

Breakfast Choices

Federal Bureau of Prisons - National Menu FY 2018

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 Coffee	▼Fruit ▼Hot Oatmeal ▼Whole Wheat Bread and ▼Jelly (2) ▼Sugar Substitute Pks ▼Margarine Pat ▼Skim Milk Coffee

Dry Cereal and Milk Substitute may be served in Special Housing Units in place of Hot Cereal and Skim Milk.

MIXED CONTINENTAL/HOT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
▼Fruit ▼Hot Grits ▼Whole Wheat Bread and ▼Jelly (2) ▼Margarine Pat ▼Sugar Substitute Pks ▼Skim Milk Coffee	▼Fruit ▼Hot Oatmeal Cream Gravy Oven Brown Potatoes 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 Coffee	▼Fruit ▼Hot Oatmeal ▼Whole Wheat Bread and ▼Jelly (2) ▼Sugar Substitute Pks ▼Margarine Pat ▼Skim Milk Coffee

Dry Cereal and Milk Substitute may be served in Special Housing Units in place of Hot Cereal and Skim Milk.

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 Coffee	▼Fruit ▼Bran Flakes Breakfast Cake or ▼Whole Wheat Bread and ▼Jelly (2) ▼Sugar Substitute Pks ▼Margarine Pat ▼Skim Milk Coffee

Dry Cereal and Milk Substitute may be served in Special Housing Units in place of Hot Cereal and Skim Milk.

Federal Bureau of Prisons - National Menu FY 2018

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) Salsa Shredded Cheese ▼Fruit ▼Beverage	Chicken Patty Sandwich #or Soy Chicken Patty ▼Steamed Rice ▼Pinto Beans ▼Lettuce/Tomato Salad Dressing ▼WW Hamburger Bun Dessert or ▼Fruit ▼Beverage	▼Hamburger #or Soy Burger French Fries or ▼Baked Potato ▼Sliced Onions ▼Catsup & Mustard Pickles ▼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 ▼Carrots ▼WW Hamburger Bun Tartar Sauce ▼Fruit ▼Beverage	▼Scrambled Eggs #or Peanut Butter Turkey Bacon (2) ▼Baked Tater Tots ▼Flour Tortilla (1) Salsa ▼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-Wrap #or Three Bean Salad ▼Green Peas ▼Italian Pasta Salad ▼Beverage	▼Meatloaf #or Soy Burger w/ Salad Dressing ▼Mashed Potatoes Tomato Gravy ▼WK Corn ▼Whole Wheat Bread ▼Margarine Pat ▼Beverage	▼Pasta ▼w/Marinara S ▼Spinach ▼Garden Salad ▼Ital Dressing Low Cal Garlic Bread or ▼Whole Wheat Bread ▼Beverage	▼Black Bean Soup ▼Beef Taco Salad or #Soy Taco Salad Shredded Cheese Salsa ▼Whole Wheat Bread ▼Beverage	▼Chicken Fried Rice #or Tofu Fried Rice ▼Green Peas ▼Whole Wheat Bread ▼Beverage	▼Vegetable Soup ▼Tuna Salad #or Three Bean Salad ▼Lettuce Leaf ▼Italian Pasta Salad ▼Whole Wheat Bread (2) ▼Beverage

Indicates No Flesh Entree Item, ▼ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2018

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	♥Corn Chowder ♥Chicken Wrap or ♥Hummus Wrap ♥Potato Salad ♥Green Beans ♥Fruit ♥Beverage	♥Chicken Patty Sandwich ♥or Soy Chicken Patty ♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Salad Dressing ♥WW Hamburger Bun ♥Dessert or ♥Fruit ♥Beverage	♥Hamburger ♥or Soy Burger ♥French Fries or ♥Baked Potato ♥Sliced Onions ♥Catsup & Mustard ♥Pickles ♥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	♥Scrambled Eggs ♥or Peanut Butter ♥Baked Tater Tots ♥Sausage Link ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥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	♥Cheese Pizza ♥Three Bean Salad ♥Spag w/Marinara ♥Garden Salad ♥Ital Dressing Low Cal ♥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.

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Week 3

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥ Scrambled Eggs ♥ Peanut Butter ♥ Oven Brown Potatoes ♥ Cream Gravy ♥ Biscuits (2) or ♥ Whole Wheat Bread - and ♥ Jelly (2) ♥ Margarine Pat ♥ Fruit ♥ Beverage	♥ Vegetable Soup ♥ Tuna Salad ♥ Three Bean Salad ♥ Lettuce Leaf ♥ Italian Pasta Salad ♥ Whole Wheat Bread (2) ♥ Fruit ♥ Beverage	♥ Chicken Patty Sandwich ♥ Soy Chicken Patty ♥ Steamed Rice ♥ Pinto Beans ♥ Lettuce/Tomato ♥ Salad Dressing ♥ WW Hamburger Bun ♥ Dessert or ♥ Fruit ♥ Beverage	♥ Hamburger ♥ Soy Burger ♥ Sliced Cheese ♥ Tater Tots or ♥ Baked Potato ♥ Sliced Onions ♥ Catsup & Mustard ♥ Pickles ♥ WW Hamburger Bun ♥ Margarine Pat ♥ Fruit ♥ Beverage	♥ BBQ Chicken ♥ or Baked Chicken ♥ PB & Jelly Sand (2) ♥ Macaroni & Cheese or ♥ Garlic Macaroni ♥ Carrots ♥ Whole Wheat Bread ♥ Dessert or ♥ Fruit ♥ Beverage	♥ Breaded Fish Sand or ♥ Baked Fish ♥ Soy Burger w/ ♥ Salad Dressing ♥ Rice Pilaf or ♥ Steamed Rice ♥ Green Peas ♥ Coleslaw ♥ WW Hamburger Bun ♥ Tartar Sauce ♥ Fruit ♥ Beverage	♥ Scrambled Eggs ♥ Peanut Butter ♥ Turkey Bacon (2) ♥ Baked Tater Tots ♥ Flour Tortilla (1) ♥ Salsa ♥ Fruit ♥ Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥ Chicken Fried Rice ♥ Tofu Fried Rice ♥ Black Beans ♥ Carrots ♥ Whole Wheat Bread ♥ Beverage	♥ Chili ♥ Kidney Beans ♥ Steamed Rice ♥ Shredded Cheese ♥ WK Corn ♥ Cornbread or ♥ Whole Wheat Bread ♥ Margarine Pat ♥ Beverage	♥ Pepper Steak ♥ Tofu Stir Fry ♥ Steamed Rice ♥ Green Beans ♥ Whole Wheat Bread ♥ Beverage	♥ Baked Ziti ♥ Ziti & Beef ♥ Soy Baked Ziti ♥ Spinach ♥ Garden Salad ♥ Ital Dressing Low Cal ♥ Whole Wheat Bread ♥ Beverage	♥ Black Bean Soup ♥ Beef Taco Salad or ♥ Soy Taco Salad ♥ Shredded Cheese ♥ Salsa ♥ Whole Wheat Bread ♥ Beverage	♥ Chicken Fajitas ♥ Tofu Fajitas ♥ Cilantro Rice ♥ Black Beans ♥ WK Corn ♥ Salsa ♥ Flour Tortilla (2) ♥ Beverage	♥ Roast Beef ♥ BBQ Tofu ♥ Mashed Potatoes ♥ Mixed Vegetables ♥ Brown Gravy ♥ Whole Wheat Bread (2) ♥ Margarine Pat ♥ Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2018

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 ♥ Steamed Rice ♥ Pinto Beans ♥ Lettuce/Tomato Salad Dressing ♥ WW Hamburger Bun ♥ Dessert or ♥ Fruit ♥ Beverage	♥ Hamburger ♥ #or Soy Burger ♥ Sliced Cheese ♥ French Fries or ♥ Baked Potato ♥ Sliced Onions ♥ Catsup & Mustard ♥ Pickles ♥ 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	♥ Scrambled Eggs ♥ #or Peanut Butter ♥ Pancakes ♥ W/Syrup or ♥ Whole Wheat Bread and ♥ Jelly (2) ♥ Oven Brown Potatoes ♥ Margarine Pat ♥ Fruit ♥ Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥ BBQ Shred Chicken ♥ #or BBQ Tofu ♥ Tater Tots or ♥ Baked Potato ♥ Coleslaw ♥ WW Hamburger Bun ♥ Margarine Pat ♥ Beverage	♥ Chicken Fried Rice ♥ #or Tofu Fried Rice ♥ Black Beans ♥ Carrots ♥ Whole Wheat Bread ♥ Beverage	♥ BBQ Pork ♥ #or BBQ Tofu ♥ Steamed Rice ♥ Collard Greens ♥ Whole Wheat Bread ♥ Margarine Pat ♥ Beverage	♥ Pasta ♥ w/Marinara ♥ Spinach ♥ Garden Salad ♥ Ital Dressing Low Cal ♥ Garlic Bread or ♥ Whole Wheat Bread ♥ Beverage	♥ Hot Dogs (2) ♥ #or Kidney Beans ♥ Tater Tots or ♥ Baked Potato ♥ Coleslaw ♥ Catsup & Mustard ♥ WW Hot Dog Buns (2) ♥ Beverage	♥ Ckn Cheese Steak or ♥ Chicken Salad ♥ #or Three Bean Salad ♥ Italian Pasta Salad ♥ Carrots ♥ WW Hot Dog Bun ♥ Beverage	♥ Chili Mac ♥ #or Soy Chili Mac ♥ Green Beans ♥ Garden Salad ♥ Ital Dressing Low Cal ♥ Cornbread or ♥ Whole Wheat Bread ♥ Margarine Pat ♥ Beverage

Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2018

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 ▼#Three Bean 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 ▼Sliced Onions ▼Catsup & Mustard Pickles ▼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 ▼Coleslaw ▼WW Hamburger Bun Tartar Sauce ▼Fruit ▼Beverage	▼Scrambled Eggs #or Peanut Butter Pancakes W/Syrup or ▼Whole Wheat Bread and ▼Jelly (2) ▼Oven Brown Potatoes ▼Margarine Pat ▼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	▼Chicken Fried Rice #or Tofu Fried Rice ▼Black Beans ▼Carrots ▼Whole Wheat Bread ▼Beverage	Pork Italian Sausage #or Kidney Beans ▼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.

Menu Type: Mainline FY 2018

Date Range: 10/15/2017 to 10/21/2017

Weekly Menu

Week #: 1

Sunday (10/15/17)	Monday (10/16/17)	Tuesday (10/17/17)	Wednesday (10/18/17)	Thursday (10/19/17)	Friday (10/20/17)	Saturday (10/21/17)
BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Grits 7.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. Cream Gravy 2.50 oz. Oven Brown Potatoes 6.00 oz. ♥Boiled Potatoes 4.50 oz. ♥Sugar, Substitute, Individual Pks. 2.00 ea ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Bran Flakes 2.00 oz. Pastries, Each 1.00 ea ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. Pancakes 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Bran Flakes 2.00 oz. Breakfast Cakes & Pastries, Each 1.00 ea ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. French Toast W/Whole Eggs (2) 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups
LUNCH Scrambled Eggs W/ Whole Eggs 4.00 oz. Peanut Butter, Bulk, Pounds 4.00 oz. ♥Oven Brown Potatoes 6.00 oz. Cream Gravy 2.50 oz. Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Beef Tacos 6.50 oz. ♥Soy Tacos 5.50 oz. ♥Black Beans - 8 oz 8.00 oz. ♥Whole Kernal Corn 4.00 oz. ♥Taco Shells, 2 Each 2.00 ea Salsa 3.00 oz. Cheese Shredded, Pounds 2.00 oz. ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Chicken Patty Sandwich 4.00 oz. ♥Soy Chicken Patty 4.00 oz. ♥Steamed Rice - 8 oz 8.00 oz. ♥Pinto Beans - 8 oz 8.00 oz. ♥Lettuce/Tomato 3.00 oz. Dressing, Salad Mayo. Gallons 9.00 g ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea Dessert, Individual Pks. Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Hamburger 3.20 oz. #or Soy Burger 3.75 oz. French Fried Potatoes 6.40 oz. ♥Baked Potato 8.00 oz. ♥Sliced Onions 1.00 oz. ♥Catsup & Mustard 0.63 oz. Pickles, Sliced, Gallons 17.00 g ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Baked Chicken HH 8.00 oz. or PB & SF Jelly Sandwich-2 10.80 oz. ♥Baked Sweet Potato 8.00 oz. ♥Pinto Beans - 8 oz 8.00 oz. ♥Green Beans 4.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Margarine, 5 Gram, Reddies, Each 1.00 ea Dessert, Individual Pks. Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Breaded Fish 4 oz. 4.00 oz. ♥Baked Fish 4.00 oz. Soy Burger w/ 3.75 oz. Dressing, Salad Mayo. Gallons 9.00 g ♥Macaroni Salad 5.00 oz. ♥Carrots 4.00 oz. ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Tartar Sauce 1.98 oz. ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Scrambled Eggs W/ Whole Eggs 4.00 oz. Peanut Butter, Bulk, Pounds 4.00 oz. Turkey Bacon - Oven Fried (2) 1.00 oz. ♥Baked Tater Tots 6.00 oz. Flour, Tortilla, 10", Each 1.00 ea Salsa 3.00 oz. ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

Weekly Menu

DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Roast Beef ♥ 4.00 oz.	♥Vegetable Soup 8.00 oz.	♥Mealof 6.20 oz.	♥Pasta - 8 oz 8.00 oz.	♥Black Bean Soup 12.00 oz.	♥Chicken Fried Rice 1 11.20 oz.	♥Vegetable Soup 8.00 oz.	♥Vegetable Soup 8.00 oz.
#Black Eyed Peas 8.00 oz.	♥Chicken Wraps 10.00 oz.	Soy Burger w/ 3.75 oz. Dressing, Salad Mayo. Gallons 9.00 g	♥Marinara Sauce 8.00 oz.	♥Beef Taco Salad w/Bulk Tortilla Chips 10.00 oz.	♥Green Peas 4.00 oz.	♥Tuna Salad 4.28 oz.	♥Tuna Salad 4.28 oz.
♥Steamed Rice - 8 oz 8.00 oz.	#or Three Bean Salad 4.00 oz.	♥Mashed Potatoes 5.75 oz.	♥Spinach 4.00 oz.	Soy Taco Salad 9.50 oz.	♥Whole Wheat Bread, Slices 1.00 Slices	#or Three Bean Salad 4.00 oz.	#or Three Bean Salad 4.00 oz.
♥Green Beans 4.00 oz.	♥Green Peas 4.00 oz.	Tomato Gravy 3.00 oz.	♥Garden Salad 3.00 oz.	Cheese Shredded, Pounds 2.00 oz.	Beverage Powder 5 gal. 16.00 oz.	♥Lettuce Leaf-from Iceberg 1.00 oz.	♥Lettuce Leaf-from Iceberg 1.00 oz.
Brown Gravy 2.30 oz.	♥Italian Pasta Salad 6.00 oz.	♥Whole Kernal Corn 4.00 oz.	Dressing, Italian Low Cal, Gallons 9.00 g	Salsa 3.00 oz.	♥Whole Wheat Bread, Slices 1.00 Slices	♥Italian Pasta Salad 6.00 oz.	♥Italian Pasta Salad 6.00 oz.
♥Whole Wheat Bread, Slices 1.00 Slices	Beverage Powder 5 gal. 16.00 oz.	♥Whole Wheat Bread, Slices 1.00 Slices	Garlic Bread 1.49 oz.	♥Whole Wheat Bread, Slices 1.00 Slices	Beverage Powder 5 gal. 16.00 oz.	♥Whole Wheat Bread (2) 2.00 oz.	♥Whole Wheat Bread (2) 2.00 oz.
Beverage Powder 5 gal. 16.00 oz.		Margarine, 5 Gram. Reddies, Each 1.00 ea	♥Whole Wheat Bread, Slices 1.00 Slices	Beverage Powder 5 gal. 16.00 oz.		Beverage Powder 5 gal. 16.00 oz.	Beverage Powder 5 gal. 16.00 oz.

Menu Type: Mainline FY 2018

Date Range: 10/22/2017 to 10/28/2017

Weekly Menu

Week #: 2

<u>Sunday (10/22/17)</u>	<u>Monday (10/23/17)</u>	<u>Tuesday (10/24/17)</u>	<u>Wednesday (10/25/17)</u>	<u>Thursday (10/26/17)</u>	<u>Friday (10/27/17)</u>	<u>Saturday (10/28/17)</u>
BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Grits 7.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. Cream Gravy 2.50 oz. Oven Brown Potatoes 6.00 oz. ♥Boiled Potatoes 4.50 oz. ♥Sugar, Substitute, Individual Pks. 2.00 ea Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Bran Flakes 2.00 oz. Pastries, Each 1.00 ea ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. Pancakes 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Bran Flakes 2.00 oz. Breakfast Cakes & Pastries, Each 1.00 ea ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. French Toast W/Whole Eggs (2) 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups
LUNCH ♥Hard Boiled Eggs-HH Alternative 4.00 oz. Peanut Butter, Bulk, Pounds 4.00 oz. Breakfast Sausage Links 2.00 oz. Pancakes 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Oven Brown Potatoes 6.00 oz. Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Corn Chowder P 011 00 9.00 oz. ♥Chicken Wraps 10.00 oz. #Hummus Wrap 9.00 oz. ♥Potato Salad 6.30 oz. ♥Green Beans 4.00 oz. ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Chicken Patty Sandwich 4.00 oz. ♥Soy Chicken Patty 4.00 oz. ♥Steamed Rice - 8 oz 8.00 oz. ♥Pinto Beans - 8 oz 8.00 oz. ♥Lettuce/Tomato 3.00 oz. Dressing, Salad Mayo. Gallons 9.00 g ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Dessert, Individual Pks. Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Hamburger 3.20 oz. #or Soy Burger 3.75 oz. French Fried Potatoes 6.40 oz. ♥Baked Potato 8.00 oz. ♥Sliced Onions 1.00 oz. ♥Catsup & Mustard 0.63 oz. Pickles, Sliced, Gallons 17.00 g ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Fried Chicken 8.00 oz. #or Baked Chicken 8.00 oz. or PB & SF Jelly Sandwich-2 10.80 oz. ♥Mashed Potatoes 5.75 oz. ♥Carrots 4.00 oz. Chicken Gravy 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Margarine, 5 Gram, Reddies, Each 1.00 ea Dessert, Individual Pks. Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Baked Fish 4.00 oz. Soy Burger w/ 3.75 oz. Dressing, Salad Mayo. Gallons 9.00 g ♥Garlic Macaroni 6.00 oz. ♥Green Beans 4.00 oz. Cornbread 0-20 3.15 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Margarine, 5 Gram, Reddies, Each 1.00 ea Tartar Sauce 1.98 oz. ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Scrambled Eggs W/ Whole Eggs 4.00 oz. Peanut Butter, Bulk, Pounds 4.00 oz. ♥Baked Tater Tots 6.00 oz. Breakfast Sausage Links 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.

#Indicates No Flesh Entree Item ♥Indicates Heart Healthy

Weekly Menu

DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Swedish Meatballs 7.00 oz.	♥BBQ Pork 5.25 oz.	Beef & Bean Burrito or 7.00 oz.	Cheese Pizza 5.00 oz.	♥Cream of Potato Soup 12.00 oz.	Lasagna w/Beef-using fresh eggs 12.00 oz.	♥Chicken Tacos 7.25 oz.
♥#or Soy Burger 3.75 oz.	BBQ Tofu 3.35 oz.	♥#Bean Burrito 6.00 oz.	♥#or Three Bean Salad - 8 oz 8.00 oz.	Chef Salad with mix 13.30 oz.	Tofu Stir Fry 6.00 oz.	#Soy Tacos 5.50 oz.
♥Egg Noodles - 8 oz 8.00 oz.	♥Pinto Beans - 8 oz 8.00 oz.	Mexican Rice or 6.00 oz.	♥Spag w/ Marinara Sauce 7.00 oz.	♥#or Tofu Chef Salad 9.60 oz.	♥Garden Salad 3.00 oz.	♥Cilantro Rice - 8 oz 8.00 oz.
♥Coleslaw 3.00 oz.	♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea	♥Steamed Rice - 8 oz 8.00 oz.	♥Garden Salad 3.00 oz.	♥Beets (Cold) 4.00 oz.	Dressing, Italian Low Cal, Gallons 9.00 g	♥Pinto Beans - 8 oz 8.00 oz.
♥Green Beans 4.00 oz.	♥Whole Wheat	♥Whole Kernal Corn 4.00 oz.	Dressing, Italian Low Cal, Gallons 9.00 g	Dressing, Italian Low Cal, Gallons 9.00 g	Garlic Bread 1.49 oz.	♥Whole Kernal Corn 4.00 oz.
♥Garden Salad 3.00 oz.	Each 1.00 ea	Salsa 3.00 oz.	Beverage Powder 5 gal. 16.00 oz.	♥Whole Wheat Bread, Slices 1.00 Slices	♥Whole Wheat Bread, Slices 1.00 Slices	♥Taco Shells, 2 Each 2.00 ea
♥Whole Wheat Bread, Slices 1.00 Slices	Beverage Powder 5 gal. 16.00 oz.	Beverage Powder 5 gal. 16.00 oz.		♥Whole Wheat Bread (2) 2.00 oz.	Beverage Powder 5 gal. 16.00 oz.	Salsa 3.00 oz.
Beverage Powder 5 gal. 16.00 oz.				Beverage Powder 5 gal. 16.00 oz.		Beverage Powder 5 gal. 16.00 oz.

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

Menu Type: Mainline FY 2018

Date Range: 10/29/2017 to 11/4/2017

Weekly Menu

Week #: 3

<u>Sunday (10/29/17)</u>	<u>Monday (10/30/17)</u>	<u>Tuesday (10/31/17)</u>	<u>Wednesday (11/01/17)</u>	<u>Thursday (11/02/17)</u>	<u>Friday (11/03/17)</u>	<u>Saturday (11/04/17)</u>
BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Grits 7.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. Cream Gravy 2.50 oz. Oven Brown Potatoes 6.00 oz. ♥Boiled Potatoes 4.50 oz. ♥Sugar, Substitute, Individual Pks. 2.00 ea Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Bran Flakes 2.00 oz. Pastries, Each 1.00 ea ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. Pancakes 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Bran Flakes 2.00 oz. Breakfast Cakes & Pastries, Each 1.00 ea ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. French Toast W/Whole Eggs (2) 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups
LUNCH Scrambled Eggs W/ Whole Eggs 4.00 oz. Peanut Butter, Bulk, Pounds 4.00 oz. ♥Oven Brown Potatoes 6.00 oz. Cream Gravy 2.50 oz. Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Fruit, Assorted 1.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Vegetable Soup 8.00 oz. ♥Tuna Salad 4.28 oz. ♥For Three Bean Salad - 8 oz 8.00 oz. ♥Lettuce Leaf-from Iceberg 1.00 oz. ♥Italian Pasta Salad 6.00 oz. ♥Whole Wheat Bread (2) 2.00 oz. ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Chicken Patty Sandwich 4.00 oz. ♥Soy Chicken Patty 4.00 oz. ♥Steamed Rice - 8 oz 8.00 oz. ♥Pinto Beans 6.00 oz. ♥Lettuce/Tomato 3.00 oz. Dressing, Salad Mayo. Gallons 9.00 g ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Dessert, Individual Pks. Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Hamburger 3.20 oz. ♥or Soy Burger 3.75 oz. American Cheese, Slices, Pounds 1.00 Slices Tater Tots 6.00 oz. ♥Baked Potato 8.00 oz. ♥Sliced Onions 1.00 oz. ♥Catsup & Mustard 0.63 oz. Pickles, Sliced, Gallons 17.00 g ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH BBQ Chicken 10.10 oz. ♥or Baked Chicken 8.00 oz. ♥or PC PB & Jelly Sand (2) 14.70 oz. Macaroni and Cheese 8.30 oz. ♥Garlic Macaroni 6.00 oz. ♥Carrots 4.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Dessert, Individual Pks. Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Breaded Fish 4 oz. 4.00 oz. ♥Baked Fish 4.00 oz. Soy Burger w/ 3.75 oz. Dressing, Salad Mayo. Gallons 9.00 g Rice Pilaf - 8 oz 8.00 oz. ♥Steamed Rice - 8 oz 8.00 oz. ♥Green Peas 4.00 oz. ♥Coleslaw 3.00 oz. ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Tartar Sauce 1.98 oz. ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Scrambled Eggs W/ Whole Eggs 4.00 oz. Peanut Butter, Bulk, Pounds 4.00 oz. Turkey Bacon - Oven Fried (2) 1.00 oz. ♥Baked Tater Tots 6.00 oz. Flour, Tortilla, 10", Each 1.00 ea Salsa 3.00 oz. ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

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Weekly Menu

DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
♥Chicken Fried Rice 1 11.20 oz.	♥Chili 9.50 oz.	♥Pepper Steak 8.80 oz.	Baked Ziti 14.00 oz.	♥Black Bean Soup 12.00 oz.	♥Chicken Fajitas 5.45 oz.	♥Roast Beef 4.00 oz.	
Tofu Fried Rice 12.00 oz.	#Kidney Beans 8.00 oz.	Tofu Stir Fry 6.00 oz.	♥or Ziti & Beef 12.00 oz.	♥Beef Taco Salad w/Bulk Tortilla Chips 10.00 oz.	#or Tofu Fajitas 6.00 oz.	BBQ Tofu 3.35 oz.	
♥Black Beans - 8 oz 8.00 oz.	♥Steamed Rice - 8 oz 8.00 oz.	♥Steamed Rice - 8 oz 8.00 oz.	Soy Ziti 13.00 oz.	Soy Taco Salad 9.50 oz.	♥Cilantro Rice - 8 oz 8.00 oz.	♥Mashed Potatoes 5.75 oz.	
♥Carrots 4.00 oz.	Shredded Cheese 2.00 oz.	♥Green Beans 4.00 oz.	♥Spinach 4.00 oz.	Cheese Shredded, Pounds 2.00 oz.	♥Black Beans - 8 oz 8.00 oz.	♥Mixed Vegetables 4.00 oz.	
♥Whole Wheat Bread, Slices 1.00 Slices Beverage Powder 5 gal. 16.00 oz.	♥Whole Kernal Corn 4.00 oz.	♥Whole Wheat Bread, Slices 1.00 Slices Beverage Powder 5 gal. 16.00 oz.	♥Garden Salad 3.00 oz. Dressing, Italian Low Cal, Gallons 9.00 g	Salsa 3.00 oz.	♥Whole Kernal Corn 4.00 oz.	Brown Gravy 2.30 oz.	
	Cornbread 0-20 3.15 oz.		♥Whole Wheat Bread, Slices 1.00 Slices Beverage Powder 5 gal. 16.00 oz.	♥Whole Wheat Bread, Slices 1.00 Slices Beverage Powder 5 gal. 16.00 oz.	Salsa 3.00 oz.	♥Whole Wheat Bread (2) 2.00 oz.	
	♥Whole Wheat Bread, Slices 1.00 Slices Margarine, 5 Gram, Reddies, Each 1.00 ea Beverage Powder 5 gal. 16.00 oz.				♥Tortilla, Flour, Each 2.00 ea Beverage Powder 5 gal. 16.00 oz.	Margarine, 5 Gram, Reddies, Each 1.00 ea Beverage Powder 5 gal. 16.00 oz.	

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

Menu Type: Mainline FY 2018

Date Range: 11/5/2017 to 11/11/2017

Weekly Menu

Week #: 4

<u>Sunday (11/05/17)</u>	<u>Monday (11/06/17)</u>	<u>Tuesday (11/07/17)</u>	<u>Wednesday (11/08/17)</u>	<u>Thursday (11/09/17)</u>	<u>Friday (11/10/17)</u>	<u>Saturday (11/11/17)</u>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
♥Fruit, Assorted 1.00 ea	♥Fruit, Assorted 1.00 ea	♥Fruit, Assorted 1.00 ea	♥Fruit, Assorted 1.00 ea	♥Fruit, Assorted 1.00 ea	♥Fruit, Assorted 1.00 ea	♥Fruit, Assorted 1.00 ea
♥Hot Grits 7.00 oz.	♥Hot Oatmeal 7.00 oz.	♥Bran Flakes 2.00 oz.	♥Hot Oatmeal 7.00 oz.	♥Bran Flakes 2.00 oz.	♥Hot Oatmeal 7.00 oz.	♥Hot Oatmeal 7.00 oz.
♥Whole Wheat Bread, Slices 1.00 Slices	Cream Gravy 2.50 oz. Oven Brown Potatoes 6.00 oz.	Breakfast Cakes & Pastries, Each 1.00 ea	Pancakes 4.00 oz. Imitation Maple Syrup, 4- 1 Gallon 2.00 oz.	Breakfast Cakes & Pastries, Each 1.00 ea	French Toast W/Whole Eggs (2) 4.00 oz.	♥Whole Wheat Bread, Slices 1.00 Slices
Jelly, Assorted, 10 Gram. Each 2.00 ea	♥Boiled Potatoes 4.50 oz.	♥Whole Wheat Bread, Slices 1.00 Slices	♥Whole Wheat Bread, Slices 1.00 Slices	♥Whole Wheat Bread, Slices 1.00 Slices	Imitation Maple Syrup, 4- 1 Gallon 2.00 oz.	Jelly, Assorted, 10 Gram. Each 2.00 ea
Margarine, 5 Gram, Reddies, Each 1.00 ea	♥Sugar, Substitute, Individual Pks. 2.00 ea	Jelly, Assorted, 10 Gram. Each 2.00 ea	Jelly, Assorted, 10 Gram. Each 2.00 ea	Jelly, Assorted, 10 Gram. Each 2.00 ea	♥Whole Wheat Bread, Slices 1.00 Slices	♥Sugar, Substitute, Individual Pks. 2.00 ea
♥Sugar, Substitute, Individual Pks. 2.00 ea	Individual Pks. 2.00 ea	♥Sugar, Substitute, Individual Pks. 2.00 ea	Each 2.00 ea	♥Sugar, Substitute, Individual Pks. 2.00 ea	Jelly, Assorted, 10 Gram. Each 2.00 ea	Margarine, 5 Gram, Reddies, Each 1.00 ea
Coffee Ground 8.00 oz.	♥Whole Wheat Bread, Slices 1.00 Slices	Margarine, 5 Gram, Reddies, Each 1.00 ea	Individual Pks. 2.00 ea	Margarine, 5 Gram, Reddies, Each 1.00 ea	♥Sugar, Substitute, Individual Pks. 2.00 ea	Coffee Ground 8.00 oz.
♥Skim Milk, Bulk, Gallons 2.00 Cups	Jelly, Assorted, 10 Gram. Each 2.00 ea	♥Skim Milk, Bulk, Gallons 2.00 Cups	Reddies, Each 1.00 ea	♥Skim Milk, Bulk, Gallons 2.00 Cups	Margarine, 5 Gram, Reddies, Each 1.00 ea	♥Skim Milk, Bulk, Gallons 2.00 Cups
			♥Skim Milk, Bulk, Gallons 2.00 Cups		♥Skim Milk, Bulk, Gallons 2.00 Cups	

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

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Date Range: 11/5/2017 to 11/11/2017

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Menu Type: Mainline FY 2018

Date Range: 11/12/2017 to 11/18/2017

Weekly Menu

Week #: 5

<u>Sunday (11/12/17)</u>	<u>Monday (11/13/17)</u>	<u>Tuesday (11/14/17)</u>	<u>Wednesday (11/15/17)</u>	<u>Thursday (11/16/17)</u>	<u>Friday (11/17/17)</u>	<u>Saturday (11/18/17)</u>
BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Grits 7.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. Cream Gravy 2.50 oz. Oven Brown Potatoes 6.00 oz. ♥Boiled Potatoes 4.50 oz. ♥Sugar, Substitute, Individual Pks. 2.00 ea Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Bran Flakes 2.00 oz. Pastries, Each 1.00 ea ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Bran Flakes 2.00 oz. Pancakes 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Bran Flakes 2.00 oz. Breakfast Cakes & Pastries, Each 1.00 ea ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. French Toast W/Whole Eggs (2) 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups	BREAKFAST ♥Fruit, Assorted 1.00 ea ♥Hot Oatmeal 7.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Sugar, Substitute, Individual Pks. 2.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea Coffee Ground 8.00 oz. ♥Skim Milk, Bulk, Gallons 2.00 Cups
LUNCH ♥Hard Boiled Eggs-HH Alternative 4.00 oz. Peanut Butter, Bulk, Pounds 4.00 oz. French Toast W/Whole Eggs (2) 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 2.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Assorted, 10 Gram. Each 2.00 ea ♥Oven Brown Potatoes 6.00 oz. Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Chili Cheese Fries 14.00 oz. ♥#Three Bean Chili 14.00 oz. ♥With Baked Potato 8.00 oz. ♥Carrots 4.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Chicken Parmesan 6.95 oz. ♥Soy Chicken Patty 4.00 oz. ♥Spag w/ Marinara Sauce 5.00 oz. ♥Spinach 4.00 oz. Garlic Bread 1.49 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Dessert, Individual Pks. Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Hamburger 3.20 oz. #or Soy Burger 3.75 oz. French Fried Potatoes 6.40 oz. ♥Baked Potato 8.00 oz. ♥Sliced Onions 1.00 oz. ♥Catsup & Mustard 0.63 oz. Pickles, Sliced, Gallons 17.00 g ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH ♥Baked Chicken 8.00 oz. #or PC PB & Jelly Sand (2) 14.70 oz. ♥Baked Sweet Potato 8.00 oz. ♥Black Beans - 8 oz 8.00 oz. ♥Spinach 4.00 oz. ♥Whole Wheat Bread, Slices 1.00 Slices Margarine, 5 Gram, Reddies, Each 1.00 ea Dessert, Individual Pks. Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Breaded Fish 4 oz. 4.00 oz. ♥Baked Fish 4.00 oz. Soy Burger w/ 3.75 oz. Dressing, Salad Mayo. Gallons 9.00 g ♥Garlic Macaroni 6.00 oz. ♥Collard Greens 4.00 oz. ♥Coleslaw 3.00 oz. ♥Whole Wheat Hamburger Buns, Fresh, Each 1.00 ea Tartar Sauce 1.98 oz. ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.	LUNCH Scrambled Eggs W/ Whole Eggs 4.00 oz. Peanut Butter, Bulk, Pounds 4.00 oz. Pancakes 4.00 oz. Imitation Maple Syrup, 4-1 Gallon 9.00 g ♥Whole Wheat Bread, Slices 1.00 Slices Jelly, Diet, Asst, 10 Gram. Each 1.00 ea ♥Oven Brown Potatoes 6.00 oz. Margarine, 5 Gram, Reddies, Each 1.00 ea ♥Fruit, Assorted 1.00 ea Beverage Powder 5 gal. 16.00 oz.

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

Weekly Menu

DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
♥Beef Tacos 6.50 oz.	♥Chicken Fried Rice 1	Pork Italian Sausage	♥Old Fashion Bean Soup	Steak & Cheese Sub	Baked Ziti 14.00 oz.	♥Chicken Fajitas 5.45	
#Soy Tacos 5.50 oz.	11.20 oz.	4.00 oz.	P 008 03 12.00 oz.	7.60 oz.	♥or Ziti & Beef 12.00 oz.	oz.	
Mexican Rice or 8.00 oz.	Tofu Fried Rice 12.00 oz.	♥#or Kidney Beans 8.00	Chef Salad with mix	♥#or Soy Burger w/ 3.75	Soy Ziti 13.00 oz.	#or Tofu Fajitas 6.00 oz.	
♥Steamed Rice - 8 oz	oz.	oz.	13.30 oz.	oz.	♥Spinach 4.00 oz.	♥Cilantro Rice - 8 oz	
8.00 oz.	♥Carrots 4.00 oz.	♥Oven Brown Potatoes	♥#or Tofu Chef Salad	Dressing, Salad Mayo.	♥Garden Salad 3.00 oz.	8.00 oz.	
♥Black Beans - 8 oz 8.00	oz.	6.00 oz.	9.60 oz.	Gallons 9.00 g	Dressing, Italian Low	♥Pinto Beans - 8 oz 8.00	
oz.	♥Whole Wheat Bread,	♥Diced Onions &	♥Beets (Cold) 4.00 oz.	Potato Chips, 1 oz, Each	Cal, Gallons 9.00 g	oz.	
♥Whole Kernal Corn	Slices 1.00 Slices	Peppers 2.00 oz.	Dressing, Italian Low	1.00 ea	♥Whole Wheat Bread,	♥Whole Kernal Corn	
4.00 oz.	Beverage Powder 5 gal.	♥Mixed Vegetables 4.00	Cal, Gallons 9.00 g	♥Baked Potato 8.00 oz.	Slices 1.00 Slices	4.00 oz.	
Cheese Shredded,	16.00 oz.	oz.	♥Whole Wheat Bread (2)	♥Green Beans 4.00 oz.	Beverage Powder 5 gal.	Salsa 3.00 oz.	
Pounds 2.00 oz.		♥Whole Wheat Hot Dog	2.00 oz.	♥Whole Wheat Hot Dog	16.00 oz.	♥Tortilla, Flour, Each	
Salsa 3.00 oz.		Buns, Fresh Each 1.00	Beverage Powder 5 gal.	Buns, Fresh Each 1.00	ea	2.00 ea	
♥Taco Shells, 2 Each		ea	16.00 oz.	ea	Margarine, 5 Gram,	Beverage Powder 5 gal.	
2.00 ea		Beverage Powder 5 gal.		Margarine, 5 Gram,	Reddies, Each 1.00 ea	16.00 oz.	
Beverage Powder 5 gal.		16.00 oz.		Reddies, Each 1.00 ea	Beverage Powder 5 gal.		
16.00 oz.				Beverage Powder 5 gal.			

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