha ♥Pan de Trigo (2) ♥Bebida	Emparedado de Bistec y Queso ♥#o Hamburguesa de Soja #W/Aderezo para Ensalada Papitas Fritas (Bolsa) ♥o Papa Horneada ♥Habichuelas Verdes WW Pan de Perro Caliente ♥Margarina ♥Bebida	Ziti al Horno ♥o Ziti & Carne #o Ziti con Soya ♥Espinaca ♥Ensalada Verde #W/Aderezo Dieta ♥ Pan de Trigo ♥Bebida	♥Fajitas de Pollo #Fajitas de Tofu ♥Arroz Con Cilantro ♥Habichuelas Pintas ♥Grano de Maiz Salsa ♥Tortilla de Harina (2) ♥Bebida

*Indica Puerco, # Indica Sin Carne

Federal Bureau of Prisons - National Womens Menu FY 2017

Week 1						
Breakfast						
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 ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Hot Grits ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Bran Flakes ♥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
Lunch						
♥Scrambled Eggs #or Peanut Butter ♥Oven Brown Potatoes ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Womens Beef Taco #or Soy Tacos ♥WK Corn Shredded Cheese ♥Shredded Lettuce ♥Taco Shell (1) Salsa ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Pinto Beans ♥Green Beans Dessert or ♥Fruit ♥Beverage	Breaded Fish Sandwich or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Macaroni Salad ♥Green Peas ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Turkey Burger #or Soy Burger Tater Tots or ♥Baked Potato ♥Coleslaw ♥Catsup & Mustard ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Dinner						
♥Roast Beef #or Black Eyed Peas ♥Steamed Rice ♥Green Beans ♥Beverage	♥Vegetable Soup ♥Chicken Salad Wrap #or Hummus Wrap ♥Green Peas ♥Italian Pasta Salad ♥Lettuce/Tomato/Onion ♥Beverage	♥Meatloaf #or Soy Burger w/ Salad Dressing ♥Mashed Potatoes Tomato Gravy ♥WK Corn ♥Margarine Pat ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Spinach Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Beverage	♥Chicken Fried Rice # or Tofu Fried Rice ♥Steamed Broccoli ♥Whole Wheat Bread ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Shredded Cheese Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Womens Menu FY 2017

Week 2						
Breakfast						
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 ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Hot Grits ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Bran Flakes ♥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
Lunch						
♥Boiled Eggs (2) #or Peanut Butter Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥Cream of Broccoli Soup ♥Chicken Wrap or #Hummus Wrap ♥Potato Salad ♥Green Beans ♥Fruit ♥Beverage	Cheese Pizza ♥#or Three Bean Salad ♥Garden Salad ♥Ital Dressing Low Cal Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken #or PB & Jelly Sand (1) ♥Mashed Potatoes ♥Carrots Chicken Gravy ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger ♥Garlic Macaroni ♥Green Beans Tartar Sauce ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Baked Potato ♥Green Peas ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Dinner						
Swedish Meatballs ♥#or Soy Burger ♥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 ♥Steamed Rice ♥WK Corn Salsa ♥Beverage	♥Old Fashn Bean Soup Deli Sandwich ♥#or Hummus Wrap ♥Potato Salad ♥Lettuce/Tomato ♥Mustard Salad Dressing ♥WW Hamburger Bun ♥Beverage	♥Cream of Potato Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Lasagna w/Meat #or Tofu Stir Fry ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Womens Chicken Taco #or Soy Taco ♥Cilantro Rice ♥Pinto Beans ♥Shredded Lettuce ♥Taco Shell (1) Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Womens Menu FY 2017

Week 3						
Breakfast						
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 ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Hot Grits ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Bran Flakes ♥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
Lunch						
♥Plain Omelet #or Peanut Butter ♥Oven Brown Potatoes ♥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 (2) ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Turkey Bacon (2) Tater Tots or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	BBQ Chicken ♥or Baked Chicken #or PB & Jelly Sand (1) ♥Garlic Macaroni ♥Carrots Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Steamed Rice ♥Green Peas ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Chicken Salad #or Three Bean Salad ♥Italian Pasta Salad ♥Carrots ♥Whole Wheat Bread (2) Dessert or ♥Fruit ♥Beverage
Dinner						
♥Chicken Lo Mein #or Tofu Lo Mein ♥Spaghetti ♥Steamed Broccoli ♥Whole Wheat Bread ♥Beverage	♥Chili #or Kidney Beans ♥Steamed Rice Shredded Cheese Cornbread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Green Beans ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Roast Beef #or BBQ Tofu ♥Mashed Potatoes ♥Mixed Vegetables ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Womens Chkn Fajita #or Tofu Fajitas ♥Black Beans ♥WK Corn Salsa ♥Flour Tortilla (1) ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Shredded Cheese Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Womens Menu FY 2017

Week 4						
Breakfast						
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 ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Hot Grits ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Bran Flakes ♥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
Lunch						
♥Scrambled Eggs #or Peanut Butter French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	Cheese Pizza ♥#or Three Bean Salad ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Turkey Bacon (2) French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Baked Sweet Potato ♥Carrots ♥Garden Salad ♥Ital Dressing Low Cal Dessert or ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Italian Pasta Salad ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Lentil Vegetable Soup Deli Sandwich ♥# or Hummus Wrap ♥Potato Salad ♥Lettuce/Tomato ♥WW Hamburger Bun Salad Dressing Dessert or ♥Fruit ♥Beverage
Dinner						
♥Sloppy Joe #or Soy Sloppy Joe Tater Tots or ♥Baked Potato ♥Green Beans ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Black Beans ♥Carrots ♥Beverage	♥Pork Roast #or Kidney Beans ♥Steamed Rice ♥Collard Greens ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Scrambled Eggs #or Peanut Butter Pancakes W/Syrup or ♥Whole Wheat Bread (2) and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Beverage	♥Turkey Burger #or Soy Burger Potato Chips or ♥Baked Potato ♥Lettuce/Tomato ♥Lentils ♥Catsup & Mustard Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	Hot Dog (1) ♥#or Soy Hot Dog Tater Tots or ♥Baked Potato ♥Cole Slaw ♥Catsup & Mustard ♥WW Hot Dog Bun ♥Beverage
Week 5						

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Womens Menu FY 2017

Breakfast						
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 ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Hot Grits ♥Whole Wheat Bread and ♥Jelly (2) ♥Sugar Substitute Pks ♥Margarine Pat ♥Skim Milk	♥Fruit ♥Bran Flakes ♥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
Lunch						
♥Boiled Eggs (2) #or Peanut Butter French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥#Soy Chili ♥#w/Baked Potato ♥Carrots ♥Fruit ♥Beverage	Chicken Parmesan ♥#or Soy Chicken Patty ♥Spag w/Marinara ♥Spinach Garlic Bread or ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Black Beans ♥Spinach Dessert or ♥Fruit ♥Beverage	Breaded Fish Sandwich or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Garlic Macaroni ♥Collard Greens ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Baked Potato ♥Green Peas ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Dinner						
♥Womens Beef Taco #or Soy Taco ♥Black Beans ♥WK Corn Shredded Cheese Salsa ♥Taco Shell (1) ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Steamed Broccoli ♥Beverage	Pork Italian Sausage ♥#or Soy Hot Dog ♥Oven Brown Potatoes ♥Diced Onions & Peprs ♥Mixed Vegetables ♥WW Hot Dog Bun ♥Beverage	♥Old Fashion Bean Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	Steak & Cheese Sub ♥#or Soy Burger w/ ♥WW Hamburger Bun Potato Chips or ♥Baked Potato ♥Green Beans ♥WW Hot Dog Bun ♥Margarine Pat ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Womens Chkn Fajita #or Tofu Fajitas ♥Cilantro Rice ♥Pinto Beans Salsa ♥Flour Tortilla (1) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Departamento Federal de Prisiones - Menu Nacional para Mujeres Fiscal 2017

Semana 1

Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Granos (Grits) Calientes ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Granos (Grits) Calientes ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café
Almuerzo						
♥ Huevos Revueltos #Mantequilla de Mani ♥Papas Doradas ♥Pan de Trigo ♥y Mermelada (2) ♥Margarina ♥Fruita ♥Bebida	♥Mujeres Tacos con Carne #o Tacos con Soya ♥ Maiz en Grano Queso rallado Salsa ♥Tortilla para Tacos (1) ♥Lechuga ♥Fruita ♥Bebida	Hamburguesa de Pollo ♥#Emparedado de soja ♥Ensalada de Papas ♥ Habichuelas Pintas ♥Lechuga/Tomate Aderezo para Ensalada WW Pan de Hamburguesa Postre ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza WW Pan de Hamburguesa ♥Margarina ♥Fruita ♥Bebida	♥ Pollo al Horno #o Mantequilla de Mani y Mermelada (1) ♥Habichuelas Pintas ♥Habichuelas Verdes Postre ♥o Fruita ♥Bebida	Emparedado de Pescado ♥o Pescado Horneado #o Hamburguesa de Soya w/Aderezo para Ensalada ♥Ensalada Macarrones ♥Chicharos Verdes WW Pan de Hamburguesa Salsa Tatar ♥Fruita ♥Bebida	♥Hamburguesa de Pavo #o Hamburguesa de Soya Croqueticas de papas ♥o Papa Horneada ♥ Ensalada de col Ketchup & Mostaza ♥WW pan de hamburguesa ♥Margarina Postre ♥o Fruita ♥Bebida
Cena						
♥Carne Asada #Guisantes ojo negro ♥Arroz al Vapor ♥Habichuelas Verdes ♥Bebida	♥Sopa de Vegetales Ensalada de Pollo #o Puré de garbanzos ♥Ensalada Pasta Italiana ♥Chicharos Verdes ♥Lechuga/Tomate/Cebolla ♥Bebida	♥Pastel de Carne #o Hamburguesa de Soya w/ Aderezo para Ensalada ♥o Pure de Papas ♥Grano de Maiz Salsa de Tomate ♥Margarina ♥Bebida	♥Spaguetti y ♥Salsa de Carne #o Soya Salsa Marinara ♥Espinaca Pan de Ajo ♥o Pan De Trigo ♥Bebida	♥Sopa de Vegetales ♥ Ensalada de Atun #Ensalada tres habichuelas Hoja de Lechuga ♥Ensalada Pasta Italiana ♥Pan de Trigo ♥Bebida	Arroz Frito con Pollo #o Arroz Frito con Tofu ♥Brócoli al vapor ♥Pan de Trigo ♥Bebida	♥Sopa de Frijoles Negras ♥Ensalada Taco Carne #Ensalada Taco Soya Queso rallado ♥Salsa Tomate ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - Menu Nacional para Mujeres Fiscal 2017

Semana 2						
Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Granos (Grits) Calientes ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Granos (Grits) Calientes ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café
Almuerzo						
♥ Huevos Revueltos #Mantequilla de Mani Panqueques con Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Fruita ♥Bebida	♥Crema de Brócoli ♥ Burros de Pollo ♥#Burros de Garbanzo Ensalada de Papas ♥Habichuelas Verdes ♥Margarina ♥Fruita ♥Bebida	Pizza de Queso ♥#Ensalada tres habichuelas ♥Ensalada de Jardín ♥ Aderezo Italiana dieta Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza WW Pan de Hamburguesa ♥Fruita ♥Bebida	Pollo Frito ♥o Pollo al Horno ♥# Mantequilla de Mani Y (1) Mermelada (1) ♥ Puree de Papas ♥ Zanahorias Salsa de Pollo ♥Margarina Postre o ♥Fruita ♥Bebida	♥ Pescado al Horno #o Hamburguesa de Soya ♥ Macarrones y Ajo ♥ Habichuelas Verdes Salsa Tartara ♥Fruita ♥Bebida	♥Sloppy Joe #or Soja Sloppy Joe ♥o Papa Horneada ♥ Chicharos WW pan de hamburguesa ♥Margarina Postre o ♥Fruita ♥Bebida
Cena						
Albóndigas suecas #♥ o Hamburguesa de Soya ♥Fideos de huevo ♥Ensalada de Jardín ♥Habichuelas Verdes w/Aderezo para Ensalada ♥Pan de Trigo ♥Bebida	♥*Cerdo a la Barbacoa #Tofu barbacoa ♥ Habichuelas Pintas Ensalada de col ♥WW pan de hamburguesa ♥Bebida	Burrito Habichuela y Carne ♥# Burrito Habichuelas ♥ o Arroz al Vapor ♥ Maiz en Grano Salsa ♥Bebida	♥Sopa de Frijoles Emparedado Submarino ♥#o Hummus (garbanzos) ♥Ensalada de Papas ♥Lechuga/Tomate Mostaza Aderezo para Ensalada ♥WW pan de hamburguesa ♥Bebida	♥Sopa de Papas con crema Ensalada del Chef ♥Lechuga/Tomate ♥Pepino/Pimiento Verde ♥3 Oz Carne #o 3 Oz Soya ♥1 Oz Queso ♥1 Huevo Hervido w/Aderezo para Ensalada ♥ Remolacha ♥Pan de Trigo ♥Bebida	♥Lasaña de carne #Tofu salteado ♥Ensalada de Jardin Aderezo para Ensalada Pan de ajo ♥o Pan de Trigo ♥Bebida	♥Mujeres Tacos con Pollo #o Tacos con Soya Arroz Con Cilantro ♥ Habichuelas Pintas ♥Lechuga Rallada Tacos conchas (1) Salsa ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - Menu Nacional para Mujeres Fiscal 2017

Semana 3

Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Granos (Grits) Calientes ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Granos (Grits) Calientes ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café
Almuerzo						
♥Tortilla de Huevo #Mantequilla de Mani ♥Papas Doradas ♥Pan de Trigo ♥y Mermelada (2) ♥Margarina ♥Fruita ♥Bebida	♥Sopa de Vegetales ♥ Ensalada de Atun #Ensalada tres habichuelas Hoja de Lechuga ♥Ensalada Pasta Italiana ♥ Pan de Trigo (2) ♥Bebida	Hamburguesa de Pollo #o Hamburguesa de Soya ♥ Ensalada de Papa ♥ Habichuelas Pintas ♥Lechuga/Tomate #w/Aderezo para Ensalada ♥WW Pan de Hamburguesa Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Bacon de Pavo (2) Croqueticas de Papas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW Pan de Hamburguesa ♥Fruita ♥Bebida	Pollo a la Barbacoa ♥ o Pollo al Horno ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥ Macarrones y Ajo ♥ Zanahorias Postre o ♥Fruita ♥Bebida	Emparedado de Pescado ♥o Pescado Horneado #o Hamburguesa de Soya w/Aderezo para Ensalada ♥ Arroz al Vapor ♥ Chicharos Verdes ♥ Ensalada de Repollo WW Pan de Hamburguesa ♥Margarina Salsa Tatara ♥Fruita ♥Bebida	♥ Ensalada de Pollo ♥#Ensalada tres habichuelas ♥Ensalada Pasta Italiana ♥ Zanahorias ♥Pan de Trigo (2) Postre o ♥Fruita ♥Bebida
Cena						
♥ Pollo Lo Mein #Tofu Lo Mein ♥ Spaguetti ♥Brócoli al vapor ♥Pan de Trigo ♥Bebida	♥Chili #Frijoles rojos ♥Arroz al Vapor Queso rallado Pan de Maiz ♥ o Pan de Trigo ♥Margarina ♥Bebida	Carne pimiento salteado #Tofu salteado ♥Arroz al Vapor ♥Habichuelas Verdes ♥Bebida	Ziti al Horno ♥o Ziti & Carne #o Ziti con Soya ♥Espinaca ♥Ensalada Verde #W/Aderezo Dieta ♥Bebida	Carne Asada #Tofu Barbacoa Pure de Papas ♥ Vegetales Mixtos ♥Pan de Trigo ♥Margarina ♥Bebida	♥Mujeres Fajitas de Pollo #Fajitas de Tofu Frijoles Negros ♥Maiz en Grano Salsa ♥Flour Tortilla (1) ♥Bebida	♥Sopa de Frijoles Negras ♥ Ensalada Taco Carne ♥ Ensalada Taco Tofu Queso rallado Salsa Tomate ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - Menu Nacional para Mujeres Fiscal 2017

Semana 4

Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Granos (Grits) Calientes ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Granos (Grits) Calientes ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café
Almuerzo						
♥Huevos Revueltos #Mantequilla de Mani Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Papas Doradas ♥Margarina ♥Fruita ♥Bebida	Pizza de Queso #♥Ensalada tres habichuelas ♥Ensalada de Jardín ♥Aderezo Italiana dieta ♥Fruita ♥Bebida	Hamburguesa de Pollo ♥# o Hamburguesa de Soya ♥ Ensalada de Papas ♥ Habichuelas Pintas ♥Lechuga/Tomate #w/Aderezo para Ensalada WW Pan de Hamburguesa Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Bacon de Pavo (2) Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW Pan de Hamburguesa ♥Margarina ♥Fruita ♥Bebida	♥Pollo al Horno # Mantequilla de Mani Y (2) Mermelada (2) ♥ Batata/Camote Horneada ♥ Zanahorias ♥ Ensalada de Jardin Postre o ♥Fruita ♥Bebida	♥Sopa de Vegetales ♥ Ensalada de Atun #Ensalada tres habichuelas Hoja de Lechuga ♥Ensalada Pasta Italiana ♥WW pan de hamburguesa ♥Fruita ♥Bebida	♥Sopa de Lentejas Emparedado Submarino ♥#o Hummus (garbanzos) Ensalada de Papa ♥Lechuga/Tomate ♥WW pan de hamburguesa Aderezo para Ensalada Postre o ♥Fruita ♥Bebida
Cena						
♥Sloppy Joe #or Soja Sloppy Joe Croquetas de Papas ♥o Papa Horneada ♥Habichuelas Verdes ♥WW pan de hamburguesa ♥Margarina ♥Bebida	♥Arroz Frito con Pollo #o Arroz Frito con Tofu ♥ Frijoles Negros ♥ Zanahorias ♥Bebida	♥*Cerdo Asado #Frijoles rojos ♥Arroz al Vapor ♥Verduras ♥Bebida	♥Spaguetti y ♥ Salsa De Carne #o soya w/marinara ♥Espinaca ♥ Ensalada de Jardin ♥ Aderezo Italiana dieta Pan de Ajo ♥ o Pan de Trigo ♥Bebida	♥Huevos Revueltos #Mantequilla de Mani Panqueques con Almibar ♥o Pan de Trigo (2) ♥y Mantequilla de Mani con Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Bebida	♥Hamburguesa de Pavo #o Hamburguesa de Soya Papitas Fritas (Bolsa) ♥o Papa Horneada ♥Lechuga/Tomate ♥Lentejas Ketchup & Mostaza WW pan de hamburguesa ♥Margarina ♥Bebida	Perro Caliente (1) ♥#Perros Caliente de Soya Croqueticas de papas ♥ o Papa Horneada ♥ Ensalada de col Ketchup & Mostaza WW Pan de Perro Caliente (1) ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - Menu Nacional para Mujeres Fiscal 2017

Semana 5

Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Granos (Grits) Calientes ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Granos (Grits) Calientes ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Cereal Seco ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente Pastel de Desayuno ♥o Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada	♥Fruita ♥Avena Caliente ♥Pan de Trigo ♥Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada Café
Almuerzo						
♥ Huevos Hervidos (2) #Mantequilla de Mani Francesas (2) w/Almibar ♥ o Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Fruita ♥Bebida	♥# Chili de Soya ♥# W/Papa Horneada ♥ Zanahorias ♥Fruita ♥Bebida	Pollo a la Parmesana ♥#Emparedado de soja ♥ Spaguetti W/Salsa Marinara ♥Espinaca Pan de Ajo ♥ o Pan de Trigo Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW Pan de Hamburguesa ♥Fruita ♥Bebida	♥ Pollo al Horno # Mantequilla de Mani Y (1) Mermelada (2) ♥Espinaca ♥Frijoles Negras Postre o ♥Fruita ♥Bebida	Emparedado de Pescado ♥o Pescado Horneado #o Hamburguesa de Soya w/ Aderezo para Ensalada ♥ Macarrones y Ajo ♥ Verduras ♥ Ensalada de col ♥WW pan de hamburguesa Salsa Tatara ♥Fruita ♥Bebida	♥Sloppy Joe #or Soja Sloppy Joe ♥Papa Horneada ♥ Chicharos WW Pan de Hamburguesa ♥Margarina Postre o ♥Fruita ♥Bebida
Cena						
♥Mujeres Tacos de carne #o Tacos de Soya ♥Frijoles negros ♥Grano de Maiz Queso rallado Salsa Tortilla (1) ♥Bebida	Carne pimienta salteado #Tofu salteado ♥Arroz al Vapor ♥Brócoli al vapor ♥Bebida	♥*Salchicha Italiana #Perros Caliente de Soya ♥ Papas Doradas ♥ Cebolla y Pimientos ♥Vegetales Mixtos WW Pan de Perro Caliente ♥Margarina ♥Bebida	♥Sopa de Frijoles Ensalada del Chef ♥#or Tofu Ensalada del Chef ♥ Remolacha w/Aderezo Italiana dieta ♥Pan de Trigo ♥Bebida	♥Emparedado de Bistec y Queso #o Hamburguesa de Soja #W/Aderezo para Ensalada Papitas Fritas (Bolsa) ♥o Papa Horneada ♥Habichuelas Verdes ♥WW Pan de Perro Caliente ♥Margarina ♥Bebida	Ziti al Horno ♥o Ziti & Carne #o Ziti con Soya ♥Espinaca ♥Ensalada Verde #W/Aderezo Dieta Pan de Ajo ♥ Pan de Trigo ♥Margarina ♥Bebida	♥Mujeres Fajitas de Pollo #Fajitas de Tofu ♥Habichuelas Pintas ♥Arroz Con Cilantro Salsa ♥Tortilla de Harina (1) ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Federal Bureau of Prisons - High Rise Menu FY 2017

Week 1

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Boiled Eggs (2) #or Peanut Butter ♥Oven Brown Potatoes ♥Biscuits (2) and ♥Jelly (2) Cream Gravy ♥Margarine Pat ♥Fruit ♥Beverage	♥Beef Tacos #or Soy Tacos ♥Black Beans ♥WK Corn ♥Taco Shells (2) Shredded Cheese ♥Shredded Lettuce Salsa ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato ♥WW Hamburger Bun HR Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Baked Tater Tots ♥Shredded Lettuce ♥Catsup ♥Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Steamed Rice ♥Pinto Beans ♥Green Beans ♥Whole Wheat Bread HR Dessert or ♥Fruit ♥Beverage	♥Fish Sandwich #or Soy Burger Salad Dressing ♥Macaroni Salad ♥Green Peas ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Turkey Burger #or Soy Burger ♥Baked Potato Chips ♥Coleslaw ♥Catsup ♥Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage
Dinner						
♥Broccoli Beef #or Black Eyed Peas ♥Steamed Rice ♥Whole Wheat Bread ♥Beverage	♥Turkey Roast #or BBQ Tofu ♥Baked Sweet Potato ♥Navy Beans ♥Mixed Vegetables ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Meatloaf #or Soy Burger w/ Salad Dressing ♥Mashed Potatoes Tomato Gravy ♥WK Corn ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	Swedish Meatballs #♥or Soy Burger ♥Steamed Rice ♥Kidney Beans ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥Tuna Casserole #or Navy Beans ♥Steamed Broccoli ♥Italian Pasta Salad ♥Whole Wheat Bread ♥Beverage	♥Chicken & Rice #or Tofu & Rice ♥Green Beans ♥Whole Wheat Bread ♥Beverage	♥Spaghetti ♥w/Marinara Sauce ♥Spinach Garlic Bread or ♥Whole Wheat Bread ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - High Rise Menu FY 2017

Week 2

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Egg Patty #or Peanut Butter Sausage Link Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥Chicken Cheese Steak #or Black Beans ♥Garlic Macaroni ♥Carrots ♥WW Hot Dog Bun ♥Fruit ♥Beverage	♥Minestrone Soup Chef Salad ♥#or Tofu Chef Salad ♥Ital Dressing Low Cal ♥Beets (Cold) ♥Whole Wheat Bread HR Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Baked Tater Tots ♥Shredded Lettuce ♥Catsup ♥Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Mashed Potatoes ♥Carrots Chicken Gravy ♥Whole Wheat Bread ♥Margarine Pat HR Dessert or ♥Fruit ♥Beverage	♥Fish Sandwich #or Soy Burger w/ Salad Dressing ♥Italian Pasta Salad ♥Steamed Broccoli Tartar Sauce ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Oven Brown Potatoes ♥Green Peas ♥WW Hamburger Bun ♥Fruit ♥Beverage
Dinner						
♥Turkey Roast #or Three Bean Salad ♥Mashed Potatoes ♥Navy Beans Turkey Gravy ♥Mixed Vegetables ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥BBQ Beef #or BBQ Tofu ♥Baked Sweet Potato ♥Black Eyed Peas ♥Peas & Carrots ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥#Bean Burrito ♥Steamed Rice ♥WK Corn Salsa ♥Beverage	Steak & Cheese Sub ♥#or Soy Burger w/ Salad Dressing ♥Baked Potato ♥Green Beans ♥WW Hot Dog Bun ♥Margarine Pat ♥Beverage	♥Chicken Lo Mein #or Tofu Lo Mein ♥Steamed Broccoli ♥Spaghetti ♥Whole Wheat Bread ♥Beverage	♥Lasagna w/Meat #or Tofu Stir Fry ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Chicken Tacos #or Soy Tacos ♥Cilantro Rice ♥Pinto Beans ♥WK Corn ♥Shredded Lettuce ♥Taco Shells (2) Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - High Rise Menu FY 2017

Week 3

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Egg Patty #or Peanut Butter ♥Oven Brown Potatoes ♥Biscuits (2) and ♥Jelly (2) Cream Gravy ♥Margarine Pat ♥Fruit ♥Beverage	Chili Cheese Tots or ♥#Soy Chili ♥#w/Baked Potato ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Steamed Rice ♥Green Peas HR Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese Turkey Bacon (2) ♥Baked Tater Tots ♥Shredded Lettuce ♥Catsup ♥Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥BBQ Chicken #or PB & Jelly Sand (2) ♥Potato Salad ♥Carrots ♥Whole Wheat Bread HR Dessert or ♥Fruit ♥Beverage	♥Fish Sandwich #or Soy Burger w/ Salad Dressing ♥Garlic Macaroni ♥Green Peas ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Chicken Cheese Steak #or Three Bean Salad ♥Potato Salad ♥Pinto Beans ♥WW Hot Dog Bun ♥Fruit ♥Beverage
Dinner						
Swedish Meatballs ♥#or Soy Burger ♥Egg Noodles ♥Green Beans ♥Whole Wheat Bread ♥Beverage	♥Beef Stew #or Tofu & Rice ♥Boiled Potatoes ♥Beets ♥Whole Wheat Bread ♥Beverage	♥#Bean Burrito ♥Steamed Rice ♥WK Corn Salsa ♥Beverage	♥Chicken Fried Rice #or Tofu & Rice ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥Broccoli Beef #or Black Beans ♥Egg Noodles ♥Simmered Cabbage ♥Whole Wheat Bread ♥Beverage	♥Chicken Fajitas #or Tofu Fajitas ♥Cilantro Rice ♥Black Beans Salsa ♥Flour Tortilla (2) ♥Beverage	♥Chili #or Kidney Beans ♥Steamed Rice Shredded Cheese ♥WK Corn Cornbread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - High Rise Menu FY 2017

Week 4

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Boiled Eggs (2) #or Peanut Butter Sausage Link French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥Spaghetti ♥w/Marinara Sauce ♥Steamed Broccoli ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato ♥WW Hamburger Bun HR Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese Turkey Bacon (2) ♥Baked Tater Tots ♥Shredded Lettuce ♥Catsup ♥Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Mashed Potatoes ♥Carrots Chicken Gravy ♥Whole Wheat Bread ♥Margarine Pat HR Dessert or ♥Fruit ♥Beverage	♥Tuna Casserole #or Navy Beans ♥Green Peas ♥Whole Wheat Bread ♥Fruit ♥Beverage	Steak & Cheese Sub ♥#or Soy Burger w/ ♥WW Hamburger Bun ♥Baked Potato ♥Green Beans ♥WW Hot Dog Bun ♥Fruit ♥Beverage
Dinner						
♥Sloppy Joe #or Soy Sloppy Joe ♥Oven Brown Potatoes ♥Green Beans ♥WW Hamburger Bun ♥Beverage	♥Chicken Fried Rice or #or Tofu & Rice ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥#Bean Burrito ♥Steamed Rice ♥Black Beans ♥WK Corn Salsa ♥Beverage	♥Broccoli Beef #or Kidney Beans ♥Steamed Rice ♥Simmered Cabbage ♥Whole Wheat Bread ♥Beverage	♥Boiled Eggs (2) #or Peanut Butter Pancakes W/Syrup or ♥Whole Wheat Bread (2) and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Beverage	♥Turkey Burger #or Soy Burger Sliced Cheese ♥Baked Potato Chips ♥Lentils ♥Lettuce/Tomato ♥Catsup ♥Mustard Salad Dressing ♥WW Hamburger Bun ♥Beverage	Hot Dogs (2) ♥#or Soy Hot Dog ♥Baked Tater Tots ♥Cole Slaw ♥Catsup ♥Mustard ♥WW Hot Dog Bun (2) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - High Rise Menu FY 2017

Week 5

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk	♥Fruit ♥Bran Flakes Breakfast Cake ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Boiled Eggs (2) #or Peanut Butter ♥Oven Brown Potatoes ♥Biscuits (2) and ♥Jelly (2) Cream Gravy ♥Margarine Pat ♥Fruit ♥Beverage	Chili Cheese Tots ♥#Soy Chili ♥#w/Baked Potato ♥Carrots Shredded Cheese ♥Whole Wheat Bread ♥Margarine Pat ♥Fruit ♥Beverage	♥Chicken Lo Mein #or Tofu Lo Mein ♥Spaghetti ♥Spinach ♥Whole Wheat Bread HR Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Baked Tater Tots ♥Shredded Lettuce ♥Catsup ♥Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Black Beans ♥Spinach ♥Whole Wheat Bread ♥Margarine Pat HR Dessert or ♥Fruit ♥Beverage	♥Fish Sandwich #or Soy Burger w/ Salad Dressing ♥Collard Greens ♥Cole Slaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Oven Brown Potatoes ♥Green Peas ♥WW Hamburger Bun ♥Fruit ♥Beverage
Dinner						
♥Beef Tacos #or Soy Tacos ♥Steamed Rice ♥Black Beans ♥WK Corn Salsa ♥Taco Shells (2) ♥Beverage	♥Broccoli Beef #or Kidney Beans ♥Egg Noodles ♥Simmered Cabbage ♥Whole Wheat Bread ♥Beverage	♥Minestrone Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Chicken Stir Fry #or Tofu Stir Fry ♥Steamed Rice ♥Kidney Beans ♥Whole Wheat Bread ♥Beverage	♥Baked Ziti & Beef #or Soy Baked Ziti ♥Green Beans ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Turkey Roast #or PB & Jelly Sand (2) ♥Mashed Potatoes ♥Mixed Vegetables Turkey Gravy ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Chicken Fajitas #or Tofu Fajitas ♥Cilantro Rice ♥Pinto Beans ♥WK Corn Salsa ♥Flour Tortilla (2) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Departamento Federal de Prisiones - High Rise Menu FY 2017

Semana 1						
Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café
Almuerzo						
♥ Huevos Hervidos (2) #Mantequilla de Mani ♥ Papas Doradas Panecillo (2) ♥o Pan de Trigo ♥y Mermelada (2) Salsa de crema ♥Margarina ♥Fruita ♥Bebida	♥Tacos con Carne #o Tacos con Soya ♥Frijoles Negras ♥ Maiz en Grano Salsa ♥Tortilla para Tacos (2) ♥Lechuga Queso rallado ♥Fruita ♥Bebida	Hamburguesa de Pollo ♥#Emparedado de soja ♥Ensalada de Papas ♥ Habichuelas Pintas ♥Lechuga/Tomate Aderezo para Ensalada WW pan de hamburguesa HR Postre ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Croqueticas de papas ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza WW Pan de Hamburguesa ♥Fruita ♥Bebida	♥ Pollo al Horno #o Mantequilla de Mani y Mermelada (2) ♥Arroz al Vapor ♥Habichuelas Pintas ♥Habichuelas Verdes ♥Pan de Trigo HR Postre ♥o Fruita ♥Bebida	Emparedado de Pescado #o Hamburguesa de Soya ♥Ensalada Macarrones ♥Chicharos Verdes WW Pan de Hamburguesa Salsa Tatar ♥Fruita ♥Bebida	♥Hamburguesa de Pavo #o Hamburguesa de Soya ♥Papas al horno (bolsa) ♥Ensalada de col Ketchup & Mostaza WW Pan de Hamburguesa ♥Fruita ♥Bebida
Cena						
♥ Carne y Brócoli #Guisantes ojo negro ♥Arroz al Vapor ♥Pan de Trigo ♥Margarina ♥Bebida	♥Pavo Asado ♥ Batata/Camote Horneada ♥Frijoles Blancos ♥Vegetales Mixtos ♥Pan de Trigo ♥Margarina ♥Bebida	Arroz con Pollo #o Arroz con Tofu ♥Habichuelas Verdes ♥Pan de Trigo ♥Margarina ♥Bebida	Albóndigas suecas #♥ o Hamburguesa de Soya ♥Arroz al Vapor ♥ Habichuelas Rojas ♥ Zanahorias ♥Pan de Trigo ♥Bebida	Cazuela de atún #Frijoles blancos ♥Ensalada Pasta Italiana ♥ Brócoli al Vapor ♥Pan de Trigo ♥Margarina ♥Bebida	♥Pastel de Carne #o Hamburguesa de Soya w/ Aderezo para Ensalada ♥o Pure de Papas ♥Grano de Maiz Salsa de Tomate ♥Pan de Trigo ♥Bebida	♥Spaguetti y ♥Salsa Marinara ♥Espinaca Pan de Ajo ♥o Pan de Trigo ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - High Rise Menu FY 2017

Semana 2						
Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café
Almuerzo						
♥# Huevo Patty #Mantequilla de Mani Salchicha Panqueques con Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Papas Doradas ♥Margarina ♥Fruita ♥Bebida	Emparedado de Pollo/Queso #Frijoles negros ♥Macarrones y Ajo ♥Zanahorias WW Pan de Perro Caliente ♥Fruita ♥Bebida	♥Sopa minestrone Ensalada del Chef ♥#o Tofu Ensalada del Chef w/Aderezo Italiano ♥Remolacha ♥Pan de Trigo HR Postre ♥o Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) ♥Croqueticas de papas ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza WW Pan de Hamburguesa ♥Fruita ♥Bebida	♥Pollo al Horno #o Mantequilla de Mani y Mermelada (2) Pure de Papas ♥Zanahorias Salsa de Pollo ♥Pan de Trigo ♥Margarina HR Postre ♥o Fruita ♥Bebida	Emparedado de Pescado #o Hamburguesa de Soya w/Aderezo para Ensalada ♥Ensalada Pasta Italiana ♥Brócoli al Vapor WW Pan de Hamburguesa Salsa Tatara ♥Fruita ♥Bebida	♥Sloppy Joe #or Soja Sloppy Joe ♥Papas Doradas ♥Chicharos ♥WW pan de hamburguesa ♥Fruita ♥Bebida
Cena						
♥Pavo a la Barbacoa #Ensalada Tres Frijoles ♥Pure de Papas ♥Habichuelas Rojas Salsa Barbacoa ♥Pan de Trigo ♥Margarina ♥Bebida	♥Carne a la Barbacoa #Tofu barbacoa ♥Batata/Camote Horneada ♥Chicharos & Zanahorias ♥Guisantes ojo negro ♥Pan de Trigo ♥Margarina ♥Bebida	♥# Burrito de Habichuela ♥Arroz al Vapor ♥Maiz en Grano Salsa ♥Bebida	♥Emparedado carne y queso #o Hamburguesa de Soya ♥Papa Horneada ♥Habichuelas Verdes WW Pan de Perro Caliente ♥Margarina ♥Bebida	♥De pollo lo mein #Soya lo mein ♥El espagueti ♥Brócoli al Vapor ♥Pan de Trigo ♥Bebida	♥Lasaña de carne #Tofu salteado ♥Ensalada de Jardin Aderezo para Ensalada Pan de ajo ♥o Pan de Trigo ♥Bebida	♥Tacos con Pollo #o Tacos con Soya Arroz Con Cilantro ♥Habichuelas Pintas ♥Maiz en Granos ♥Lechuga Rallada Tacos conchas (2) Salsa ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - High Rise Menu FY 2017

Semana 3						
Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café
Almuerzo						
♥Huevo Patty #Mantequilla de Mani ♥Papas Doradas Salsa de crema Panecillo (2) ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina ♥Fruita ♥Bebida	♥Croqueticas con chili/queso ♥# Soya Chili w/Papa Horneada ♥Habichuelas Verdes ♥Pan de Trigo ♥Margarina HR Postre ♥o Fruita ♥Bebida	Hamburguesa de Pollo #o Hamburguesa de Soya ♥Arroz al Vapor ♥Chicharos Verdes ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Bacon de Pavo (2) ♥Croqueticas de papas ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza WW Pan de Hamburguesa ♥Fruita ♥Bebida	Pollo a la Barbacoa ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥Ensalada de Papa ♥Zanahorias ♥Pan de Trigo HR Postre o ♥Fruita ♥Bebida	Emparedado de Pescado #o Hamburguesa de Soya w/Aderezo para Ensalada ♥Arroz al Vapor ♥Chicharos Verdes ♥Ensalada de Repollo WW Pan de Hamburguesa Salsa Tatara ♥Fruita ♥Bebida	Emparedado de Pollo/Queso #Ensalada tres habichuelas ♥Ensalada de Papa ♥Habichuelas Pintas WW Pan de Perro Caliente ♥Fruita ♥Bebida
Cena						
Albóndigas suecas #♥o Hamburguesa de Soya ♥Fideos de huevo ♥Habichuelas Verdes ♥Pan de Trigo ♥Bebida	♥Estofado de carne #Tofu y arroz ♥Arroz al Vapor ♥Remolacha ♥Pan de Trigo ♥Bebida	♥# Burrito de Habichuela ♥Arroz al Vapor ♥Maiz en Grano Salsa ♥Bebida	♥Arroz Pollo Frito #Tofu y Arroz ♥Frijoles Negras ♥Zanahorias ♥Pan de Trigo ♥Bebida	♥Carne y Brócoli #Frijoles Negras ♥Arroz al Vapor ♥Repollo Cocido ♥Pan de Trigo ♥Bebida	♥Fajitas de Pollo #Fajitas de Tofu Arroz Con Cilantro ♥Frijoles Negras Salsa ♥Tortilla de Harina (2) ♥Bebida	♥Chili #Frijoles rojos ♥Arroz al Vapor Queso rallado ♥Maiz en Grano Pan de Maiz ♥o Pan de Trigo ♥Margarina ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - High Rise Menu FY 2017

Semana 4						
Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café
Almuerzo						
♥ Huevos Hervidos (2) #Mantequilla de Mani Salchicha Francesas (2) w/Almibar ♥ Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Fruta ♥Bebida	♥Spaguetti y ♥Salsa Marinara ♥ Brocoli al Vapor ♥ Ensalada de Jardin ♥ Aderezo Italiana dieta Pan de Ajo ♥o Pan de Trigo ♥Bebida	Hamburguesa de Pollo #o Hamburguesa de Soya ♥Ensalada de Papas ♥Habichuelas Pintas ♥Lechuga/Tomate WW Pan de Hamburguesa HR Postre o ♥Fruta ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Bacon de Pavo (2) Croqueticas de papas ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza WW Pan de Hamburguesa ♥Fruta ♥Bebida	Pollo a la Barbacoa ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥Pure de Papas ♥ Zanahorias Salsa de Pollo ♥Pan de Trigo ♥Margarina HR Postre o ♥Fruta ♥Bebida	Cazuela de atún #Frijoles blancos ♥ Chicharos Verdes ♥Pan de Trigo ♥Fruta ♥Bebida	♥Emparedado carne y queso #o Hamburguesa de Soya ♥Papa Horneada ♥ Habichuelas Verdes WW Pan de Perro Caliente ♥Margarina ♥Fruta ♥Bebida
Cena						
♥Sloppy Joe #or Soja Sloppy Joe ♥ Papas Doradas ♥ Habichuelas Verdes ♥WW pan de hamburguesa ♥Fruta ♥Bebida	♥Arroz Frito con Pollo #o Arroz Frito con Tofu ♥ Frijoles Negros ♥ Zanahorias ♥Pan de Trigo ♥Bebida	♥# Burrito de Habichuela ♥Arroz al Vapor ♥ Frijoles Negros ♥Maiz de Grano Entero Salsa ♥Bebida	♥ Carne y Brócoli #Frijoles Rojas ♥ Arroz al Vapor ♥Repollo Cocido ♥Pan de Trigo ♥Bebida	♥ Huevos Hervidos #Mantequilla de Mani Panqueques con Almibar o ♥ o Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Bebida	♥Hamburguesa de Pavo #o Hamburguesa de Soya Queso (1 Pedazo) Papitas Fritas (Bolsa) ♥Lechuga/Tomate ♥Lentejas Ketchup & Mostaza WW pan de hamburguesa ♥Bebida	Perros Calientes (2) #Perros Calientes de Soya Croqueticas de papas ♥Ensalada de col Ketchup & Mostaza WW Pan de Perro Caliente(2) ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - High Rise Menu FY 2017

Semana 5						
Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada	♥Fruta ♥Cereal Bran Pastel de Desayuno ♥Endulzador Artificial ♥Leche Descremada Café
Almuerzo						
♥ Huevos Hervidos (2) #Mantequilla de Mani ♥ Papas Doradas Panecillo (2) ♥y Mermelada (2) Salsa de crema ♥Margarina ♥Fruita ♥Bebida	♥Croquetas con chili/queso ♥# Soya Chili w/Papa Horneada ♥Zanahorias Queso rallado ♥Pan de Trigo ♥Margarina ♥Fruita ♥Bebida	♥Pollo del rey #Soya del rey ♥Espinaca ♥Pan de Trigo HR Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Croquetas de papas ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza WW Pan de Hamburguesa ♥Fruita ♥Bebida	Pollo a la Barbacoa ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥ Batata/Camote Horneada ♥Frijoles Negros ♥Verduras ♥Pan de Trigo ♥Margarina HR Postre ♥Fruita ♥Bebida	Emparedado de Pescado #o Hamburguesa de Soya w/Aderezo para Ensalada ♥Verduras ♥ Ensalada de col WW Pan de Hamburguesa Salsa Tatara ♥Fruita ♥Bebida	♥Sloppy Joe #or Soja Sloppy Joe ♥ Papas Doradas ♥ Chicharos WW Pan de Hamburguesa ♥Fruita ♥Bebida
Cena						
♥Tacos de carne #o Tacos de Soya ♥o Arroz al Vapor ♥Frijoles negros ♥Grano de Maiz Salsa Tortilla (2) ♥Bebida	Carne y Brocoli #Frijoles Rojos ♥Arroz al Vapor ♥Repollo Cocido ♥Pan de Trigo ♥Bebida	♥Sopa minestrone Ensalada del Chef ♥#o Tofu Ensalada del Chef w/Aderezo Italiano ♥ Remolacha ♥Pan de Trigo ♥Bebida	♥Salteado de Pollo #or Salteado de Tofu ♥o Arroz al Vapor ♥Frijoles Rojos ♥Pan de Trigo ♥Bebida	♥o Ziti & Carne #o Ziti con Soya ♥Espinaca ♥Ensalada Verde #W/Aderezo Dieta ♥Pan de Trigo ♥Bebida	♥Pavo Asado #o Mantequilla de Mani Y Mermelada(2) ♥Pure de Papas ♥Vegetales Mixtos Salsa Cremosa de Pavo ♥Pan de Trigo ♥Margarina ♥Bebida	♥Fajitas de Pollo #Fajitas de Tofu Arroz Con Cilantro ♥Habichuelas Pintas ♥Grano de Maiz Salsa ♥Tortilla de Harina (2) ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Federal Bureau of Prisons - Controlled Movement Menu FY 2017

Week 1

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes ♥Hot Grits Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee	♥Fruit ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits ♥Scrambled Eggs #or Peanut Butter Hash Brown Potato or ♥Boiled Potatoes ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Oatmeal French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee
Lunch						
♥Scrambled Eggs #or Peanut Butter Cream Gravy ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Beef Tacos #or Soy Tacos ♥Black Beans ♥WK Corn ♥Taco Shells (2) ♥Shredded Lettuce Shredded Cheese Salsa ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato/Onion Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Pinto Beans ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Macaroni Salad ♥Green Peas ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Turkey Burger #or Soy Burger Tater Tots or ♥Baked Potato ♥Coleslaw ♥Catsup & Mustard ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Dinner						
Chef Salad ♥#or Tofu Chef Salad ♥Baked Potato Chips ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	#PB & Jelly Sand (2) ♥or Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage	♥Tuna Salad #or Hummus ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	♥Roast Beef Sand #or Three Bean Salad ♥Baked Potato Chips ♥Coleslaw ♥Mustard Salad Dressing ♥Beverage	#PB & Jelly Sand (2) or ♥Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - Controlled Movement Menu FY 2017

Week 2

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes ♥Hot Grits Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee	♥Fruit ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits ♥Scrambled Eggs #or Peanut Butter Hash Brown Potato or ♥Boiled Potatoes ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Oatmeal French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee
Lunch						
♥Boiled Eggs (2) #or Peanut Butter Sausage Link Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	Cheese Pizza ♥#or Three Bean Salad ♥Spag w/Marinara ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	Beef & Bean Burrito or ♥#Bean Burrito Mexican Rice or ♥Steamed Rice ♥WK Corn Salsa Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥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 Soy Burger ♥Garlic Macaroni ♥Green Beans Cornbread or ♥Whole Wheat Bread ♥Margarine Pat Tartar Sauce ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe Tater Tots or ♥Baked Potato ♥Green Peas ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Dinner						
Chef Salad ♥#or Tofu Chef Salad ♥Baked Potato Chips ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	#PB & Jelly Sand (2) ♥or Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage	♥Tuna Salad #or Hummus ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	♥Roast Beef Sand #or Three Bean Salad ♥Baked Potato Chips ♥Coleslaw ♥Mustard Salad Dressing ♥Beverage	#PB & Jelly Sand (2) or ♥Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - Controlled Movement Menu FY 2017

Week 3

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes ♥Hot Grits Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee	♥Fruit ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits ♥Scrambled Eggs #or Peanut Butter Hash Brown Potato or ♥Boiled Potatoes ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Oatmeal French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee
Lunch						
♥Plain Omelet or #or Peanut Butter ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Turkey Burger #or Soy Burger Sliced Cheese Potato Chips or ♥Baked Potato ♥Garden Salad ♥Ital Dressing Low Cal ♥Catsup & Mustard Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese Turkey Bacon (2) French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	BBQ Chicken ♥or Baked Chicken #or PB & Jelly Sand (2) Macaroni & Cheese or ♥Garlic Macaroni ♥Carrots ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing Rice Pilaf or ♥Steamed Rice ♥Green Peas ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	Ckn Cheese Steak or ♥Chicken Salad #or Three Bean Salad ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun Dessert or ♥Fruit ♥Beverage
Dinner						
Chef Salad ♥#or Tofu Chef Salad ♥Baked Potato Chips ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	#PB & Jelly Sand (2) ♥or Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage	♥Tuna Salad #or Hummus ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	♥Roast Beef Sand #or Three Bean Salad ♥Baked Potato Chips ♥Coleslaw ♥Mustard Salad Dressing ♥Beverage	#PB & Jelly Sand (2) or ♥Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - Controlled Movement Menu FY 2017

Week 4

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes ♥Hot Grits Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee	♥Fruit ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits ♥Scrambled Eggs #or Peanut Butter Hash Brown Potato or ♥Boiled Potatoes ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Oatmeal French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee
Lunch						
♥Scrambled Eggs #or Peanut Butter Sausage Link French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	Cheese Pizza ♥#or Three Bean Salad ♥Spag w/Marinara ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Carrots ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese Turkey Bacon (2) French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Carrots Chicken Gravy ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger ♥Macaroni Salad ♥Green Peas Cornbread or ♥Whole Wheat Bread Tartar Sauce ♥Fruit ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Steamed Broccoli ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage
Dinner						
Chef Salad ♥#or Tofu Chef Salad ♥Baked Potato Chips ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	#PB & Jelly Sand (2) ♥or Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage	♥Tuna Salad #or Hummus ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	♥Roast Beef Sand #or Three Bean Salad ♥Baked Potato Chips ♥Coleslaw ♥Mustard Salad Dressing ♥Beverage	#PB & Jelly Sand (2) or ♥Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - Controlled Movement Menu FY 2017

Week 5

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit ♥Bran Flakes ♥Hot Grits Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee	♥Fruit ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Grits ♥Scrambled Eggs #or Peanut Butter Hash Brown Potato or ♥Boiled Potatoes ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Hot Oatmeal French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2)	♥Fruit ♥Bran Flakes ♥Hot Oatmeal Creamed Beef ♥Oven Brown Potatoes Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk (2) Coffee
Lunch						
♥Boiled Eggs (2) #or Peanut Butter French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	Chili Cheese Fries or ♥#Soy Chili ♥#w/Baked Potato ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat ♥Fruit ♥Beverage	Chicken Parmesan or ♥#or Soy Chicken Patty ♥Spag w/Marinara ♥Spinach Garlic Bread or ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger French Fries or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Black Beans ♥Spinach ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Collard Greens ♥Coleslaw ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe Tater Tots or ♥Baked Potato ♥Green Peas ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Dinner						
Chef Salad ♥#or Tofu Chef Salad ♥Baked Potato Chips ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	#PB & Jelly Sand (2) ♥or Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage	♥Tuna Salad #or Hummus ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	♥Roast Beef Sand #or Three Bean Salad ♥Baked Potato Chips ♥Coleslaw ♥Mustard Salad Dressing ♥Beverage	#PB & Jelly Sand (2) or ♥Hummus w/ ♥Whole Wheat Bread (2) ♥Baked Potato Chips ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	Deli Sandwich ♥#or Three Bean Salad ♥Baked Potato Chips ♥Macaroni Salad ♥Mustard Salad Dressing ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Departamento Federal de Prisiones - Menu Movimiento Controlado FY 2017

Semana 1

Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Cereal Seco ♥ Granos (Grits) Calientes ♥Pan de Trigo ♥y Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada (2) Café	♥Fruita ♥ Avena Caliente Carne en Crema ♥Papas Doradas o Papas Hervidas Panecillo (2) ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente Panqueques W/ Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes ♥ Huevos Revueltos #Mantequilla de Mani Papa Rallada Frita ♥o Papas Hervidas ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Avena Caliente Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente ♥Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2) Café
Almuerzo						
♥ Huevos Revueltos #Mantequilla de Mani ♥Papas Doradas Salsa de crema Panecillo (2) ♥o Pan de Trigo ♥Margarina ♥Mermelada (2) ♥Fruita ♥Bebida	♥Tacos con Carne #o Tacos con Soya ♥Frijoles Negras ♥ Maiz en Grano Queso rallado Salsa ♥Tortilla de Maiz (2) ♥Lechuga ♥Fruita ♥Bebida	Hamburguesa de Pollo ♥#Emparedado de soja ♥Ensalada de Papas ♥ Habichuelas Pintas ♥Lechuga/Tomate/Cebolla Aderezo para Ensalada ♥♥WW Pan de Hamburguesa ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW Pan de Hamburguesa ♥Fruita ♥Bebida	♥ Pollo al Horno #o Mantequilla de Mani y Mermelada (2) ♥ Batata/Camote Horneada ♥Habichuelas Pintas ♥Habichuelas Verdes ♥Pan de Trigo ♥Margarina Postre ♥o Fruita ♥Bebida	Emparedado de Pescado ♥o Pescado Horneado #o Hamburguesa de Soya w/Aderezo para Ensalada ♥Ensalada Macarrones ♥Chicharos Verdes ♥WW Pan de Hamburguesa Salsa Tatara ♥Fruita ♥Bebida	Perros Caliente (2) ♥#Perros Caliente de Soya Croqueticas de papas ♥ o Papa Horneada ♥ Ensalada de col Ketchup & Mostaza WW Pan de Perro Caliente (2) ♥Margarina Postre ♥o Fruita ♥Bebida
Cena						
Ensalada del Chef ♥#or Tofu Ensalada Chef ♥Papitas al horno (bolsa) ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida	♥Ensalada de Atun #o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	♥Emparedado Carne Asada ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥ Ensalada de col Mostaza Aderezo para Ensalada ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - Menu Movimiento Controlado FY 2017

Semana 2

Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Cereal Seco ♥ Granos (Grits) Calientes ♥Pan de Trigo ♥y Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada (2) Café	♥Fruita ♥ Avena Caliente Carne en Crema ♥Papas Doradas o Papas Hervidas Panecillo (2) ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente Panqueques W/ Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes ♥ Huevos Revueltos #Mantequilla de Mani Papa Rallada Frita ♥o Papas Hervidas ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Avena Caliente Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente ♥Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2) Café
Almuerzo						
♥ Huevos Hervidos (2) #Mantequilla de Mani Salchicha Panqueques con Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Fruita ♥Bebida	Pizza de Queso ♥#Ensalada tres habichuelas ♥ Spaguetti y Marinara ♥Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Fruita ♥Bebida	Burrito Habichuela y Carne ♥# Burrito Habichuelas Arroz Mejicano ♥ o Arroz al Vapor ♥ Maiz en Grano Salsa Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW Pan de Hamburguesa ♥Fruita ♥Bebida	Pollo Frito ♥o Pollo al Horno ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥ Puree de Papas ♥ Zanahorias Salsa de Pollo ♥Pan de Trigo ♥Margarina Postre o ♥Fruita ♥Bebida	♥ Pescado al Horno #o Hamburguesa de Soya w/ ♥ Macarrones y Ajo ♥ Habichuelas Verdes Pan de Maiz o ♥Pan de Trigo ♥Margarina Salsa Tartara ♥Fruita ♥Bebida	♥Sloppy Joe #or Soja Sloppy Joe Croqueticas de Papas ♥o Papa Horneada ♥ Chicharos ♥WW Pan de Hamburguesa ♥Margarina Postre o ♥Fruita ♥Bebida
Cena						
Ensalada del Chef ♥#or Tofu Ensalada Chef ♥Papitas al horno (bolsa) ♥Ital Dressing Low Cal ♥Pan de Trigo (2) ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida	♥Ensalada de Atun #o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	♥Emparedado Carne Asada ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥ Ensalada de col Mostaza Aderezo para Ensalada ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - Menu Movimiento Controlado FY 2017

Semana 3

Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Cereal Seco ♥ Granos (Grits) Calientes ♥Pan de Trigo ♥y Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada (2) Café	♥Fruita ♥ Avena Caliente Carne en Crema ♥Papas Doradas o Papas Hervidas Panecillo (2) ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente Panqueques W/ Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes ♥ Huevos Revueltos #Mantequilla de Mani Papa Rallada Frita ♥o Papas Hervidas ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Avena Caliente Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente ♥Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2) Café
Almuerzo						
♥Tortilla de Huevo #Mantequilla de Mani ♥ Papas Doradas Salsa de crema Panecillo (2) ♥ o Pan de Trigo ♥y Mermelada (2) ♥Margarina ♥Fruita ♥Bebida	♥Hamburguesa de Pavo #o Hamburguesa de Soya Queso (1 Pedazo) Papitas Fritas (Bolsa) ♥o Papa Horneada ♥Ensalada de Jardin Aderezo para Ensalada Ketchup & Mostaza Pepinillos ♥WW Pan de Hamburguesa ♥Fruita ♥Bebida	Hamburguesa de Pollo #Huevos Hervidos (2) ♥ Ensalada de Papa ♥ Habichuelas Pintas ♥Lechuga/Tomate #w/Aderezo para Ensalada Pan de Hamburguesa ♥o Pan de Trigo (2) Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Bacon de Pavo (2) Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW Pan de Hamburguesa ♥o Pan de Trigo (2) ♥Fruita ♥Bebida	Pollo a la Barbacoa ♥ o Pollo al Horno ♥# Mantequilla de Mani Y (2) Mermelada (2) Macarrones con queso o ♥ Macarrones y Ajo ♥ Zanahorias ♥Pan de Trigo (2) ♥Margarina Postre o ♥Fruita ♥Bebida	Emparedado de Pescado ♥o Pescado Horneado #o Hamburguesa de Soya w/Aderezo para Ensalada Arroz Pilaf ♥ Arroz al Vapor ♥ Chicharos Verdes ♥ Ensalada de col ♥WW Pan de Hamburguesa Salsa Tatara ♥Fruita ♥Bebida	Pollo con Queso ♥ Ensalada de Pollo ♥#Ensalada tres habichuelas ♥Ensalada Pasta Italiana ♥ Zanahorias Pan tipo Hoagie ♥Fruita ♥Bebida
Cena						
Ensalada del Chef ♥#or Tofu Ensalada Chef ♥Papitas al horno (bolsa) ♥Ital Dressing Low Cal ♥Pan de Trigo (2) ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida	♥Ensalada de Atun #o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	♥Emparedado Carne Asada ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥ Ensalada de col Mostaza Aderezo para Ensalada ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - Menu Movimiento Controlado FY 2017

Semana 4

Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Cereal Seco ♥ Granos (Grits) Calientes ♥Pan de Trigo ♥y Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada (2) Café	♥Fruita ♥ Avena Caliente Carne en Crema ♥Papas Doradas o Papas Hervidas Panecillo (2) ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente Panqueques W/ Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes ♥ Huevos Revueltos #Mantequilla de Mani Papa Rallada Frita ♥o Papas Hervidas ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Avena Caliente Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente ♥Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2) Café
Almuerzo						
♥Huevos Revueltos #Mantequilla de Mani Salchicha Francesas (2) w/Almibar ♥ Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Fruita ♥Bebida	Perros Caliente (2) ♥#Perros Caliente de Soya Croqueticas de papas ♥ o Papa Horneada ♥ Ensalada de col Ketchup & Mostaza WW Pan de Perro Caliente (2) ♥Margarina Postre ♥o Fruita ♥Bebida	Hamburguesa de Pollo ♥# o Hamburguesa de Soya ♥ Ensalada de Papas ♥ Zanahorias ♥Lechuga/Tomate #w/Aderezo para Ensalada ♥WW Pan de Hamburguesa Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Bacon de Pavo (2) Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW Pan de Hamburguesa ♥Fruita ♥Bebida	Pollo Frito ♥o Pollo al Horno ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥ Batata/Camote Horneada ♥ Zanahorias ♥Ensalada de Jardín Aderezo dieta ♥Pan de Trigo ♥Margarina Postre o ♥Fruita ♥Bebida	♥Pescado Horneado #o Hamburguesa de Soya ♥Ensalada de Macarrones ♥ Chicharos Verdes Pan de Maiz o ♥Pan de Trigo Salsa Tartara ♥Fruita ♥Bebida	♥ Spaguetti y ♥ Salsa De Carne #o soya w/marinara ♥ Brocoli al Vapor ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta Pan de Ajo ♥ o Pan de Trigo Postre o ♥Fruita ♥Bebida
Cena						
Ensalada del Chef ♥#or Tofu Ensalada Chef ♥Papitas al horno (bolsa) ♥Ital Dressing Low Cal ♥Pan de Trigo (2) ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida	♥Ensalada de Atun #o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	♥Emparedado Carne Asada ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥ Ensalada de col Mostaza Aderezo para Ensalada ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Departamento Federal de Prisiones - Menu Movimiento Controlado FY 2017

Semana 5

Desayuno						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruita ♥Cereal Seco ♥ Granos (Grits) Calientes ♥Pan de Trigo ♥y Mermelada (2) ♥Endulzador Artificial ♥Margarina Porcion ♥Leche Descremada (2) Café	♥Fruita ♥ Avena Caliente Carne en Crema ♥Papas Doradas o Papas Hervidas Panecillo (2) ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente Panqueques W/ Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Granos (Grits) Calientes ♥ Huevos Revueltos #Mantequilla de Mani Papa Rallada Frita ♥o Papas Hervidas ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥ Avena Caliente Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2)	♥Fruita ♥Cereal Seco ♥ Avena Caliente ♥Pan de Trigo ♥y Mermelada (2) ♥Margarina Porcion ♥Endulzador Artificial ♥Leche Descremada (2) Café
Almuerzo						
♥ Huevos Hervidos (2) #Mantequilla de Mani Francesas (2) w/Almibar ♥o Pan de Trigo ♥y Mermelada (2) ♥ Papas Doradas ♥Margarina ♥Fruita ♥Bebida	Papas Fritas con Chili y Queso ♥# o Chili de Soya ♥# W/Papa Horneada ♥ Zanahorias ♥Pan de Trigo ♥Margarina ♥Fruita ♥Bebida	Pollo a la Parmesana ♥#Emparedado de soja ♥ Spaguetti W/Salsa Marinara ♥Espinaca Pan de Ajo ♥o Pan de Trigo Postre o ♥Fruita ♥Bebida	♥Hamburguesa a la Parrilla #o Hamburguesa de Soya Queso (1 Pedazo) Papas Fritas ♥o Papa Horneada ♥Lechuga Pepinillos Aderezo para Ensalada Ketchup & Mostaza ♥WW Pan de Hamburguesa ♥Fruita ♥Bebida	♥ Pollo al Horno ♥# Mantequilla de Mani Y (2) Mermelada (2) ♥Camote al horno ♥Frijoles Negras ♥Espinaca ♥ Pan de Trigo ♥Margarina Postre o ♥Fruita ♥Bebida	Emparedado de Pescado ♥o Pescado Horneado #o Hamburguesa de Soya ♥ Verduras ♥ Ensalada de col ♥WW Pan de Hamburguesa Salsa Tatara ♥Fruita ♥Bebida	♥Sloppy Joe #or Soja Sloppy Joe Croquetas de Papas ♥o Papa Horneada ♥ Chicharos ♥WW Pan de Hamburguesa ♥Margarina Postre o ♥Fruita ♥Bebida
Cena						
Ensalada del Chef ♥#or Tofu Ensalada Chef ♥Papitas al horno (bolsa) ♥Ital Dressing Low Cal ♥Pan de Trigo (2) ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida	♥Ensalada de Atun #o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	♥Emparedado Carne Asada ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥ Ensalada de col Mostaza Aderezo para Ensalada ♥Margarina ♥Bebida	♥# Mantequilla de Mani Y (2) Mermelada (2) ♥# o Hummus (garbanzos) ♥Papitas al horno (bolsa) ♥ Ensalada de Jardín ♥ Aderezo Italiana dieta ♥Pan de Trigo (2) ♥Bebida	Emparedado Cortes de Carne ♥#Ensalada tres habichuelas ♥Papitas al horno (bolsa) ♥Ensalada Macarrones Mostaza Aderezo para Ensalada ♥Bebida

Indica Sin carne, ♥ Indica Corazon Sano.

Federal Bureau of Prisons

FY 2017 Certified Religious Diet Menu

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Spanish Omelet -Potatoes 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Veg. Chili -White Rice -Mixed Vegetable 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents

Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

Federal Bureau of Prisons

FY 2017 Certified Religious Diet Menu

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Cheese Omelet -Potatoes 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Veg Stuffed Cabbage -Tomato Sauce -Parsley Potatoes -Mixed vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Chow Mein w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Veg Cutlet -Mushroom Gravy -White Rice -Lima Beans 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents

Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

Federal Bureau of Prisons

FY 2017 Certified Religious Diet Menu

Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Spanish Omelet -Potatoes 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Veg Stuffed Cabbage -Tomato Sauce -Parsley Potatoes -Mixed vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Chow Mien w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents

Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

Federal Bureau of Prisons

FY 2017 Certified Religious Diet Menu

Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Spanish Omelet -Potatoes 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Veg. Chili -White Rice -Mixed Vegetable 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents

Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

Federal Bureau of Prisons

FY 2017 Certified Religious Diet Menu

Week 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Cheese Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Veg Stuffed Cabbage -Tomato Sauce -Parsley Potatoes -Mixed vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Chow Mein w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Veg Cutlet -Mushroom Gravy -White Rice -Lima Beans 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 2 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents

Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

Federal Bureau of Prisons

FY 2017 Certified Religious Diet Menu

HOLIDAY MENU

NEW YEAR'S DAY	MARTIN LUTHER KING JR'S. DAY	PRESIDENT'S DAY	MEMORIAL DAY	COLUMBUS DAY	INDEPENDENCE DAY	LABOR DAY
Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Spanish Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit -Cheese Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit -Spanish Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit -Cheese Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit -Spanish Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit -Cheese Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit -Spanish Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute
-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage	-Chicken Patty -Sauce -Mashed Potatoes -Sweet Peas Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage

Federal Bureau of Prisons

FY 2017 Certified Religious Diet Menu

HOLIDAY MENU

VETERAN'S DAY	THANKSGIVING DAY	CHRISTMAS DAY
Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit Pkg Bran Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Cheese Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit -Spanish Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute	Whole Fresh Fruit -Cheese Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine 2 Sugar Substitute
-Chicken Patty -Sauce -Mashed Potatoes -Sweet Peas Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables Tuna Potato Chips Vegetable Juice Whole Fresh Fruit 2 Slices Bread 2 Margarine Kosher Beverage

BOP National Menu Nutrition Information

ENTREES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Baked Chicken	375	18	5	0	243	190	1	0	0	49
Baked Fish	130	1	0	0	68	97	0	0	0	28
Baked Lasagna	512	21	9	1	138	1075	41	4	12	40
Baked Ziti	623	21	9	1	89	543	67	6	7	40
BBQ Beef	456	27	11	1	89	710	25	1	21	25
BBQ Chicken	473	18	5	0	243	786	24	1	19	50
BBQ Pork	220	10	3	0	43	551	21	0	17	12
BBQ Tofu	227	9	2	0	0	484	22	2	16	18
Bean Burrito (filling)	222	3	0	0	0	189	38	12	1	13
Beef and Bean Burrito (filling)	373	10	3	1	20	960	54	4	4	15
Beef and Rice	554	17	6	1	83	81	66	3	1	31
Beef and Vegetables	284	16	6	1	83	99	10	2	3	25
Beef Enchilada Casserole	508	28	12	2	103	1052	31	3	4	33
Beef Noodles	495	18	6	1	132	106	51	3	2	31
Beef Taco (filling)	252	15	6	1	81	112	4	1	2	24
Boiled Egg	68	5	1	0	164	55	0	0	0	6
Braised Chicken	169	8	2	0	61	50	0	0	0	22
Breaded Fish	241	11	2	0	31	416	23	1	2	11
Broccoli Beef	437	27	11	1	87	493	19	4	8	29
Cheese Pizza	290	11	5	0	23	602	35	4	4	14
Chicken Ala King	157	5	1	0	60	109	5	0	2	21
Chicken and Noodles	507	13	3	0	152	189	55	3	3	41
Chicken and Vegetables	135	5	1	0	60	82	2	0	1	20
Chicken Cacciatore	135	4	1	0	45	258	9	3	6	16
Chicken Cheese Steak	388	21	9	1	125	470	5	0	2	43
Chicken Fajitas	118	4	1	0	48	49	3	1	1	16
Chicken Fried Rice	439	13	3	0	120	393	43	1	1	35
Chicken Lo Mein	220	7	2	0	79	218	12	2	3	27
Chicken Parmesan	539	35	10	1	86	1200	23	2	4	33
Chicken Patty	328	22	2	0	46	604	15	1	0	17
Chicken Salad	205	9	2	0	80	170	4	0	2	25
Chicken Spaghetti	549	22	11	1	88	604	58	7	7	31

BOP National Menu Nutrition Information

ENTREES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Stir Fry	353	6	1	0	39	306	54	2	2	18
Chicken Taco	225	12	6	0	72	245	7	2	4	22
Chicken Wrap	403	19	4	1	77	558	29	3	4	28
Chili	337	10	3	0	46	276	38	12	6	26
Chili Cheese Fries	849	50	17	1	104	550	69	10	5	34
Chili Cheese Tots	544	33	13	5	83	984	39	5	2	26
Chili Mac	352	10	4	0	46	318	43	5	5	22
Deli Submarine Sandwich (filling)	363	28	13	1	102	1675	7	1	3	20
Egg Salad	135	9	2	0	219	242	5	0	4	8
Fried Chicken	432	22	6	0	233	466	7	0	0	48
Fried Fish Fillet	174	4	1	0	68	282	3	0	0	29
Hamburger	199	13	5	1	69	52	0	0	0	20
Hot Dog	142	13	5	0	24	531	2	0	1	4
Hummus	148	7	1	0	0	364	16	5	3	6
Hummus Wrap	374	16	3	1	0	1042	49	8	8	11
Italian Sausage	234	19	7	0	39	821	3	0	1	13
Meatloaf	329	17	6	1	122	358	14	1	6	28
Oven Fried Chicken	434	19	6	0	256	505	10	1	2	53
Peanut Butter and Jelly Sandwich	593	31	6	0	0	512	64	7	28	20
Peanut Butter	678	58	12	0	0	483	25	6	12	25
Pepper Steak	242	9	4	0	93	553	7	1	3	33
Pork Roast	209	15	5	0	67	52	0	0	0	18
Roast Beef	197	9	3	0	87	40	0	0	0	30
Sloppy Joe	187	10	4	0	56	217	6	0	5	16
Soy Ala King	222	8	1	0	2	35	24	6	6	16
Soy BBQ	315	1	0	0	0	325	36	13	15	43
Soy Beef and Noodles	426	5	1	0	62	66	67	9	5	29
Soy Beef Stew	284	2	0	0	1	76	36	11	9	33
Soy Burger	124	4	1	0	4	398	10	3	1	11
Soy Chicken and Vegetables	114	5	1	0	0	267	9	4	3	10
Soy Chicken Chunks	94	0	0	0	0	11	9	4	3	14
Soy Chicken Patty	76	3	0	0	0	350	7	4	0	10

BOP National Menu Nutrition Information

3

ENTREES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soy Chili	205	1	0	0	0	181	33	12	5	18
Soy Chili Mac	331	2	0	0	0	291	56	9	8	23
Soy Enchilada Casserole	381	15	7	0	37	701	37	8	6	28
Soy Hot Dog	264	16	2	0	0	534	9	4	2	22
Soy Lasagna	433	9	4	0	72	965	51	9	14	39
Soy Sloppy Joe	83	0	0	0	0	218	13	3	7	8
Soy Spaghetti Sauce	97	1	0	0	0	143	14	5	7	10
Soy Taco	119	1	0	0	0	62	15	5	5	15
Soy Ziti	385	5	1	0	0	292	67	6	8	19
Steak and Cheese Sub	383	20	10	1	124	428	7	1	3	44
Swedish Meatballs	411	16	6	1	113	733	39	2	4	27
Tofu Lasagna	449	12	5	0	66	1082	61	7	15	28
Tofu and Rice	207	4	1	0	0	271	36	2	2	6
Tofu Fajitas	97	4	1	0	0	51	6	1	3	10
Tofu Fried Rice	254	8	1	0	30	261	37	1	2	10
Tofu Lo Mein	109	3	0	0	0	178	13	2	4	8
Tofu Stir Fry	210	4	1	0	0	138	37	2	2	6
Tuna Casserole	352	10	2	0	56	131	34	2	4	31
Tuna Salad	152	3	1	0	30	210	6	1	5	24
Turkey Roast	134	5	1	0	63	295	0	0	0	20
Turkey Burger	214	14	4	0	88	70	0	0	0	21
Ziti and Beef	500	16	6	1	77	94	55	4	2	32

BOP National Menu Nutrition Information

SAUCES/GRAVIES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Brown Gravy	43	3	1	0	0	5	4	0	0	1
Chicken Gravy	43	3	1	0	0	5	4	0	0	1
Cream Gravy	54	3	1	0	1	21	5	0	2	2
Marinara Sauce	74	1	0	0	1	510	16	5	11	3
Meat Sauce	181	8	3	0	40	451	15	4	10	14
Spaghetti Sauce, Beef	174	7	3	0	37	427	15	4	10	14
Tomato Gravy	53	4	1	0	0	70	5	1	1	1
Soy Spaghetti Sauce	98	0	0	0	0	171	15	4	7	10

VEGETABLES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beets	18	0	0	0	0	110	4	1	3	1
Broccoli	32	0	0	0	0	12	6	3	2	4
Carrots	28	0	0	0	0	274	6	2	3	1
Collard Greens	37	1	0	0	0	320	6	5	0	3
Corn	90	1	0	0	0	211	20	2	3	3
Diced Onions and Peppers	17	0	0	0	0	2	4	1	2	1
Green Beans	28	0	0	0	0	279	5	3	1	1
Lettuce	1	0	0	0	0	1	0	0	0	0
Mixed Greens	37	1	0	0	0	320	6	5	0	3
Mixed Vegetables	56	0	0	0	0	243	11	3	3	3
Onion	6	0	0	0	0	1	1	0	1	0
Peas	77	1	0	0	0	310	13	6	3	5
Peas and Carrots	53	0	0	0	0	303	10	4	3	3
Simmered Cabbage	24	0	0	0	0	8	6	2	3	1
Spinach	26	1	0	0	0	222	4	3	0	3
Sweet Potato	124	0	0	0	0	50	29	5	9	3
Tomato	9	0	0	0	0	3	2	1	1	0

BOP National Menu Nutrition Information

SIDES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Baked Potato	171	0	0	0	0	18	39	4	2	5
Baked Potato Chips	120	3	0	0	1	230	21	2	0	3
Baked Tater Tots	329	15	3	6	0	793	47	3	0	4
Black Beans	285	1	0	0	0	8	51	19	1	19
Black Eyed Peas	328	1	0	0	0	7	59	22	2	22
Boiled Potatoes	96	0	0	0	0	8	23	3	1	2
Cheese Slice	78	7	4	0	21	355	1	0	0	4
Cilantro Rice	293	1	0	0	0	31	62	1	1	6
Egg Noodles	297	5	1	0	62	16	54	3	1	10
French Fries	556	27	4	0	0	19	75	8	3	6
Fried Rice	215	4	1	0	25	18	38	1	1	5

SIDES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garlic Macaroni	213	4	2	0	7	27	37	2	1	7
Garlic Noodles	235	6	1	0	43	44	38	2	1	7
Garlic Spaghetti	364	6	1	0	0	51	64	4	1	12
Home Fried Potatoes	285	12	2	0	0	11	43	4	2	4
Italian Pasta Salad	279	11	2	0	0	356	38	3	2	7
Kidney Beans	343	1	0	0	0	7	62	17	1	23
Lentils	314	1	0	0	0	96	55	16	2	24
Macaroni and Cheese	366	15	8	1	43	324	39	2	4	17
Macaroni and Tomato	475	26	5	2	0	553	52	5	5	10
Macaroni Salad	293	12	2	0	25	158	38	2	3	8
Mashed Potatoes	144	0	0	0	0	23	33	3	3	4
Mexican Rice	196	5	1	0	0	229	34	1	1	3
Navy Beans	291	1	0	0	0	5	54	22	1	17
Noodles w/Herbs	273	5	1	0	0	39	48	3	1	9
Oven Brown Potatoes	157	0	0	0	0	17	36	4	2	4
Pinto Beans	336	2	0	0	0	7	62	21	1	21
Potato Chips	151	10	1	0	0	149	15	2	1	1

BOP National Menu Nutrition Information

SIDES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Rice Pilaf	223	5	1	0	2	37	39	1	4	4
Potato Salad	157	5	1	0	3	167	28	3	4	2
Savory Rice	226	3	1	0	2	26	44	1	3	4
Spaghetti Noodles	327	5	1	0	69	17	60	3	1	11
Steamed Rice	338	1	0	0	0	19	71	2	0	8
Tater Tots	369	21	4	6	0	766	45	3	0	4
Tortilla	144	3	1	1	0	347	25	1	2	4
Tortilla Chips	134	6	1	0	0	93	19	2	0	2
Turkey Bacon	103	7	2	0	43	566	1	0	1	8

FRUIT	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple, canned, sweetened	139	0	0	0	0	4	36	2	30	0
Apple, fresh	95	0	0	0	0	2	25	4	19	0
Apricot, canned, syrup pack, light	159	0	0	0	0	10	42	4	38	1
Apricot, fresh	50	0	0	0	0	1	12	2	10	1
Banana, fresh	105	0	0	0	0	1	27	3	14	1
Blueberries, fresh	84	0	0	0	0	1	21	4	15	1
Cantaloupe, fresh	54	0	0	0	0	26	13	1	13	1
Cherries, fresh	97	0	0	0	0	0	25	3	20	2
Clementine - fresh	70	0	0	0	0	1	18	3	14	1
Fruit cocktail, syrup pack, light	138	0	0	0	0	15	36	2	34	1
Grapefruit, fresh, pink or red	54	0	0	0	0	0	14	2	9	1
Honeydew melon, fresh	61	0	0	0	0	31	15	1	14	1
Kiwi fruit, green	42	0	0	0	0	2	10	2	6	1
Mango, fresh	99	1	0	0	0	2	25	3	23	1
Nectarine - fresh	62	0	0	0	0	0	15	2	11	2
Orange, fresh	62	0	0	0	0	0	15	3	12	1
Peach, canned, syrup pack, light	136	0	0	0	0	13	37	3	33	1
Peach, fresh	59	0	0	0	0	0	14	2	13	1
Pear, canned, syrup pack, light	143	0	0	0	0	13	38	4	30	0

BOP National Menu Nutrition Information

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FRUIT	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pear, fresh	103	0	0	0	0	2	28	6	17	1
Pineapple, canned, syrup pack, light	131	0	0	0	0	3	34	2	32	1
Pineapple, fresh	83	0	0	0	0	2	22	2	16	1
Plum, canned, syrup pack, light	159	0	0	0	0	50	41	2	39	1
Plum, fresh	91	1	0	0	0	0	23	3	20	1
Strawberries, fresh	46	0	0	0	0	1	11	3	7	1
Tangerine, fresh	47	0	0	0	0	2	12	2	9	1
Watermelon, fresh	46	0	0	0	0	2	11	1	9	1
Strawberries	46	0	0	0	0	1	11	3	7	1
Tangerine	47	0	0	0	0	2	12	2	9	1
Watermelon	46	0	0	0	0	2	11	1	9	1

BREAKFAST/BRUNCH	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bran Cereal	180	1	0	0	0	405	47	10	10	6
Breakfast Cake	339	19	10	1	27	102	38	1	20	5
Breakfast Sausage	248	24	8	0	45	561	0	0	0	9
Cheese Omelet	293	24	9	0	353	290	1	0	1	18
Corn Flakes	153	0	0	0	0	304	37	1	4	3
Egg Patty	68	5	1	0	164	55	0	0	0	6
French Toast (2x slices)	203	5	1	0	105	302	28	3	6	11
Grits	105	0	0	0	0	12	22	1	0	2
Oatmeal	135	2	0	0	0	697	24	4	0	5
Omelet	146	10	3	0	328	109	1	0	1	11
Pancakes	205	4	1	0	45	441	34	1	5	7
Plain Omelet	242	21	5	0	327	109	1	0	1	11
Scrambled Eggs	204	16	4	0	332	122	2	0	2	12

BOP National Menu Nutrition Information

SOUPS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bean Soup	136	2	1	0	1	56	24	8	3	7
Beef Stew	552	37	15	2	122	162	17	3	3	35
Black Bean Soup	312	2	1	0	1	14	55	19	3	20
Corn Chowder	114	4	1	0	7	209	20	2	3	3
Cream of Broccoli Soup	117	6	3	0	14	82	13	2	5	4
Cream of Potato Soup	154	1	0	0	2	57	31	3	6	5
Lentil Soup	101	0	0	0	0	97	19	6	4	6
Minestrone Soup	63	0	0	0	0	69	13	3	2	3
Old Fashioned Bean Soup	120	1	0	0	0	62	23	8	2	6
Vegetable Chili	147	1	0	0	0	150	28	9	4	9
Vegetable Soup	44	1	0	0	1	84	8	2	3	1

BEVERAGES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coffee	2	0	0	0	0	5	1	1	0	0
Milk	167	0	0	0	10	206	24	0	25	17

CONDIMENTS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Catsup	9	0	0	0	0	82	2	0	2	0
Dressing	18	2	0	0	0	97	1	0	0	0
Jelly	56	0	0	0	0	6	14	0	10	0
Margarine	33	4	1	1	0	31	0	0	0	0
Mayonnaise	30	3	0	0	2	78	2	0	1	0
Mustard	3	0	0	0	0	55	0	0	0	0
Pancake Syrup	73	0	0	0	0	9	20	0	12	0
Pickles	2	0	0	0	0	113	0	0	0	0
Salsa	19	0	0	0	0	254	4	2	3	1
Shredded Cheese	230	19	11	1	58	365	1	0	0	14
Sweetener	7	0	0	0	0	0	2	0	2	0
Tartar Sauce	57	4	1	0	3	197	6	0	5	0

BOP National Menu Nutrition Information

BREADS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Biscuit	151	4	1	0	0	371	25	1	1	4
Cornbread	201	8	1	0	24	348	29	1	3	4
Corn Tortilla	92	1	0	0	0	19	19	2	0	2
Garlic Bread	158	12	7	1	29	195	11	0	1	2
Hamburger Bun	120	2	0	0	0	215	22	1	3	4
Taco Shell	60	3	1	0	0	41	8	1	0	1
Tortilla	147	3	1	1	0	336	25	1	2	4
White Bread	67	1	0	0	0	123	12	1	1	2
Whole Wheat Bread	71	1	0	0	0	129	12	2	1	4
Whole Wheat Hamburger Bun	108	2	0	0	0	196	18	3	2	5
Whole Wheat Hot Dog Bun	108	2	0	0	0	196	18	3	2	5

VEGETABLE SALADS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beef Taco Salad	446	20	6	1	72	307	39	8	3	29
Chef Salad	269	13	5	0	235	338	10	4	4	29
Coleslaw	72	4	1	0	3	130	9	1	7	1
Garden Salad	25	0	0	0	0	26	5	2	3	1
Soy Taco Salad	326	7	1	0	0	118	47	12	6	22
Tofu Chef Salad	71	2	0	0	0	39	9	3	6	6
Three Bean Salad	253	12	2	0	0	393	33	5	21	5

Bag Lunch Alternate Menu

Policy - Food Service Manual 4700.06, Chapter 6:

6. ALTERNATE MENU CONTENTS

The FSA will provide a minimum bag meal consisting of one non-pork meat sandwich with two ounces of protein, one no-flesh sandwich with two ounces of protein, one portion of fruit, and one beverage.

If an inmate is (or inmates in the case of a lockdown are) served a bag meal for more than 5 days, the FSA will provide the Bag Lunch Alternate Menu listed on the Food Service Sallyport site until the inmate (or inmates) are returned to regular menu service.

Bag Lunch Alternate Menu Contents:

Breakfast Meals:

2 - Cups fresh or ultra-pasteurized, skim milk
1.6 ounce weight minimum unsweetened whole grain dry cereal
2 - Slices whole wheat bread; and
One piece uncut fresh fruit;

Lunch and Dinner Meals:

One non-pork meat sandwich with two ounces of protein;
One no-flesh sandwich with two ounces of protein;
1 ounce weight minimum commercially packaged Potato Chips;
2 ounce weight portion of fresh carrot sticks;
2 ounce weight portion of fresh celery sticks;
2 ounce weight portion of fresh trimmed broccoli or cauliflower;
One piece uncut fresh fruit; and
1 cup beverage

Federal Bureau of Prisons - Special Diet - Renal Menu FY 2017

Week 1

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk ♥Coffee	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit ♥Hot Grits White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk ♥Coffee
Lunch						
Renal Scrambled Eggs French Toast (3) w/syrup or White Bread (2) and ♥Jelly (2) ♥Margarine Pat Renal Fruit ♥Beverage	Renal Beef Tacos ♥Steamed Rice ♥WK Corn ♥Shredded Lettuce ♥Taco Shells (2) Renal Fruit ♥Beverage	Renal Braised Chicken Renal Fried Rice ♥Carrots White Bread (2) Renal Fruit ♥Beverage	Renal Hamburger Renal Macaroni Salad ♥Shredded Lettuce ♥Catsup & Mustard Salad Dressing White Hamburger Bun Renal Fruit ♥Beverage	Renal Baked Chicken ♥Cilantro Rice ♥Green Beans ♥Garden Salad ♥Ital Dressing Low Cal White Bread (2) ♥Margarine Pat Renal Fruit ♥Beverage	Renal Baked Fish ♥Macaroni Salad ♥Green Peas White Bread (2) Tartar Sauce Renal Fruit ♥Beverage	♥Turkey Burger ♥Italian Pasta Salad ♥Coleslaw ♥Catsup & Mustard White Hamburger Bun Renal Fruit ♥Beverage
Dinner						
Renal Roast Beef ♥Steamed Rice ♥Green Beans Brown Gravy White Bread Peaches ♥Beverage	Renal Vegetable Soup Renal Chicken Salad ♥Italian Pasta Salad ♥Green Peas ♥Lettuce/Onion ♥Flour Tortilla (2) Peaches ♥Beverage	Renal Meatloaf Savory Rice Brown Gravy ♥WK Corn White Bread ♥Margarine Pat Fruit Cocktail ♥Beverage	♥Braised Chicken Garlic Spaghetti ♥Green Beans Garlic Bread or White Bread ♥Margarine Pat Fruit Cocktail ♥Beverage	Renal Vegetable Soup ♥Tuna Salad ♥Lettuce Leaf ♥Italian Pasta Salad White Bread (2) Peaches ♥Beverage	Renal Chkn Fried Rice ♥Steamed Broccoli White Bread ♥Margarine Pat Fruit Cocktail ♥Beverage	Renal Vegetable Soup Renal Beef Taco Salad Peaches ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - Special Diet - Renal Menu FY 2017

Week 2

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk ♥Coffee	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit ♥Hot Grits White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk ♥Coffee
Lunch						
Renal Boiled Eggs Renal Pancakes W/Syrup or White Bread and ♥Jelly (2) ♥Margarine Pat Renal Fruit ♥Beverage	♥Cream of Broccoli Soup Renal Chicken Wrap ♥Italian Pasta Salad ♥Green Beans Renal Fruit ♥Beverage	Renal Braised Chicken Garlic Spaghetti ♥Garden Salad ♥Ital Dressing Low Cal White Bread Renal Fruit ♥Beverage	Renal Hamburger Tortilla Chips ♥Shredded Lettuce ♥Catsup & Mustard Salad Dressing White Hamburger Bun Renal Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken Renal Fried Rice ♥Carrots Chicken Gravy White Bread ♥Margarine Pat Renal Fruit ♥Beverage	Renal Baked Fish ♥Garlic Macaroni ♥Green Beans Cornbread or White Bread ♥Margarine Pat Tartar Sauce Renal Fruit ♥Beverage	♥Hamburger Savory Rice ♥Green Peas ♥Catsup & Mustard White Hamburger Bun ♥Margarine Pat Renal Fruit ♥Beverage
Dinner						
Swedish Meatballs ♥Egg Noodles ♥Green Beans ♥Garden Salad ♥Ital Dressing Low Cal White Bread Peaches ♥Beverage	*Renal Pork Roast or Renal Boiled Eggs Renal Savory Rice ♥Coleslaw White Hamburger Bun Fruit Cocktail ♥Beverage	Renal Beef Burrito Mexican Rice or ♥Steamed Rice ♥WK Corn Peaches ♥Beverage	Renal Vegetable Soup Renal Egg Salad ♥Macaroni Salad ♥Lettuce Leaf ♥Mustard Salad Dressing White Hamburger Bun Fruit Cocktail ♥Beverage	Renal Vegetable Soup Renal Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal White Bread (2) Peaches ♥Beverage	Renal Hamburger Tortilla Chips ♥Garden Salad Salad Dressing ♥Ital Dressing Low Cal ♥Catsup & Mustard Garlic Bread or White Bread Fruit Cocktail ♥Beverage	Renal Chicken Taco ♥Cilantro Rice ♥WK Corn ♥Shredded Lettuce ♥Taco Shells (2) Peaches ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - Special Diet - Renal Menu FY 2017

Week 3

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk ♥Coffee	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit ♥Hot Grits White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk ♥Coffee
Lunch						
Renal Plain Omelet French Toast (3) w/syrup or White Bread (2) and ♥Jelly (2) ♥Margarine Pat Renal Fruit ♥Beverage	Renal Vegetable Soup Renal Tuna Salad ♥Italian Pasta Salad ♥Lettuce Leaf White Bread (2) Renal Fruit ♥Beverage	Renal Braised Chicken Renal Fried Rice ♥Lettuce Leaf Salad Dressing White Hamburger Bun Renal Fruit ♥Beverage	Renal Hamburger Tortilla Chips ♥Shredded Lettuce ♥Catsup & Mustard Salad Dressing White Hamburger Bun ♥Margarine Pat Renal Fruit ♥Beverage	Renal Baked Chicken ♥Garlic Macaroni ♥Carrots White Bread Renal Fruit ♥Beverage	Renal Baked Fish ♥Rice Pilaf or ♥Steamed Rice ♥Green Peas ♥Cole Slaw White Bread Tartar Sauce Renal Fruit ♥Beverage	Renal Ckn Steak or ♥Chicken Salad ♥Italian Pasta Salad ♥Carrots White Hamburger Bun Renal Fruit ♥Beverage
Dinner						
Renal Chicken Lo Mein ♥Steamed Broccoli ♥Spaghetti White Bread Peaches ♥Beverage	Renal Hamburger ♥Steamed Rice ♥WK Corn White Hamburger Bun Fruit Cocktail ♥Beverage	Renal Pepper Steak ♥Steamed Rice ♥Green Beans White Bread Peaches ♥Beverage	♥Ziti & Beef ♥Mixed Vegetables ♥Garden Salad ♥Ital Dressing Low Cal White Bread Fruit Cocktail ♥Beverage	♥Roast Beef ♥Garlic Macaroni ♥Mixed Vegetables Brown Gravy White Bread ♥Margarine Pat Peaches ♥Beverage	Renal Chicken Fajitas ♥Cilantro Rice ♥WK Corn ♥Flour Tortilla (2) Peaches ♥Beverage	Renal Vegetable Soup Renal Beef Taco Salad White Bread Fruit Cocktail ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - Special Diet - Renal Menu FY 2017

Week 4

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk ♥Coffee	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit ♥Hot Grits White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat ♥Sugar Substitute Pks ♥Skim Milk ♥Coffee
Lunch						
Renal Scrambled Eggs French Toast (3) W/Syrup or White Bread and ♥Jelly (2) ♥Margarine Pat Renal Fruit ♥Beverage	Renal Braised Chicken Garlic Spaghetti ♥Garden Salad ♥Ital Dressing Low Cal White Bread Renal Fruit ♥Beverage	Renal Chicken Salad ♥Italian Pasta Salad ♥Green Beans ♥Lettuce Leaf Salad Dressing White Hamburger Bun Renal Fruit ♥Beverage	Renal Hamburger Tortilla Chips ♥Shredded Lettuce ♥Catsup & Mustard Salad Dressing White Hamburger Bun ♥Margarine Pat Renal Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken ♥Garlic Macaroni ♥Carrots ♥Garden Salad ♥Ital Dressing Low Cal White Bread ♥Margarine Pat Renal Fruit ♥Beverage	Renal Vegetable Soup Renal Tuna Salad ♥Lettuce Leaf ♥Italian Pasta Salad White Hamburger Bun Renal Fruit ♥Beverage	Renal Vegetable Soup Renal Egg Salad ♥Macaroni Salad ♥Garden Salad ♥Ital Dressing Low Cal White Hamburger Bun Renal Fruit ♥Beverage
Dinner						
Renal Hamburger ♥Steamed Rice ♥Green Beans White Hamburger Bun Peaches ♥Beverage	Renal Chkn Fried Rice ♥Carrots White Bread Fruit Cocktail ♥Beverage	*Renal Pork Roast or Cottage Cheese ♥Steamed Rice ♥Green Beans White Bread ♥Margarine Pat Peaches ♥Beverage	Renal Seasoned Beef Garlic Spaghetti ♥Carrots ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or White Bread Peaches ♥Beverage	Renal Scrambled Eggs Renal Pancakes W/Syrup or White Bread and ♥Jelly (2) ♥Margarine Pat Peaches ♥Beverage	Renal Turkey Burger Tortilla Chips ♥Garden Salad ♥Ital Dressing Low Cal Salad Dressing ♥Catsup & Mustard White Hamburger Bun ♥Margarine Pat Fruit Cocktail ♥Beverage	Renal Braised Chicken ♥Rice Pilaf ♥Cole Slaw White Bread (2) Fruit Cocktail ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - Special Diet - Renal Menu FY 2017

Week 5

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat (2) ♥Sugar Substitute Pks ♥Skim Milk (1/2 cup) ♥Coffee	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat (2) ♥Sugar Substitute Pks ♥Skim Milk (1/2 cup)	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat (2) ♥Sugar Substitute Pks ♥Skim Milk (1/2 cup)	Renal Fruit ♥Hot Grits White Bread and ♥Jelly (2) ♥Margarine Pat (2) ♥Sugar Substitute Pks ♥Skim Milk (1/2 cup)	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat (2) ♥Sugar Substitute Pks ♥Skim Milk (1/2 cup)	Renal Fruit ♥Hot Oatmeal White Bread and ♥Jelly (2) ♥Margarine Pat (2) ♥Sugar Substitute Pks ♥Skim Milk (1/2 cup)	Renal Fruit Corn Flakes White Bread and ♥Jelly (2) ♥Margarine Pat (2) ♥Sugar Substitute Pks ♥Skim Milk (1/2 cup) ♥Coffee
Lunch						
♥ Boiled Eggs (2) French Toast (3) W/Syrup or White Bread (2) and ♥Jelly (2) ♥Margarine Pat Renal Fruit ♥Beverage	Hamburger ♥Steamed Rice ♥Carrots White Hamburger Bun Renal Fruit ♥Beverage	Renal Braised Chicken Garlic Spaghetti ♥Green Beans Garlic Bread or White Bread Renal Fruit ♥Beverage	Renal Hamburger ♥Rice Pilaf ♥Shredded Lettuce ♥Catsup & Mustard Salad Dressing White Hamburger Bun Renal Fruit ♥Beverage	Renal Baked Chicken Renal Rice Pilaf ♥WK Corn White Bread ♥Margarine Pat Renal Fruit ♥Beverage	Renal Baked Fish ♥Garlic Macaroni ♥Carrots ♥Cole Slaw White Hamburger Bun Tartar Sauce Renal Fruit ♥Beverage	♥Hamburger Savory Rice ♥Green Peas ♥Catsup & Mustard White Hamburger Bun Salad Dressing Renal Fruit ♥Beverage
Dinner						
Renal Beef Tacos Mexican Rice or ♥Steamed Rice ♥WK Corn ♥Taco Shells (2) Peaches ♥Beverage	Renal Pepper Steak ♥Steamed Rice ♥Steamed Broccoli White Bread Fruit Cocktail ♥Beverage	Renal Boiled Eggs ♥Steamed Rice ♥Mixed Vegetables Salad Dressing White Bread (2) Peaches ♥Beverage	Renal Vegetable Soup Renal Chef Salad ♥Ital Dressing Low Cal ♥Beets (Cold) White Bread (2) Fruit Cocktail ♥Beverage	Renal Steak Sandwich Tortilla Chips ♥Green Beans Salad Dressing White Hamburger Bun ♥Margarine Pat Peaches ♥Beverage	♥Ziti & Beef ♥Mixed Vegetables ♥Garden Salad ♥Ital Dressing Low Cal White Bread Fruit Cocktail ♥Beverage	Renal Chicken Fajitas ♥Cilantro Rice ♥WK Corn ♥Flour Tortilla (2) Peaches ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY17 - LOW FIBER - CONTINENTAL BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FRESH BANANA HOT GRITS WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2) COFFEE	FRESH BANANA HOT GRITS BREAKFAST CAKE OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA DRY CEREAL BREAKFAST CAKE OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS BREAKFAST CAKE OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA DRY CEREAL BREAKFAST CAKE OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS BREAKFAST CAKE OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2) COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY17 LOW FIBER - CONTINENTAL AND HOT BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FRESH BANANA HOT GRITS WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2) COFFEE	FRESH BANANA HOT GRITS CREAMED BEEF HOME FRIED POTATO BISCUITS OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA DRY CEREAL BREAKFAST CAKE OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS PANCAKES W/SYRUP OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA DRY CEREAL BREAKFAST CAKE OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS FRENCH TOAST W/SYRUP OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2) COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY17 LOW FIBER - HOT BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FRESH BANANA DRY CEREAL BREAKFAST CAKE OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2) COFFEE	FRESH BANANA HOT GRITS CREAMED BEEF BISCUITS OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS FRENCH TOAST W/SYRUP OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS PANCAKES W/SYRUP OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS SCRAMBLED EGGS WHITE BREAD OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA HOT GRITS FRENCH TOAST W/SYRUP OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2)	FRESH BANANA DRY CEREAL BREAKFAST CAKE OR WHITE BREAD MARGARINE PAT SF JELLY (2) SUGAR SUB. (2) SKIM MILK (2) COFFEE

- HOT GRITS TO BE SERVED IN PLACE OF HOT OATMEAL
- BREAKFAST CAKE CONTAINING COCONUT, NUTS, OR DRIED FRUIT ARE NOT ALLOWED
- DRY CEREAL OFFERING TO BE CORN OR RICE CHEX, CORN FLAKES, RICE CRISPIES OR EQUIVALENT
- CANNED FRUIT CAN BE SUBSTITUTED FOR BANANA - MUST BE CANNED IN LIGHT SYRUP

Federal Bureau of Prisons - National Menu FY 2017 - SOFT DIET
Federal Bureau of Prisons - National Menu FY 2017

Breakfast Choices

Updated SEPT 2016

CONTINENTAL

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

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal

MIXED CONTINENTAL/HOT

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

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal

HOT

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

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal

Breakfast cake cannot contain nuts, coconut or dried fruit; Oatmeal or Grits can be served in place of dry cereal.

Federal Bureau of Prisons - National Menu FY 2017-LOW FIBER

Week 1

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs #Peanut Butter ♥ Boiled Potatoes Salsa Cream Gravy Biscuits (2) or White Bread ♥Margarine ♥SF Jelly (2) ♥Canned Fruit ♥Beverage	♥Beef Tacos #or Soy Soft Tacos Mashed Potato ♥Carrots ♥Flour Tortilla (2) Shredded Cheese ♥Margarine ♥Canned Fruit ♥Beverage	Chicken Patty Sandwich ♥or Soy Chicken Patty #or Cottage Cheese ♥Steamed Rice ♥Carrots White Hamburger Bun or White Bread (2) ♥Margarine ♥Canned Fruit or Dessert ♥Beverage	♥Hamburger #or Soy Burger French Fries ♥or Mashed Potato Salad Dressing Catsup & Mustard White Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Canned Fruit ♥Beverage	Baked Chicken #or Peanut Butter and Jelly (2) ♥Mashed Sweet Potato ♥Green Beans White Bread (2) ♥Margarine ♥Canned Fruit or Dessert ♥Beverage	Breaded Fish Sandwich or ♥Baked Fish #or Soy Burger #w/ Salad Dressing ♥Boiled Buttered Noodles ♥Carrots White Hamburger Bun or ♥White Bread (2) Tartar Sauce ♥Canned Fruit ♥Beverage	♥Turkey Burger #or Soy Burger ♥Mashed Potato ♥Carrots White Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Canned Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef #or Cottage Cheese ♥ Mashed Potatoes ♥Green Beans Brown Gravy ♥White Bread (2) ♥Margarine ♥Beverage	2 C Vegetable Soup Broth ♥4oz Plain Chicken #or Peanut Butter and Jelly (2) Salad Dressing Plain buttered Noodles Green Beans ♥White Bread (2) ♥Margarine ♥Beverage	♥ Meatloaf #or Soy Burger #W/Salad Dressing ♥Mashed Potato Tomato Gravy Green Beans White Bread ♥Margarine ♥Beverage	♥Spaghetti ♥w/Meat sauce #or Soy Spag Sauce ♥Green Beans ♥White Bread ♥Beverage	Vegetable Soup Broth ♥Plain Flaked Tuna # or Cottage Cheese Plain Buttered Noodles ♥Carrots ♥White Bread (2) ♥Margarine ♥Beverage	4 oz Plain Chicken Steamed Rice # or Cottage Cheese ♥Green Beans White Bread ♥Margarine ♥Beverage	Beef Entrée Option Steamed Rice ♥Carrots Shredded Cheese ♥White Bread ♥Beverage
-Desserts containing coconut, nuts or dried fruits are not allowed - Smooth peanut butter must be offered for no-flesh alternative - Beef entree option to be offered as 4oz plain beef or plain beef patty - Mashed regular/sweet potatoes are to be prepared and offered without skin						

Federal Bureau of Prisons - National Menu FY 2017-LOW FIBER

Week 2

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) #Peanut Butter ♥ Boiled Potatoes Pancakes W/Syrup ♥White Bread (1) ♥Margarine ♥SF Jelly (2) ♥Canned Fruit ♥Beverage	♥ Chicken Broth 4oz Plain Chicken #or 2 slices cheese #W/Salad Dressing ♥ Mashed Potato ♥2 Flour tortilla Salad Dressing ♥Green Beans ♥Canned Fruit ♥Beverage	Cheese Pizza #or Cottage Cheese Spag w/marinara ♥Green Beans ♥Canned Fruit or Dessert ♥Beverage	♥Hamburger #or Soy Burger French Fries ♥or Mashed Potato Salad Dressing Catsup & Mustard White Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Canned Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken #or Peanut Butter and Jelly (2) Mashed Potatoes ♥Carrots Chicken Gravy White Bread ♥Margarine ♥Canned Fruit or Dessert ♥Beverage	♥Baked Fish #or Soy Burger #W/Salad Dressing ♥Garlic Macaroni ♥Green Beans White Bread ♥Margarine Tartar Sauce ♥Canned Fruit ♥Beverage	♥Sloppy Joe #or Cottage Cheese Tater Tots or ♥ Mashed Potatoes ♥Green Beans Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Canned Fruit or Dessert ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef Entrée Option #or Soy Burger Plain Buttered Noodles ♥Green Beans White Bread ♥Margarine ♥Beverage	♥*BBQ Pork #or BBQ Tofu ♥ Mashed Potato ♥Carrots White Bread (2) ♥Margarine ♥Beverage	Beef Entrée Option Steamed Rice ♥Carrots White Bread (2) ♥Beverage	Chicken Broth ♥Boiled Eggs (2) Boiled Potatoes ♥Green Beans Salad Dressing White Hamburger Bun or White Bread (2) ♥Margarine ♥Beverage	Cottage Cheese Plain Buttered Noodles ♥Carrots ♥White Bread (2) ♥Beverage and milk	Beef Entrée Option # or Cottage Cheese ♥Egg Noodles ♥Green Beans White Bread ♥Beverage	♥ 4 oz Plain Chicken #or 2 slices of cheese Cilantro Rice ♥Carrots Soft flour tortilla (2) ♥Beverage
-Desserts containing coconut, nuts or dried fruits are not allowed - Smooth peanut butter must be offered for no-flesh alternative - Beef entree option to be offered as 4oz plain beef or plain beef patty - Mashed regular/sweet potatoes are to be prepared and offered without skin						

Federal Bureau of Prisons - National Menu FY 2017-LOW FIBER

Week 3

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Omelet #Peanut Butter ♥ Boiled Potatoes Cream Gravy Biscuits (2) or White Bread ♥Margarine ♥SF Jelly (2) ♥Canned Fruit ♥Beverage	♥Vegetable Soup Broth Plain Flaked Tuna #or Cheese Sand w/ #W/Salad Dressing Plain Buttered Noodles ♥Carrots ♥White Bread (2) ♥Margarine ♥Canned Fruit ♥Beverage	Chicken Patty ♥#or Soy Chicken Patty #W/Salad Dressing ♥ Mashed Potato ♥Carrots Salad Dressing White Hamburger Bun or ♥White Bread (2) ♥Canned Fruit or Dessert ♥Margarine ♥Beverage	♥Hamburger #or Soy Burger (1) Slice Cheese ♥Mashed Potato Salad Dressing Catsup & Mustard White Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Canned Fruit ♥Beverage	♥ Baked Chicken #or Cottage Cheese Boiled Potatoes ♥Carrots ♥White Bread ♥Canned Fruit or Dessert ♥Beverage	Fish Sandwich ♥or Baked Fish #W/Salad Dressing ♥Steamed Rice ♥Green Beans White Hamburger Bun or ♥White Bread (2) Tartar Sauce ♥Canned Fruit ♥Beverage	4ozPlain Chicken #or Cheese Sandwich #W/Salad Dressing ♥or Mashed Potatoes ♥Carrots White Hoagie Bun or ♥White Bread (2) ♥Canned Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
4 oz Plain Chicken #or cottage cheese ♥Green Beans Plain Buttered Noodles White Bread ♥Beverage	Beef Entrée Option ♥#or Cottage Cheese Mashed Potatoes Shredded Cheese ♥Green beans White Bread ♥Margarine ♥Beverage	Beef Entrée Option #or Peanut Butter and Jelly (2) Steamed Rice ♥Green beans Mustard White Bread (2) ♥Beverage	Beef Entrée Option # or Cottage Cheese ♥Egg Noodles ♥Green Beans White Bread ♥Beverage	♥Roast Beef ♥Mashed Potatoes ♥Mixed Vegetables Brown Gravy White Bread ♥Margarine ♥Beverage	♥4 oz Plain Chicken #or 2 slices cheese ♥Steamed Rice ♥Carrots ♥Flour Tortilla (2) ♥Margarine ♥Beverage	♥Chicken Broth Beef entrée option Steamed rice Shredded Cheese Salsa Green Beans Taco Shells White Bread ♥Beverage
-Desserts containing coconut, nuts or dried fruits are not allowed - Smooth peanut butter must be offered for no-flesh alternative - Beef entree option to be offered as 4oz plain beef or plain beef patty - Mashed regular/sweet potatoes are to be prepared and offered without skin						

Federal Bureau of Prisons - National Menu FY 2017-LOW FIBER

Week 4

Week 4

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs #Peanut Butter French Toast (2) W/Syrup or ♥White Bread ♥SF Jelly (2) ♥ Boiled Potatoes ♥Margarine ♥Canned Fruit ♥Beverage	Cheese Pizza #or Cottage Cheese Spag w/marinara ♥Green Beans ♥Canned Fruit ♥Beverage	Chicken Patty ♥#or Soy Chicken Patty Plain Buttered Noodles Salad Dressing ♥Carrots White Hamburger Bun or ♥White Bread (2) ♥Canned Fruit or Dessert ♥Beverage	♥Hamburger #or Soy Burger (1) Slice Cheese ♥Mashed Potato Salad Dressing Catsup & Mustard White Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Canned Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (2) ♥Mashed Sweet Potato ♥Carrots White Bread ♥Margarine ♥Canned Fruit or Dessert ♥Beverage	♥Vegetable Soup Broth Plain Flaked Tuna #or Cheese Sand w/ #W/Salad Dressing Plain Buttered Noodles ♥Carrots ♥White Bread (2) ♥Margarine ♥Canned Fruit ♥Beverage	Deli Sub Sandwich #or Boiled Eggs (2) w/Salad Dressing Boiled Potatoes ♥Carrots White Bread ♥Margarine ♥Canned Fruit or Dessert ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥ Sloppy Joe #Soy Sloppy Joe Tater Tots or ♥ Mashed Potatoes ♥Green Beans White Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Canned Fruit or Dessert ♥Beverage	4 oz Plain Chicken # or Cottage Cheese Steamed Rice ♥Carrots White Bread (2) ♥Beverage -Desserts containing coconut, nuts or dried fruits are not allowed - Smooth peanut butter must be offered for no-flesh alternative - Beef entree option to be offered as 4oz plain beef or plain beef patty - Mashed regular/sweet potatoes are to be prepared and offered without skin	♥Pork Roast ♥Steamed Rice ♥Green Beans White Bread ♥Margarine ♥Beverage	♥Spaghetti ♥ Meat sauce #or Marinara Sauce ♥Green Beans White Bread ♥Margarine ♥Beverage	♥Scrambled Eggs #Peanut Butter Pancakes W/Syrup or Boiled Potatoes ♥White Bread (2) and ♥Jelly (2) ♥Margarine Pat	♥Turkey Burger #or Soy Burger Sliced Cheese Steamed Rice ♥Green Beans White Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Beverage	Plain Hot Dog (2) #or Soy Burger Tater Tots or ♥Mashed Potato Green Beans Catsup & Mustard ♥White Bread (2) ♥Margarine ♥Beverage

Federal Bureau of Prisons - National Menu FY 2017-LOW FIBER

Week 5

Week 5

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) #Peanut Butter French Toast (2) W/Syrup or White Bread ♥Margarine ♥SF Jelly (2) ♥Canned Fruit ♥Beverage	Beef Entrée Option Mashed Potatoes ♥Carrots White Bread ♥Fresh Fruit ♥Beverage	♥4 oz Plain Chicken #or PB & Jelly Sand (2) ♥Spaghetti W/Marinara Sauce ♥Green Beans White Bread ♥Margarine ♥Canned Fruit or Dessert ♥Beverage	♥Hamburger #or Soy Burger French Fries ♥or Mashed Potato Salad Dressing Catsup & Mustard White Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Canned Fruit ♥Beverage	Baked Chicken #or PB & Jelly Sand (2) ♥Mashed Sweet Potato ♥Carrots White Bread (2) ♥Margarine ♥Canned Fruit or Dessert ♥Beverage	Fish Sandwich ♥or Baked Fish #or Soy Burger W/Salad Dressing ♥Carrots Hamburger Bun ♥Margarine Tartar Sauce ♥Canned Fruit ♥Beverage	♥ Sloppy Joe #or Cottage Cheese Tater Tots or ♥ Mashed Potatoes ♥Green Beans White Hamburger Bun or ♥White Bread (2) ♥Margarine ♥Canned Fruit or Dessert ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef Entrée Option #or 2 slices cheese ♥Steamed Rice ♥Green Beans Shredded Cheese ♥Beverage Flour Tortillas (2)	Beef Entrée Option # or Cottage Cheese ♥Steamed Rice ♥Green Beans White Bread ♥Beverage	Beef Entrée Option #or Boiled Eggs (2) ♥ Boiled Potatoes ♥Carrots ♥White Bread (2) ♥Margarine ♥Beverage	Cottage Cheese Plain Buttered Noodles Green Beans ♥White Bread (2) ♥Margarine ♥Beverage and milk	Steak & Cheese Sub or ♥#or Soy Burger w/ ♥ Mashed Potatoes ♥Green Beans ♥White Bread (2) ♥Beverage	Beef Entrée Option # or Cottage Cheese ♥Egg Noodles ♥Green Beans White Bread ♥Beverage	♥4 oz Plain Chicken #or 2 slices cheese ♥Steamed Rice (2) ♥Carrots ♥Flour Tortilla (2) ♥Margarine ♥Beverage
-Desserts containing coconut, nuts or dried fruits are not allowed - Smooth peanut butter must be offered for no-flesh alternative - Beef entree option to be offered as 4oz plain beef or plain beef patty - Mashed regular/sweet potatoes are to be prepared and offered without skin						

Federal Bureau of Prisons - National Menu FY 2017 - SOFT DIET

Week 1

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs #or Cottage Cheese ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Beef Tacos #or Soy Soft Tacos ♥Black Beans ♥Carrots ♥Flour Tortilla (2) ♥Shredded Lettuce Shredded Cheese Salsa ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Mashed Potato ♥Pinto Beans ♥Shredded Lettuce Salad Dressing ♥WW Burger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Mashed Potato ♥Shredded Lettuce Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or Cottage Cheese ♥Mashed Sweet Potato ♥Pinto Beans ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sandwich or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Macaroni Salad ♥Carrots ♥WW Burger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Turkey Burger #or Soy Burger Tater Tots or ♥Mashed Potato ♥Carrots Catsup & Mustard ♥WW Burger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef #Black Eyed Peas ♥Mashed Potato ♥Green Beans ♥Black Eyed Peas Brown Gravy ♥Whole Wheat Bread ♥Beverage	♥Pureed Vegetable Soup ♥Chicken Salad Wrap #or Hummus Wrap ♥Green Beans ♥Italian Pasta Salad ♥Shredded Lettuce ♥Flour Tortilla (2) ♥Beverage	♥Meatloaf #or Soy Burger w/ Salad Dressing ♥Mashed Potatoes Tomato Gravy ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Green Beans Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Cheese Sand w/ Salad Dressing ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Beverage	♥Chicken Fried Rice # or Tofu Fried Rice ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pureed Black Bean Soup ♥Beef Taco Salad (no chips) or #Soy Taco Salad (no chips) Shredded Cheese Salsa ♥Whole Wheat Bread ♥Beverage
-Desserts containing coconut, nuts or dried fruits are not allowed - Fresh fruit offering may include orange, grapefruit or banana						

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

Federal Bureau of Prisons - National Menu FY 2017 - SOFT DIET

Week 2

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥Cream of Broccoli Soup ♥Chicken Wrap or #Hummus Wrap ♥Mashed Potato ♥Green Beans ♥Fruit ♥Beverage	#Cheese Pizza ♥or Cottage Cheese ♥Spag w/Marinara ♥Green Beans ♥Ital Dressing Low Cal ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Mashed Potato ♥Shredded Lettuce Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken #or Cottage Cheese ♥Mashed Potatoes ♥Simmered Carrots Chicken Gravy ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Garlic Macaroni ♥Green Beans Cornbread or ♥Whole Wheat Bread ♥Margarine Pat Tartar Sauce ♥Fruit ♥Beverage	Meatball Sub ♥#or Soy Burger ♥Spag w/Marinara ♥Green Beans ♥WW Burger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Swedish Meatballs #♥or Soy Burger ♥Egg Noodles ♥Green Beans ♥Whole Wheat Bread ♥Beverage	♥*BBQ Pork #or BBQ Tofu ♥Pinto Beans ♥Mashed Potato ♥Carrots ♥WW Burger Bun ♥Beverage	Beef & Bean Burrito ♥#or Bean Burrito Mexican Rice or ♥Steamed Rice ♥Carrots Salsa ♥Beverage	♥#Pureed Bean Soup Deli Sandwich ♥#or Hummus Wrap ♥Mashed Potato ♥Shredded Lettuce Mustard Salad Dressing ♥WW Burger Bun ♥Beverage	♥Pureed Cream Potato Soup #Cottage Cheese ♥Whole Wheat Bread (2) ♥Beverage	♥Lasagna w/Meat #or Tofu Stir Fry ♥Mashed Potato ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Chicken Tacos #or Soy Tacos ♥Pinto Beans ♥Carrots ♥Flour Tortilla (2) Salsa ♥Beverage
-Desserts containing coconut, nuts or dried fruits are not allowed - Fresh fruit offering may include orange, grapefruit or banana						

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

Federal Bureau of Prisons - National Menu FY 2017 - SOFT DIET

Week 3

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Omelet #or Cottage Cheese ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Pureed Vegetable Soup ♥Tuna Salad #or Cheese Sand w/ Salad Dressing ♥Shredded Lettuce ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Boiled Eggs (2) ♥Mashed Potato ♥Pinto Beans ♥Shredded Lettuce Salad Dressing ♥WW Burger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese ♥Mashed Potato Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Fruit ♥Beverage	BBQ Chicken ♥or Baked Chicken #or Cottage Cheese Macaroni & Cheese or ♥Garlic Macaroni ♥Carrots ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Steamed Rice ♥Green Beans ♥WW Burger Bun Tartar Sauce ♥Fruit ♥Beverage	Ckn Cheese Steak or ♥Chicken Salad #or Cheese Sand w/ Salad Dressing ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Chicken Lo Mein #Tofu Lo Mein ♥Spaghetti ♥Green Beans ♥Whole Wheat Bread ♥Beverage	♥Chili #Kidney Beans ♥Steamed Rice Shredded Cheese ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Green Beans ♥Whole Wheat Bread ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Green Beans ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	#Tofu BBQ ♥Mashed Potatoes ♥Green Beans Brown Gravy ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Chicken Fajitas #Tofu Fajitas ♥Cilantro Rice ♥Black Beans ♥Carrots Salsa ♥Flour Tortilla (2) ♥Beverage	♥Pureed Black Bean Soup ♥Beef Taco Salad (no chips) or #Soy Taco Salad (no chips) Shredded Cheese Salsa ♥Whole Wheat Bread ♥Beverage
-Desserts containing coconut, nuts or dried fruits are not allowed - Fresh fruit offering may include orange, grapefruit or banana						

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

Federal Bureau of Prisons - National Menu FY 2017 - SOFT DIET

Week 4

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs ♥or Cottage Cheese French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	#Cheese Pizza ♥or Cottage Cheese ♥Spag w/Marinara ♥Green Beans ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Mashed Potato ♥Pinto Beans ♥Shredded Lettuce Salad Dressing ♥WW Burger Bun Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese ♥Mashed Potato Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken #or Cottage Cheese ♥Mashed Sweet Potato ♥Carrots ♥Ital Dressing Low Cal Chicken Gravy ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Pureed Vegetable Soup ♥Tuna Salad #or Cheese Sand w/ Salad Dressing ♥Shredded Lettuce ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Pureed Lentil Soup Deli Sandwich ♥# or Hummus Wrap ♥Mashed Potato ♥Shredded Lettuce ♥WW Burger Bun Salad Dressing ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Sloppy Joe #or Soy Sloppy Joe ♥Mashed Potato ♥Green Beans ♥WW Burger Bun ♥Margarine Pat ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥*Pork Roast #Kidney Beans ♥Steamed Rice ♥Green Beans Whole Wheat Bread ♥Margarine ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Green Beans Garlic Bread or ♥Whole Wheat Bread ♥Beverage	♥Scrambled Eggs ♥or Cottage Cheese Pancakes W/Syrup or ♥Whole Wheat Bread (2) and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Beverage	♥Turkey Burger #or Soy Burger Sliced Cheese ♥Mashed Potato ♥Shredded Lettuce ♥Lentils ♥Ital Dressing Low Cal ♥Catsup & Mustard ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	Hot Dogs (2) ♥#or Soy Burger Tater Tots or ♥Mashed Potato ♥Green Beans Catsup & Mustard ♥WW Hot Dog Buns (2) ♥Beverage
-Desserts containing coconut, nuts or dried fruits are not allowed - Fresh fruit offering may include orange, grapefruit or banana						

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

Federal Bureau of Prisons - National Menu FY 2017 - SOFT DIET

Week 5

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) #or Cottage Cheese French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥ ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	Chili ♥#Soy Chili ♥Mashed Potato ♥Carrots ♥Whole Wheat Bread ♥Fruit ♥Beverage	Chicken Parmesan or ♥#or Soy Chicken Patty ♥Spag w/Marinara ♥Green Beans Garlic Bread or ♥Whole Wheat Bread Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Mashed Potato Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or Cottage Cheese ♥Mashed Sweet Potato ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Garlic Macaroni ♥Carrots ♥WW Hamburger Bun ♥Margarine Pat Tartar Sauce ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe Tater Tots or ♥Mashed Potato ♥Green Beans ♥WW Burger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Beef Tacos (no shell) #or Soy Tacos (no shell) Mexican Rice or ♥Steamed Rice ♥Black Beans Shredded Cheese Salsa ♥Flour Tortilla (2) ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Green Beans ♥Whole Wheat Bread ♥Beverage	#Soy Hot Dog ♥Mashed Potato ♥Carrots ♥WW Hot Dog Buns ♥Beverage	♥Pureed Bean Soup Chef Salad ♥#or Tofu Chef Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	Steak & Cheese Sub or ♥#or Soy Burger w/ Salad Dressing ♥Mashed Potato ♥Green Beans ♥WW Burger Bun ♥Margarine Pat ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Green Beans ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Chicken Fajitas #Tofu Fajitas ♥Cilantro Rice ♥Pinto Beans Salsa ♥Flour Tortilla (2) ♥Beverage
-Desserts containing coconut, nuts or dried fruits are not allowed - Fresh fruit offering may include orange, grapefruit or banana						

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

Federal Bureau of Prisons - National Menu FY 2017 - MECHANICAL SOFT DIET

Federal Bureau of Prisons - National Menu FY 2017

CONTINENTAL

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

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal

MIXED CONTINENTAL/HOT

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

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal

HOT

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

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal

Breakfast cake cannot contain nuts, coconut or dried fruit; Oatmeal or grits can be served in place of dry cereal.

Federal Bureau of Prisons - National Menu FY 2017 - MECHANICAL SOFT DIET

Week 1

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs #or Cottage Cheese ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Canned Fruit ♥Beverage	♥Beef Tacos #or Soy Soft Tacos ♥Black Beans ♥Carrots ♥Flour Tortilla (2) Shredded Cheese Salsa ♥Canned Fruit ♥Beverage	Ground Chicken Sandwich ♥#or Ground Soy Chicken ♥Mashed Potato ♥Pinto Beans Salad Dressing ♥WW Burger Bun Dessert or ♥Canned Fruit ♥Beverage	♥Ground Hamburger #or Ground Soy Burger ♥Mashed Potato Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Canned Fruit ♥Beverage	♥Ground Baked Chicken #or Cottage Cheese ♥Mashed Sweet Potato ♥Pinto Beans ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Canned Fruit ♥Beverage	♥Baked Fish #or Ground Soy Burger w/ Salad Dressing ♥Macaroni Salad ♥Carrots ♥WW Burger Bun Tartar Sauce ♥Canned Fruit ♥Beverage	♥Ground Turkey Burger ♥#or Ground Soy Burger ♥Mashed Potato ♥Carrots Catsup & Mustard ♥WW Burger Bun ♥Margarine Pat ♥Canned Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Ground Roast Beef #Black Eyed Peas ♥Mashed Potato ♥Green Beans Brown Gravy ♥Whole Wheat Bread ♥Beverage	♥Pureed Vegetable Soup ♥Ground Chicken Salad #or Hummus ♥Green Beans ♥Italian Pasta Salad ♥Flour Tortilla (2) ♥Beverage	♥Meatloaf #or Ground Soy Burger w/ Salad Dressing ♥Mashed Potatoes Tomato Gravy ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Green Beans ♥Whole Wheat Bread ♥Beverage	♥Pureed Vegetable Soup ♥Tuna Salad #or Cheese Sand w/ Salad Dressing ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Beverage	♥Ground Chicken # or Ground Tofu ♥Mashed Potato ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pureed Black Bean Soup ♥Beef Taco Salad (no chips) or #Soy Taco Salad (no chips) Shredded Cheese Salsa ♥Whole Wheat Bread (2) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

All Foods should be moist and well-cooked; may be served with extra gravy/sauce, or milk

All meats should be ground or moist/tender, with no large chunks (<1/4" in size)

Federal Bureau of Prisons - National Menu FY 2017 - MECHANICAL SOFT DIET

Week 2

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Cottage Cheese Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Canned Fruit ♥Beverage	♥Cream Broccoli Soup ♥Ground Chicken (4 oz.) #Hummus Wrap ♥Mashed Potatoes ♥Green Beans ♥Whole Wheat Bread (2) ♥Canned Fruit ♥Beverage	Spaghetti w/ Marinara Sauce ♥Green Beans Dessert or ♥Canned Fruit ♥Beverage	♥Ground Hamburger #or Ground Soy Burger ♥Mashed Potato Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Canned Fruit ♥Beverage	♥Ground Baked Chicken #or Cottage Cheese ♥Mashed Potatoes ♥Carrots Chicken Gravy ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Canned Fruit ♥Beverage	♥Baked Fish #or Ground Soy Burger Salad Dressing ♥Garlic Macaroni ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat Tartar Sauce ♥Canned Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Mashed Potato ♥Green Beans ♥WW Burger Bun ♥Margarine Pat Dessert or ♥Canned Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Swedish Meatballs #♥or Ground Soy Burger ♥Egg Noodles ♥Green Beans ♥Whole Wheat Bread ♥Beverage	♥*Ground BBQ Pork #or Ground BBQ Tofu ♥Pinto Beans ♥Mashed Potato ♥Carrots ♥WW Burger Bun ♥Beverage	Beef & Bean Burrito ♥#or Bean Burrito ♥Mashed Potato ♥Carrots Salsa ♥Beverage	♥#Pureed Bean Soup ♥#Hummus ♥Mashed Potatoes Mustard Salad Dressing ♥WW Burger Bun ♥Beverage	♥Pureed Cream Potato Soup #Cottage Cheese ♥Carrots ♥Whole Wheat Bread (2) ♥Beverage	♥Lasagna w/Meat #or Ground Tofu Stir Fry ♥Mashed Potato ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Chicken Tacos #or Soy Tacos* ♥Pinto Beans ♥Carrots Salsa ♥Beverage ♥Flour Tortilla (2)

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

All Foods should be moist and well-cooked; may be served with extra gravy/sauce or milk

All meats should be ground or moist/tender, with no large chunks (<1/4" in size)

Federal Bureau of Prisons - National Menu FY 2017 - MECHANICAL SOFT DIET

Week 3

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Omelet #or Cottage Cheese ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Canned Fruit ♥Beverage	♥Pureed Vegetable Soup ♥Tuna Salad #or Cheese Sand w/ Salad Dressing ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Canned Fruit ♥Beverage	♥Ground Chicken (4 oz) ♥#or Cottage Cheese ♥Mashed Potato Salad ♥Pinto Beans Salad Dressing ♥WW Burger Bun Dessert or ♥Canned Fruit ♥Beverage	♥Ground Hamburger #or Ground Soy Burger Sliced Cheese ♥Mashed Potato Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Canned Fruit ♥Beverage	Ground BBQ Chicken ♥or Ground Baked Chicken #or Cottage Cheese Macaroni & Cheese or ♥Garlic Macaroni ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Canned Fruit ♥Beverage	♥Baked Fish #or Ground Soy Burger w/ Salad Dressing ♥Mashed Potato ♥Green Beans ♥WW Burger Bun ♥Margarine Pat Tartar Sauce ♥Canned Fruit ♥Beverage	Ground Ckn Cheese Steak or ♥Ground Chicken Salad #or Cheese Sand w/ Salad Dressing ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun ♥Margarine Pat ♥Canned Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Ground Chicken Lo Mein #Ground Tofu Lo Mein ♥Spaghetti ♥Green Beans ♥Whole Wheat Bread ♥Beverage	♥Chili #Kidney Beans ♥Mashed Potato Shredded Cheese ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Ground Pepper Steak #or Ground Tofu Stir Fry ♥Mashed Potato ♥Green Beans ♥Whole Wheat Bread ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Green Beans ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Ground Roast Beef #or Ground Tofu BBQ ♥Mashed Potato ♥Green Beans Brown Gravy ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Ground Chicken Fajitas #Ground Tofu Fajitas ♥Mashed Potato ♥Carrots Salsa ♥Flour Tortilla (2) ♥Margarine Pat ♥Beverage	♥Pureed Black Bean Soup ♥Beef Taco Salad (no chips) or #Soy Taco Salad (no chips) Shredded Cheese Salsa ♥Whole Wheat Bread (2) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

All Foods should be moist and well-cooked; may be served with extra gravy/sauce or milk

All meats should be ground or moist/tender, with no large chunks (<1/4" in size)

Federal Bureau of Prisons - National Menu FY 2017 - MECHANICAL SOFT DIET

Week 4

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs ♥#or Cottage Cheese French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Canned Fruit ♥Beverage	Spaghetti w/ Marinarra Sauce ♥#or Cottage Cheese ♥Green Beans ♥Canned Fruit ♥Beverage	Ground Chicken Sandwich ♥#or Ground Soy Chicken ♥Mashed Potato ♥Pinto Beans ♥Carrots Salad Dressing ♥WW Burger Bun Dessert or ♥Canned Fruit ♥Beverage	♥Ground Hamburger #or Ground Soy Burger Sliced Cheese ♥Mashed Potato Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Canned Fruit ♥Beverage	♥Ground Baked Chicken #or Cottage Cheese ♥Mashed Sweet Potato ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Canned Fruit ♥Beverage	♥Pureed Vegetable Soup ♥Tuna Salad #or Cheese Sand w/ Salad Dressing ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Margarine Pat ♥Canned Fruit ♥Beverage	♥Pureed Lentil Soup ♥# Hummus ♥Mashed Potato ♥Carrots ♥WW Burger Bun Salad Dressing ♥Margarine Pat Dessert or ♥Canned Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Sloppy Joe #or Soy Sloppy Joe ♥Mashed Potato ♥Green Beans ♥WW Burger Bun ♥Margarine Pat ♥Beverage	♥Ground Chicken #or Ground Tofu ♥Mashed Potato ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥Ground Pork Roast #Kidney Beans ♥Mashed Potato ♥Green Beans Whole Wheat Bread ♥Margarine ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Green Beans ♥Whole Wheat Bread ♥Beverage	♥Scrambled Eggs #or Cottage Cheese Pancakes W/Syrup or ♥Whole Wheat Bread (2) and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Beverage	♥Ground Turkey Burger #or Soy Burger Sliced Cheese ♥Mashed Potato ♥Green Beans ♥Ital Dressing Low Cal ♥Catsup & Mustard Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	Ground Hot Dogs (2) ♥#or Ground Soy Burger Tater Tot or ♥Mashed Potato ♥Green Beans Catsup & Mustard ♥WW Hot Dog Buns (2) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

All Foods should be moist and well-cooked; may be served with extra gravy/sauce or milk

All meats should be ground or moist/tender, with no large chunks (<1/4" in size)

Federal Bureau of Prisons - National Menu FY 2017 - MECHANICAL SOFT DIET

Week 5

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Cottage Cheese French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Canned Fruit ♥Beverage	Chili ♥#Soy Chili ♥#w/Mashed Potato ♥Carrots ♥Whole Wheat Bread ♥Canned Fruit ♥Beverage	Ground Chicken Parmesan ♥#or Ground Soy Chicken ♥Spag w/Marinara ♥Green Beans ♥Whole Wheat Bread Dessert or ♥Canned Fruit ♥Beverage	♥Ground Hamburger #or Ground Soy Burger ♥Mashed Potato Catsup & Mustard Salad Dressing ♥WW Burger Bun ♥Margarine Pat ♥Canned Fruit ♥Beverage	♥Ground Baked Chicken #or Cottage Cheese ♥Mashed Sweet Potato ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Canned Fruit ♥Beverage	♥Baked Fish #or Ground Soy Burger Salad Dressing ♥Garlic Macaroni ♥Carrots ♥WW Burger Bun Tartar Sauce ♥Canned Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Mashed Potato ♥Green Beans ♥WW Burger Bun ♥Margarine Pat Dessert or ♥Canned Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Beef Tacos* #or Ground Soy Tacos* ♥Mashed Potato ♥Green Beans Salsa Shredded Cheese ♥Beverage ♥Flour Tortilla (2)	♥Ground Pepper Steak #or Ground Tofu Stir Fry ♥Mashed Potato ♥Green Beans ♥Whole Wheat Bread ♥Beverage	#Ground Soy Hot Dog ♥Mashed Potato ♥Carrots ♥WW Hot Dog Buns ♥Beverage	♥Pureed Bean Soup ♥Cottage Cheese ♥Green Beans ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Beverage	Ground Steak/Cheese Sub #or Ground Soy Burger w/ Salad Dressing ♥Mashed Potato ♥Green Beans ♥WW Hot Dog Buns ♥Margarine Pat ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Green Beans ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Ground Chicken (4 oz) #or Ground Tofu ♥Mashed Potato ♥Pinto Beans ♥Carrots Salsa ♥Flour Tortilla (2) ♥Margarine Pat ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Soft desserts may NOT contain coconut, nuts or dried fruit

All Foods should be moist and well-cooked; may be served with extra gravy/sauce or milk

All meats should be ground or moist/tender, with no large chunks (<1/4" in size)

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY17 GLUTEN FREE - CONTINENTAL BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK COFFEE	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT GF DRY CEREAL GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT GF DRY CEREAL GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY17 - CONTINENTAL AND HOT BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK COFFEE	FRUIT CREAM OF RICE HOME FRIED POTATO GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SUGAR SUB. (2) SKIM MILK	FRUIT GF DRY CEREAL GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT GF DRY CEREAL GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK COFFEE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY17 - HOT BREAKFAST - ALL WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FRUIT GF DRY CEREAL GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK COFFEE	FRUIT CREAM OF RICE HOME FRIED POTATO GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE SCRAMBLED EGGS GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT CREAM OF RICE GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK	FRUIT GF DRY CEREAL GF BREAD MARGARINE PAT JELLY (2) SUGAR SUB. (2) SKIM MILK COFFEE

GF DRY CEREAL - GF DRY CEREAL OF CHOICE (I.E. CORN OR RICE CHEX, CORN FLAKES, RICE CRISPIES)

Federal Bureau of Prisons - National Menu FY 2017 - Gluten Free

Week 1

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs	♥4 oz plain ground beef	4 oz Plain Chicken	♥Hamburger	♥Baked Chicken	♥Baked Fish	♥Turkey Burger
♥Oven Brn Potatoes	♥Black Beans	♥Steamed Rice (2)	♥Baked Potato	♥Baked Sweet Potato	♥Steamed Rice (2)	♥Baked Potato
♥or Boiled Potatoes	♥WK Corn	♥Pinto Beans	♥Shredded Lettuce	♥Pinto Beans	♥Green Peas	♥Mixed Vegetables
♥Margarine	Corn Tortilla (2)	♥Lettuce/Tomato	Sliced Pickles	♥Green Beans	♥Gluten Free Bread (2)	♥Catsup & Mustard
Gluten Free Bread	♥Shredded Lettuce	Salad Dressing	Salad Dressing	Gluten Free Bread	♥Fresh Fruit	Gluten Free Bread (2)
♥Fresh Fruit	Shredded Cheese	Gluten Free Bread	Catsup & Mustard	♥Margarine	♥Beverage	♥Margarine
♥Jelly (2)	Salsa	♥Fresh Fruit	♥Gluten Free Bread	♥Fresh Fruit		♥Fresh Fruit
♥Fresh Fruit	♥Fruit	♥Beverage	♥Margarine	♥Beverage		♥Beverage
♥Beverage	♥Beverage		♥Fresh Fruit			
			♥Beverage			
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef	4oz. Plain Chicken	Beef Entrée Option	Beef Entrée Option	♥4 oz Plain Flaked Tuna	4 oz Plain Chicken	Beef Entrée Option
♥Steamed Rice	Lettuce	♥Mashed Potato	♥Steamed Rice (2)	#W/Salad Dressing	♥Steamed Rice (2)	Steamed Rice (2)
♥Green Beans	Tomato	♥WK Corn	Spinach	♥Lettuce Leaf	♥Steamed Broccoli	♥Mixed Vegetables
♥Gluten Free Bread	Onion	♥Gluten Free Bread	Gluten Free Bread	♥Baked Sweet Potato	Gluten Free Bread	♥Garden Salad
♥Beverage	♥Steamed Rice	♥Margarine	♥Beverage	♥Gluten Free Bread (2)	♥Margarine	W/ Dressing
	♥Green Peas	♥Beverage		♥Fresh Fruit	♥Beverage	Gluten Free Bread
	♥Gluten Free Bread (2)			♥Beverage		♥Beverage
	♥Beverage					
Condiments and salad dressing or salad dressing containing foods should not be offered unless specifically identified as gluten free by the Food Service Administrator						
Beef entrée option to be offered as 4 oz plain beef or plain beefy patty						

Federal Bureau of Prisons - National Menu FY 2017 - Gluten Free

Week 2

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) Gluten Free Bread (2) ♥ Oven Brn Potatoes ♥Margarine ♥Jelly (2) ♥Fresh Fruit ♥Beverage	Chicken Wrap w/ Corn Tortilla ♥Baked Potato ♥Green Beans ♥Fresh Fruit ♥Beverage	#♥Three Bean Salad ♥Steamed Rice (2) ♥Garden Salad W/ Dressing Gluten Free Bread ♥Margarine ♥Fresh Fruit ♥Beverage	♥Hamburger ♥Baked Potato ♥Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard ♥Gluten Free Bread (2) ♥Margarine ♥Fresh Fruit ♥Beverage	♥ Baked Chicken Mashed Potatoes ♥Carrots Gluten Free Bread ♥Margarine ♥Fresh Fruit ♥Beverage	♥Baked Fish ♥Steamed Rice (2) ♥Green Beans Gluten Free Bread ♥Margarine Tartar Sauce ♥Fresh Fruit ♥Beverage	Beef Entrée Option ♥Baked Potato ♥Green Peas ♥Gluten Free Bread (2) ♥Margarine ♥Fresh Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef Entrée Option ♥Steamed Rice ♥Gluten Free Bread (2) ♥Green Beans ♥Garden Salad W/ Dressing ♥Beverage	♥*4 oz Plain Pork Roast ♥Pinto Beans ♥Mixed Vegetables Gluten Free Bread (2) ♥Beverage	Beef Entrée Option ♥Steamed Rice (2) ♥WK Corn Salsa ♥Margarine ♥Beverage	Boiled Eggs (2) Boiled Potato ♥Lettuce/tomato Mustard Salad Dressing Gluten Free Bread (2) ♥Margarine ♥Beverage	♥Chef Salad W/ boiled eggs and Dressing (no meat or cheese) Gluten Free Bread ♥Beverage	Beef Entrée Option Steamed Rice (2) ♥Garden Salad W/ Dressing Gluten Free Bread ♥Margarine ♥Beverage	♥ 4 oz Plain Chicken ♥Cilantro Rice ♥Pinto Beans ♥WK Corn ♥Shredded Lettuce Corn Tortilla (2) Salsa ♥Beverage
Condiments and salad dressing or salad dressing containing foods should not be offered unless specifically identified as gluten free by the Food Service Administrator						
Beef entrée option to be offered as 4 oz plain beef or plain beefy patty						

Federal Bureau of Prisons - National Menu FY 2017 - Gluten Free

Week 3

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Omelet	4 oz Plain Flaked Tuna	# Boiled Eggs (2)	♥Hamburger	♥ Baked Chicken	♥Baked Fish	4 oz Plain Chicken
♥ Oven Brn Potatoes	#W/Salad Dressing	#W/Salad Dressing	Sliced Cheese	Boiled Potatoes	♥Steamed Rice (2)	♥ Baked Potato
Gluten Free Bread	♥Lettuce Leaf	Boiled Potatoes	♥Baked Potato	♥Carrots	♥Green Peas	#W/Salad Dressing
♥Margarine	♥Baked Potato	♥Pinto Beans	♥Shredded Lettuce	Gluten Free Bread	♥Gluten Free Bread (2)	♥Carrots
♥Jelly (2)	♥Gluten Free Bread (2)	♥Lettuce/Tomato	Sliced Pickles	♥Margarine	♥Margarine	Gluten Free Bread
♥Fresh Fruit	♥Fresh Fruit	Salad Dressing	Salad Dressing	♥Fresh Fruit	Tartar Sauce	♥Fresh Fruit
♥Beverage	♥Beverage	♥Gluten Free Bread (2)	Catsup & Mustard	♥Beverage	♥Fresh Fruit	♥Beverage
		♥Fresh Fruit	♥Gluten Free Bread (2)		♥Beverage	
		♥Beverage	♥Margarine			
			♥Fresh Fruit			
			♥Beverage			
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
4 oz Plain Chicken	Beef Entrée Option	Beef Entrée Option	Beef Entrée Option	♥Roast Beef	♥Chicken Fajita meat	Beef Entrée Option
♥Steamed Rice (2)	♥Steamed Rice	♥Steamed Rice (2)	♥Steamed Rice (2)	♥Mashed Potatoes	♥Cilantro Rice	Tomato
♥Steamed Broccoli	Shredded Cheese	♥Green Beans	♥Spinach	♥Mixed Vegetables	♥Black Beans	Onion
Gluten Free Bread	♥WK Corn	Gluten Free Bread	♥Garden Salad	Gluten Free Bread	♥WK Corn	Lettuce
♥Beverage	♥Gluten Free Bread (2)	♥Beverage	W/ Dressing	♥Margarine	Salsa	Shredded Cheese
	♥Margarine		Gluten Free Bread	♥Beverage	♥Corn Tortilla (2)	Salsa
	♥Beverage		♥Beverage		♥Margarine	Corn Tortilla (2)
					♥Beverage	Steamed Rice
						♥Beverage
Condiments and salad dressing or salad dressing containing foods should not be offered unless specifically identified as gluten free by the Food Service Administrator						
Beef entrée option to be offered as 4 oz plain beef or plain beefy patty						

Federal Bureau of Prisons - National Menu FY 2017 - Gluten Free

Week 4

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs	♥Three Bean Salad	4 oz Plain Chicken	♥Hamburger	♥Baked Chicken	4 oz Plain Flaked Tuna	Boiled Eggs (2)
♥Oven Brn Potatoes	♥Steamed Rice (2)	♥Boiled Potato	Sliced Cheese	♥Baked Sweet Potato	#W/Salad Dressing	Boiled Potato
Gluten Free Bread	♥Garden Salad	♥Pinto Beans	♥Baked Potato	♥Simmered Carrots	♥Lettuce Leaf	♥Lettuce/tomato
♥Margarine	W/ Dressing	♥Lettuce/Tomato	♥Shredded Lettuce	♥Garden Salad	♥Baked Potato	Pickles
♥Jelly (2)	Gluten Free Bread	Gluten Free Bread (2)	Sliced Pickles	W/ Dressing	♥Gluten Free Bread (2)	♥Mixed Vegetables
♥Fresh Fruit	♥Margarine	♥Fresh Fruit	Salad Dressing	♥Gluten Free Bread	♥Margarine	Salad Dressing
♥Beverage	♥Fresh Fruit	♥Beverage	Catsup & Mustard	♥Margarine	♥Fresh Fruit	Gluten Free Bread
	♥Beverage		♥Gluten Free Bread (2)	♥Fresh Fruit	♥Beverage	♥Margarine
			♥Margarine	♥Beverage		♥Beverage
			♥Fresh Fruit			
			♥Beverage			
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef Entrée Option	4 oz Plain Chicken	♥*4 oz Plain Pork Roast	Beef Entrée Option	♥Scrambled Eggs	♥Turkey Burger	Beef Entrée Option
♥Baked Potato	♥Steamed Rice (2)	♥Steamed Rice	♥Steamed Rice (2)	♥or Oven Brn Potato	Sliced Cheese	♥Baked Potato
♥Green Beans	♥Black Beans	♥Collard Greens	♥Spinach	Gluten Free Bread (2)	♥Baked Potato	♥Steamed Broccoli
Gluten Free Bread	♥Simmered Carrots	Gluten Free Bread	♥Garden Salad	♥Margarine	♥Lettuce/tomato	W/ Dressing
♥Margarine	Gluten Free Bread	♥Margarine	Gluten Free Bread (2)	♥Jelly (2)	W/ Dressing	Gluten Free Bread
♥Beverage	♥Beverage	♥Beverage	♥Margarine	♥Beverage	♥Lentils	♥Margarine
			♥Beverage		Catsup & Mustard	♥Beverage
					♥Gluten Free Bread (2)	
					♥Margarine	
					♥Beverage	
Condiments and salad dressing or salad dressing containing foods should not be offered unless specifically identified as gluten free by the Food Service Administrator						
Beef entrée option to be offered as 4 oz plain beef or plain beefy patty						

Federal Bureau of Prisons - National Menu FY 2017 - Gluten Free

Week 5

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥ Boiled Eggs (2) ♥ Oven Brown Potatoes Gluten Free Bread ♥ Margarine ♥ Jelly (2) ♥ Fresh Fruit ♥ Beverage	Beef Entrée Option Baked Potato ♥ Carrots Gluten Free Bread ♥ Fresh Fruit ♥ Beverage	4 oz Plain Chicken ♥ Steamed Rice (2) ♥ Spinach Gluten Free Bread ♥ Fresh Fruit ♥ Beverage	♥ Hamburger Sliced Cheese ♥ Baked Potato ♥ Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard ♥ Gluten Free Bread (2) ♥ Margarine ♥ Fresh Fruit ♥ Beverage	♥ Baked Chicken ♥ Baked Sweet Potato ♥ Spinach ♥ Black Beans Gluten Free Bread ♥ Margarine ♥ Fresh Fruit ♥ Beverage	♥ Baked Fish ♥ Steamed Rice (2) ♥ Collard Greens ♥ Gluten Free Bread ♥ Margarine Tartar Sauce ♥ Fresh Fruit ♥ Beverage	Beef Entrée Option ♥ Baked Potato ♥ Green Peas ♥ Gluten Free Bread (2) ♥ Margarine ♥ Fresh Fruit ♥ Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef Entrée Option Mexican Rice (2) or ♥ Steamed Rice (2) ♥ Black Beans ♥ WK Corn Salsa ♥ Beverage	Beef Entrée Option ♥ Steamed Rice (2) ♥ Steamed Broccoli Gluten Free Bread ♥ Beverage	Beef Entrée Option ♥ Oven Brown Potatoes ♥ Diced Onions & Peppers ♥ Mixed Vegetables Gluten Free Bread ♥ Margarine ♥ Beverage	♥ Chef Salad W/ boiled eggs and Dressing (no meat or cheese) ♥ Beets (cold) Gluten Free Bread ♥ Beverage	♥ Steak & Cheese ♥ Baked Potato ♥ Green Beans Gluten Free Bread (2) ♥ Margarine ♥ Beverage	Beef Entrée Option Steamed Rice (2) ♥ Spinach ♥ Garden Salad W/ Dressing Gluten Free Bread ♥ Beverage	♥ Chicken Fajita meat ♥ Cilantro Rice ♥ Pinto Beans ♥ WK Corn Salsa ♥ Corn Tortilla (2) ♥ Beverage
Condiments and salad dressing or salad dressing containing foods should not be offered unless specifically identified as gluten free by the Food Service Administrator						
Beef entrée option to be offered as 4 oz plain beef or plain beefy patty						

Full Liquid Diet

Breakfast

- 2 glass fruit drink
- 1 glass water
- 1 cup/bowl thinly cooked hot cereal (with doctor approval)
- 2 margarine pats
- 1 cup/bowl gelatin (In liquid or solid form)
- 2 cups skim milk
- 1 cup coffee or tea

Lunch

- 2 glass fruit drink
- 1 glass water
- 1 cup/bowl bullion broth or strained cream soup
- 1 cup/bowl custard or pudding
- 2 margarine pats
- 1 cup/bowl gelatin (In liquid or solid form)
- 2 cups skim milk
- 1 cup coffee or tea

Dinner

- 2 glass fruit drink
- 1 glass water
- 1 cup/bowl bullion broth or strained cream soup
- 1 cup/bowl custard or pudding
- 2 margarine pats
- 1 cup/bowl gelatin (In liquid or solid form)
- 2 cups skim milk
- 1 cup coffee or tea

Additional Options to be served as available:

- Fruit Juice
- Soda
- Plain ice cream, frozen yogurt or sherbet
- Sugar Packets
- Ice Pop
- Pureed potatoes (with doctor approval)

Note: Serving sizes may be increased in accordance with individual patient needs

Note: If indicated for long-term feeding purposes, additional supplementation should be approved and offered from Health Services.

Guidelines for Pureed Diet

Instruction: Pureed or foods made into slurry should be ground, pressed and/or strained to a consistency of a soft, smooth, thick paste (similar to pudding).

Food List:

Fruits: Pureed canned or cooked fruit, applesauce, mashed bananas.

Vegetables: All vegetables are to be pureed and appropriate if offered as indicated in instructions.

Breads/Starches: Refined cooked cereals, appropriately softened dry cereal, crumble foods made into slurry, and pureed starches are appropriate if offered as indicated in instructions.

Vegetables: All vegetables are to be pureed and appropriate if offered as indicated in instructions.

Meat and Meat Substitutes: All meat, poultry, flaked fish, soft cooked eggs, and cottage cheese are appropriate if offered as indicated in instructions.

Equipment Needed: A food processor, blender or hand mixer.

How to Puree Foods:

- Appropriate foods should be cooked until tender.
- Foods should be cut into small pieces to ensure even puree.
- Skins or other tough or inedible parts should be removed before pureeing the food.
- Appropriate temperature liquid should be added to blender to include milk, gravy, broth, fruit or vegetable juice as appropriate.
- Final consistency should be thick enough to pick up with a fork with no lumps.

How to Slurry Food:

- Foods such as breads, cakes, muffins, biscuits or other crumbly foods do not puree well and can be softened or thickened with a slurry mixture.
- Gelatin can be used to slurry foods. Dissolve 1 tablespoon in 2 cups of liquid. Do not chill or let solidify. Pour over food and allow to set for 15 minutes or until completely softened.

Note:

- Do not blend or slurry different foods together.

- Foods are to be served in separate compartments of food tray similar to that of regular textured food items.

Clear Liquid Diet

Breakfast/Lunch/Dinner

- 1 glass fruit drink
- 1 glass water
- 1 cup/bowl bullion broth
- 1 cup/bowl gelatin (In liquid or solid form)
- 1 cup coffee or tea (without dairy products)

Additional Options to be served as available:

- Fruit Juice (Without pulp, such as apple juice, grape juice, or cranberry juice)
- Clear Soda
- Sugar Packets
- Ice Pop (Without fruit pulp)

Note: Serving sizes may be increased in accordance with individual patient needs

Federal Bureau of Prisons - 2017 - 1200-1500 Calorie Weight Management Menu

Week 1

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Scrambled Eggs #or Peanut Butter ♥Whole Wheat Bread and ♥Jelly (2) ♥Fruit ♥Beverage	♥Womens Beef Taco #or Soy Tacos ♥Shredded Lettuce ♥Taco Shell (1) Salsa ♥Fruit ♥Beverage	♥#Soy Chicken Patty ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Shredded Lettuce ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Green Beans ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Green Peas ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Turkey Burger #or Soy Burger ♥Coleslaw ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage
Dinner						
♥Roast Beef #or Black Eyed Peas ♥Green Beans ♥Beverage	♥Vegetable Soup ♥Chicken Salad Wrap #or Hummus Wrap ♥Green Peas ♥Lettuce/Tomato/Onion ♥Flour Tortilla (1) ♥Beverage	♥Meatloaf #or Soy Burger w/ Salad Dressing ♥WK Corn ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Spinach ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Whole Wheat Bread (2) ♥Beverage	♥Chicken Fried Rice # or Tofu Fried Rice ♥Steamed Broccoli ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - 2017 - 1200-1500 Calorie Weight Management Menu

Week 2						
Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Boiled Eggs (2) #or Peanut Butter ♥Whole Wheat Bread and ♥Jelly (2) ♥Fruit ♥Beverage	♥Cream of Broccoli Soup ♥Chicken Wrap or #Hummus Wrap ♥Green Beans ♥Fruit ♥Beverage	♥#Three Bean Salad ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Shredded Lettuce ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Carrots ♥Fruit ♥Beverage ♥Beverage	♥Baked Fish #or Soy Burger ♥Garlic Macaroni ♥Green Beans ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Green Peas ♥WW Hamburger Bun ♥Fruit ♥Beverage
Dinner						
♥#Soy Burger ♥Egg Noodles ♥Green Beans ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥BBQ Pork #or BBQ Tofu ♥Coleslaw ♥WW Hamburger Bun ♥Beverage	♥#Bean Burrito ♥WK Corn Salsa ♥Beverage	♥Old Fashn Bean Soup ♥#Hummus Wrap ♥Lettuce/Tomato ♥Mustard ♥WW Hamburger Bun ♥Beverage	♥Cream of Potato Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Beverage	♥Lasagna w/Meat #or Tofu Stir Fry ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Womens Chicken Taco #or Soy Taco ♥Pinto Beans ♥Shredded Lettuce ♥Taco Shell (1) Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - 2017 - 1200-1500 Calorie Weight Management Menu

Week 3						
Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Plain Omelet #or Peanut Butter ♥Whole Wheat Bread and ♥Jelly (2) ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Whole Wheat Bread (2) ♥Beverage	♥#Soy Chicken Patty ♥Potato Salad ♥Lettuce/Tomato ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Shredded Lettuce ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Fruit ♥Beverage	BBQ Chicken ♥or Baked Chicken #or PB & Jelly Sand (1) ♥Carrots ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Green Peas ♥Coleslaw ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Chicken Salad #or Three Bean Salad ♥Italian Pasta Salad ♥Carrots ♥Fruit ♥Beverage
Dinner						
♥Chicken Lo Mein #or Tofu Lo Mein ♥Spaghetti ♥Steamed Broccoli ♥Beverage	♥Chili #or Kidney Beans ♥Steamed Rice ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Green Beans ♥Beverage	♥Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Roast Beef #or BBQ Tofu ♥Mashed Potatoes ♥Mixed Vegetables ♥Margarine Pat ♥Beverage	♥Womens Chkn Fajita #or Tofu Fajitas ♥Black Beans Salsa ♥Flour Tortilla (1) ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - 2017 - 1200-1500 Calorie Weight Management Menu

Week 4						
Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Scrambled Eggs #or Peanut Butter ♥Whole Wheat Bread and ♥Jelly (2) ♥Fruit ♥Beverage	♥#Three Bean Salad ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	♥#Soy Chicken Patty ♥Potato Salad ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Shredded Lettuce ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Baked Sweet Potato ♥Carrots ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Lentil Vegetable Soup ♥# Hummus Wrap ♥Lettuce/Tomato ♥WW Hamburger Bun Salad Dressing ♥Fruit ♥Beverage
Dinner						
♥Sloppy Joe #or Soy Sloppy Joe ♥Green Beans ♥WW Hamburger Bun ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Black Beans ♥Carrots ♥Beverage	♥Pork Roast #or Kidney Beans ♥Steamed Rice ♥Collard Greens ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Scrambled Eggs #or Peanut Butter ♥Whole Wheat Bread (2) and ♥Jelly (2) ♥Beverage	♥Turkey Burger #or Soy Burger ♥Lettuce/Tomato ♥Lentils ♥Catsup & Mustard Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	Hot Dog (1) ♥#or Soy Hot Dog ♥Cole Slaw ♥Catsup & Mustard ♥WW Hot Dog Bun ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - 2017 - 1200-1500 Calorie Weight Management Menu

Week 5						
Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Boiled Eggs (2) #or Peanut Butter ♥Whole Wheat Bread and ♥Jelly (2) ♥Fruit ♥Beverage	♥#Soy Chili ♥#w/Baked Potato ♥Carrots ♥Fruit ♥Beverage	♥#Soy Chicken Patty ♥Spag w/Marinara ♥Spinach ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Shredded Lettuce ♥Catsup & Mustard Pickles ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Black Beans ♥Spinach ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Collard Greens ♥Coleslaw ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Green Peas ♥WW Hamburger Bun ♥Fruit ♥Beverage
Dinner						
♥Womens Beef Taco #or Soy Taco ♥Black Beans Salsa ♥Taco Shell (1) ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Steamed Broccoli ♥Beverage	♥#Soy Hot Dog ♥Diced Onions & Peprs ♥Mixed Vegetables ♥WW Hot Dog Bun ♥Beverage	♥Old Fashion Bean Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Beverage	♥#Soy Burger w/ ♥WW Hamburger Bun ♥Green Beans ♥Margarine Pat ♥Beverage	♥Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Womens Chkn Fajita #or Tofu Fajitas ♥Pinto Beans Salsa ♥Flour Tortilla (1) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - 2017 - 1500-1800 Calorie Weight Management Menu

Week 1

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Scrambled Eggs #or Peanut Butter ♥Oven Brown Potatoes ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Womens Beef Taco #or Soy Tacos ♥WK Corn ♥Shredded Lettuce ♥Taco Shell (1) Salsa ♥Fruit ♥Beverage	♥#Soy Chicken Patty ♥Potato Salad ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Pinto Beans ♥Green Beans ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Macaroni Salad ♥Green Peas ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Turkey Burger #or Soy Burger ♥Baked Potato ♥Coleslaw ♥Catsup & Mustard ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage
Dinner						
♥Roast Beef #or Black Eyed Peas ♥Steamed Rice ♥Green Beans ♥Beverage	♥Vegetable Soup ♥Chicken Salad Wrap #or Hummus Wrap ♥Green Peas ♥Italian Pasta Salad ♥Lettuce/Tomato/Onion ♥Flour Tortilla (1) ♥Beverage	♥Meatloaf #or Soy Burger w/ Salad Dressing ♥Mashed Potatoes Tomato Gravy ♥WK Corn ♥Margarine Pat ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Spinach ♥Whole Wheat Bread ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Beverage	♥Chicken Fried Rice # or Tofu Fried Rice ♥Steamed Broccoli ♥Whole Wheat Bread ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - 2017 - 1500-1800 Calorie Weight Management Menu

Week 2						
Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Boiled Eggs (2) #or Peanut Butter ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥Cream of Broccoli Soup ♥Chicken Wrap or #Hummus Wrap ♥Potato Salad ♥Green Beans ♥Fruit ♥Beverage	♥#Three Bean Salad ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Mashed Potatoes ♥Carrots ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger ♥Garlic Macaroni ♥Green Beans ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Baked Potato ♥Green Peas ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage
Dinner						
♥#Soy Burger ♥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	♥#Bean Burrito ♥Steamed Rice ♥WK Corn Salsa ♥Beverage	♥Old Fashn Bean Soup ♥#Hummus Wrap ♥Potato Salad ♥Lettuce/Tomato ♥Mustard ♥WW Hamburger Bun ♥Beverage	♥Cream of Potato Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Lasagna w/Meat #or Tofu Stir Fry ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Womens Chicken Taco #or Soy Taco ♥Cilantro Rice ♥Pinto Beans ♥Shredded Lettuce ♥Taco Shell (1) Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - 2017 - 1500-1800 Calorie Weight Management Menu

Week 3						
Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Plain Omelet #or Peanut Butter ♥Oven Brown Potatoes ♥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 (2) ♥Beverage	♥#Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	BBQ Chicken ♥or Baked Chicken #or PB & Jelly Sand (1) ♥Garlic Macaroni ♥Carrots ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Steamed Rice ♥Green Peas ♥Coleslaw ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Chicken Salad #or Three Bean Salad ♥Italian Pasta Salad ♥Carrots ♥Whole Wheat Bread (2) ♥Fruit ♥Beverage
Dinner						
♥Chicken Lo Mein #or Tofu Lo Mein ♥Spaghetti ♥Steamed Broccoli ♥Whole Wheat Bread ♥Beverage	♥Chili #or Kidney Beans ♥Steamed Rice ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Green Beans ♥Beverage	♥Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Roast Beef #or BBQ Tofu ♥Mashed Potatoes ♥Mixed Vegetables ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Womens Chkn Fajita #or Tofu Fajitas ♥Black Beans ♥WK Corn Salsa ♥Flour Tortilla (1) ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Salsa ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - 2017 - 1500-1800 Calorie Weight Management Menu

Week 4						
Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Scrambled Eggs #or Peanut Butter ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥#Three Bean Salad ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	♥#Soy Chicken Patty ♥Potato Salad ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Baked Sweet Potato ♥Carrots ♥Garden Salad ♥Ital Dressing Low Cal ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Three Bean Salad ♥Lettuce Leaf ♥Italian Pasta Salad ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Lentil Vegetable Soup ♥# Hummus Wrap ♥Potato Salad ♥Lettuce/Tomato ♥WW Hamburger Bun Salad Dressing ♥Fruit ♥Beverage
Dinner						
♥Sloppy Joe #or Soy Sloppy Joe ♥Baked Potato ♥Green Beans ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Black Beans ♥Carrots ♥Beverage	♥Pork Roast #or Kidney Beans ♥Steamed Rice ♥Collard Greens ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥Scrambled Eggs #or Peanut Butter ♥Whole Wheat Bread (2) and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Beverage	♥Turkey Burger #or Soy Burger ♥Baked Potato ♥Lettuce/Tomato ♥Lentils ♥Catsup & Mustard Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	Hot Dog (1) ♥#or Soy Hot Dog ♥Baked Potato ♥Cole Slaw ♥Catsup & Mustard ♥WW Hot Dog Bun ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - 2017 - 1500-1800 Calorie Weight Management Menu

Week 5

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk Coffee	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Grits ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Bran Flakes ♥Sugar Substitute Pks ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Margarine Pat ♥Skim Milk	♥Fresh Fruit ♥Hot Oatmeal ♥Sugar Substitute Pks ♥Skim Milk Coffee
Lunch						
♥Boiled Eggs (2) #or Peanut Butter ♥Whole Wheat Bread and ♥Jelly (2) ♥Oven Brown Potatoes ♥Margarine Pat ♥Fruit ♥Beverage	♥#Soy Chili ♥#w/Baked Potato ♥Carrots ♥Fruit ♥Beverage	♥#Soy Chicken Patty ♥Spag w/Marinara ♥Spinach ♥Whole Wheat Bread ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Baked Chicken #or PB & Jelly Sand (1) ♥Black Beans ♥Spinach ♥Fruit ♥Beverage	♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Garlic Macaroni ♥Collard Greens ♥Coleslaw ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Sloppy Joe #or Soy Sloppy Joe ♥Baked Potato ♥Green Peas ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage
Dinner						
♥Womens Beef Taco #or Soy Taco ♥Black Beans ♥WK Corn Salsa ♥Taco Shell (1) ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Steamed Broccoli ♥Beverage	♥#Soy Hot Dog ♥Oven Brown Potatoes ♥Diced Onions & Peprs ♥Mixed Vegetables ♥WW Hot Dog Bun ♥Beverage	♥Old Fashion Bean Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets (Cold) ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Beverage	♥#Soy Burger w/ ♥WW Hamburger Bun ♥Baked Potato ♥Green Beans ♥Margarine Pat ♥Beverage	♥Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Beverage	♥Womens Chkn Fajita #or Tofu Fajitas ♥Cilantro Rice ♥Pinto Beans Salsa ♥Flour Tortilla (1) ♥Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.