## Federal Bureau of Prisons - National Menu Breakfast FY 2019

#### CONTINENTAL

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

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations\* in place of Hot Cereal and Skim Milk.

#### MIXED CONTINENTAL/HOT

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

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations\* in place of Hot Cereal and Skim Milk.

Week 1

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or	♥Beef Tacos or	Chicken Patty Sandwich or	♥Hamburger or	♥Baked Chicken or	Breaded Fish Sandwich or	♥Scrambled Eggs or
#Peanut Butter	#Soy Tacos	#Chicken No Flesh Patty	#Beef No Flesh Patty	#Pinto Beans	◆Baked Fish or	#Peanut Butter
Oven Brown Potatoes	♥Black Beans	♥Steamed Rice	French Fries or	♥Baked Sweet Potato	#Baked Beans	Turkey Bacon (2)
Cream Gravy	♥Whole Kernel Corn	♥Pinto Beans	<b>♥</b> Baked Potato	♥Green Beans	◆Macaroni Salad	♥Baked Tater Tots
Biscuits (2) or	♥Taco Shells (2)	♥Lettuce/Tomato	♥Sliced Onions	♥Whole Wheat Bread	<b>♥</b> Carrots	♥Flour Tortilla (1)
♥Whole Wheat Bread	♥Shredded Lettuce	Salad Dressing	♥Catsup & Mustard	◆Margarine Pat	♥WW Hamburger Bun	♥Salsa
and ♥Jelly (2)	Shredded Cheese	♥WW Hamburger Bun	Pickles	Dessert or	Tartar Sauce	♥Fruit
♥Margarine Pat	♥Salsa	Dessert or	♥WW Hamburger Bun	♥Fruit	♥Fruit	<b>♥</b> Beverage
♥Fruit	♥Fruit	♥Fruit	♥Fruit	<b>♥</b> Beverage	♥Beverage	
<b>♥</b> Beverage	♥Beverage	♥Beverage	♥Beverage			
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef or	♥Vegetable Soup	◆Meatloaf or	♥Pasta w/	♥Black Bean Soup	♥Chicken Fried Rice or	♥Vegetable Soup
#Black Eyed Peas	♥Chicken Wrap or	#Black Beans		♥Beef Taco Salad or	#Tofu Fried Rice	♥Tuna Salad or
♥Steamed Rice	#Three Bean Salad		#Soy Spaghetti Sauce	#Soy Taco Salad	♥Green Peas	#Hummus
♥Green Beans	♥Green Peas	Tomato Gravy	♥Spinach	Shredded Cheese	♥Whole Wheat Bread	Potato Chips or
Brown Gravy	♥Italian Pasta Salad	♥Whole Kernel Corn	♥Garden Salad	♥Salsa	♥Beverage	♥Baked Potato
♥Whole Wheat Bread	♥Beverage	♥Whole Wheat Bread	♥Ital Dressing Low Cal	♥Whole Wheat Bread		♥Lettuce Leaf
♥Beverage		Margarine Pat	Garlic Bread or	<b>♥</b> Beverage		♥Whole Wheat Bread
		<b>♥</b> Beverage	♥Whole Wheat Bread			♥Beverage
		* DCVClugC				

Week 2

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) or	♥Corn Chowder	Chicken Patty Sandwich or	♥Hamburger or	Fried Chicken or	♥Baked Fish or	♥Scrambled Eggs or
#Peanut Butter	♥Chicken Wrap or	♥#Chicken No Flesh Patty	#Beef No Flesh Patty	♥Baked Chicken or	#Black Beans	#Peanut Butter
Breakfast Sausage	#Hummus Wrap	♥Steamed Rice	French Fries or	#PB & Jelly Sandwich (2)	♥Garlic Macaroni	<b>♥</b> Baked Tater Tots
Pancakes	♥Potato Salad	♥Pinto Beans	<b>♥</b> Baked Potato		♥Green Beans	Breakfast Sausage
W/Syrup or	♥Green Beans	♥Lettuce/Tomato	♥Sliced Onions	<b>♥</b> Carrots	Cornbread or	♥Whole Wheat Bread
♥Whole Wheat Bread	♥Fruit	Salad Dressing	♥Catsup & Mustard	Chicken Gravy	♥Whole Wheat Bread	and ♥Jelly (2)
and ♥Jelly (2)	♥Beverage	♥WW Hamburger Bun	Pickles	♥Whole Wheat Bread	◆Margarine Pat	■Margarine Pat
♥Oven Brown Potatoes		Dessert or	♥WW Hamburger Bun	◆Margarine Pat	Tartar Sauce	♥Fruit
◆Margarine Pat		♥Fruit	♥Fruit	Dessert or	♥Fruit	<b>♥</b> Beverage
♥Fruit		♥Beverage	<b>♥</b> Beverage	♥Fruit	♥Beverage	
<b>♥</b> Beverage				<b>♥</b> Beverage		
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Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Swedish Meatballs or	♥BBQ Pork or	Beef & Bean Burrito or	Cheese Pizza or	♥Cream of Potato Soup	♥Lasagna w/Meat or	♥Chicken Tacos or
♥#Beef No Flesh Patty	#BBQ Tofu	♥#Bean Burrito	♥#Three Bean Salad	Chef Salad or	#Tofu Italian Pasta	#Soy Tacos
♥Egg Noodles	♥Pinto Beans	A4 : D:				
	* I IIIto Bealis	Mexican Rice or	♥Spaghetti w/Marinara	♥#Tofu Chef Salad	♥Garden Salad	♥Cilantro Rice
♥Green Beans	♥Coleslaw	▼Steamed Rice	♥Spaghetti w/Marinara ♥Garden Salad	<ul><li>♥#Tofu Chef Salad</li><li>♥Beets (Cold)</li></ul>	♥Garden Salad ♥Ital Dressing Low Cal	♥Cilantro Rice ♥Pinto Beans
♥Green Beans ♥Garden Salad			, , ,			
	<b>♥</b> Coleslaw	♥Steamed Rice	♥Garden Salad	●Beets (Cold)	♥Ital Dressing Low Cal	♥Pinto Beans
♥Garden Salad	♥Coleslaw ♥WW Hamburger Bun	♥Steamed Rice ♥Whole Kernel Corn	♥Garden Salad  ♥Ital Dressing Low Cal	♥Beets (Cold)  ♥Ital Dressing Low Cal	●Ital Dressing Low Cal Garlic Bread or	♥Pinto Beans ♥Whole Kernel Corn
♥Garden Salad ♥Ital Dressing Low Cal	♥Coleslaw ♥WW Hamburger Bun	♥Steamed Rice ♥Whole Kernel Corn ♥Salsa	♥Garden Salad  ♥Ital Dressing Low Cal	<ul><li>♥Beets (Cold)</li><li>♥Ital Dressing Low Cal</li><li>♥Whole Wheat Bread (2)</li></ul>	♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread	♥Pinto Beans ♥Whole Kernel Corn ♥Shredded Lettuce
●Garden Salad ●Ital Dressing Low Cal ●Whole Wheat Bread	♥Coleslaw ♥WW Hamburger Bun	♥Steamed Rice ♥Whole Kernel Corn ♥Salsa	♥Garden Salad  ♥Ital Dressing Low Cal	<ul><li>♥Beets (Cold)</li><li>♥Ital Dressing Low Cal</li><li>♥Whole Wheat Bread (2)</li></ul>	♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread	♥Pinto Beans  ♥Whole Kernel Corn  ♥Shredded Lettuce  ♥Taco Shells (2)
●Garden Salad ●Ital Dressing Low Cal ●Whole Wheat Bread	♥Coleslaw ♥WW Hamburger Bun	♥Steamed Rice ♥Whole Kernel Corn ♥Salsa	♥Garden Salad  ♥Ital Dressing Low Cal	<ul><li>♥Beets (Cold)</li><li>♥Ital Dressing Low Cal</li><li>♥Whole Wheat Bread (2)</li></ul>	♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread	♥Pinto Beans  ♥Whole Kernel Corn  ♥Shredded Lettuce  ♥Taco Shells (2)  ♥Salsa
●Garden Salad ●Ital Dressing Low Cal ●Whole Wheat Bread	♥Coleslaw ♥WW Hamburger Bun	♥Steamed Rice ♥Whole Kernel Corn ♥Salsa	♥Garden Salad  ♥Ital Dressing Low Cal	<ul><li>♥Beets (Cold)</li><li>♥Ital Dressing Low Cal</li><li>♥Whole Wheat Bread (2)</li></ul>	♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread	♥Pinto Beans  ♥Whole Kernel Corn  ♥Shredded Lettuce  ♥Taco Shells (2)  ♥Salsa

Week 3

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or	♥Vegetable Soup	Chicken Patty Sandwich or	♥Hamburger or	BBQ Chicken or	Breaded Fish Sandwich or	♥Scrambled Eggs or
#Peanut Butter	♥Tuna Salad or	♥#Chicken No Flesh Patty	#Beef No Flesh Patty	♥Baked Chicken or	♥Baked Fish or	#Peanut Butter
♥Oven Brown Potatoes	#Three Bean Salad	♥Steamed Rice	Sliced Cheese	#PB & Jelly Sandwich (2)	#Black Beans	Turkey Bacon (2)
Cream Gravy	♥Lettuce Leaf	♥Pinto Beans	Tater Tots or	Macaroni & Cheese or	Rice Pilaf or	<b>♥</b> Baked Tater Tots
Biscuits (2) or	♥Italian Pasta Salad	♥Lettuce/Tomato	<b>♥</b> Baked Potato	♥Garlic Macaroni	♥Steamed Rice	♥Flour Tortilla (1)
♥Whole Wheat Bread	♥Whole Wheat Bread (2)	Salad Dressing	♥Sliced Onions	<b>♥</b> Carrots	♥Green Peas	♥Salsa
and ♥Jelly (2)	♥Fruit	♥WW Hamburger Bun	◆Catsup & Mustard	♥Whole Wheat Bread	<b>♥</b> Coleslaw	♥Fruit
♥Margarine Pat	♥Beverage	Dessert or	Pickles	Dessert or	♥WW Hamburger Bun	<b>♥</b> Beverage
♥Fruit		♥Fruit	♥WW Hamburger Bun	♥Fruit	Tartar Sauce	
<b>♥</b> Beverage		<b>♥</b> Beverage	♥Fruit	♥Beverage	♥Fruit	
			<b>♥</b> Beverage		<b>♥</b> Beverage	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Chicken Fried Rice or	♥Chili or	♥Pepper Steak or	Baked Ziti or	♥Black Bean Soup	♥Chicken Fajitas or	♥Roast Beef or
#Tofu Fried Rice	#Three Bean Chili	#Lentils	♥#Tofu Italian Pasta	♥Beef Taco Salad or	#Tofu Fajitas	#Lentils
♥Black Beans	♥Steamed Rice	♥Steamed Rice	♥Spinach	#Soy Taco Salad	♥Cilantro Rice	
<b>♥</b> Carrots	♥Whole Kernel Corn	♥Green Beans	♥Garden Salad	Shredded Cheese	♥Black Beans	Mixed Vegetables
♥Whole Wheat Bread	Cornbread or	♥Whole Wheat Bread	♥Ital Dressing Low Cal	♥Salsa	♥Whole Kernel Corn	Brown Gravy
<b>♥</b> Beverage	♥Whole Wheat Bread	♥Beverage	♥Whole Wheat Bread	♥Whole Wheat Bread	♥Salsa	♥Whole Wheat Bread (2)
	Margarine Pat		<b>♥</b> Beverage	♥Beverage	♥Flour Tortilla (2)	♥Margarine Pat
	♥Beverage				<b>♥</b> Beverage	♥Beverage
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Week 4

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or	Cheese Pizza or	Chicken Patty Sandwich or	◆Hamburger or	Fried Chicken or	♥Vegetable Soup	♥Scrambled Eggs or
#Peanut Butter	♥#Three Bean Salad	♥#Chicken No Flesh Patty	#Beef No Flesh Patty	♥Baked Chicken or	♥Tuna Salad or	#Peanut Butter
Breakfast Sausage	♥Spaghetti w/Marinara	♥Steamed Rice	Sliced Cheese	#PB & Jelly Sandwich (2)	#Hummus	Pancakes
French Toast (2)	♥Garden Salad	♥Pinto Beans	French Fries or	♥Baked Sweet Potato	♥Lettuce Leaf	W/Syrup or
W/Syrup or	♥Ital Dressing Low Cal	◆Lettuce/Tomato	●Baked Potato	<b>♥</b> Carrots	Potato Chips or	♥Whole Wheat Bread
♥Whole Wheat Bread	♥Fruit	Salad Dressing	♥Sliced Onions	♥Garden Salad	♥Baked Potato	and ♥Jelly (2)
and ♥Jelly (2)	<b>♥</b> Beverage	♥WW Hamburger Bun	◆Catsup & Mustard	♥Ital Dressing Low Cal	♥WW Hamburger Bun	♥Oven Brown Potatoes
♥Oven Brown Potatoes		Dessert or	Pickles	♥Whole Wheat Bread	Fruit	♥Margarine Pat
Margarine Pat		♥Fruit	♥WW Hamburger Bun	♥Margarine Pat	♥Beverage	♥Fruit
♥Fruit		<b>♥</b> Beverage	♥Fruit	Dessert or		<b>♥</b> Beverage
♥Beverage			<b>♥</b> Beverage	♥Fruit		
				<b>♥</b> Beverage		
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥BBQ Shredded Chicken or	♥Chicken Fried Rice or	♥BBQ Pork or	♥Pasta w/	Hot Dogs (2) or	Chicken Cheese Steak or	♥Chili or
#Baked Beans	#Tofu Fried Rice	#BBQ Tofu	◆Meat Sauce or	♥#Kidney Beans	♥Chicken Salad or	#Three Bean Chili
♥Baked Potato	♥Black Beans	♥Steamed Rice	#Soy Spaghetti Sauce	Tater Tots or	#Three Bean Salad	<b>♥</b> Carrots
<b>♥</b> Coleslaw	<b>♥</b> Carrots	♥Collard Greens	♥Spinach	♥Baked Potato	♥Italian Pasta Salad	♥Steamed Rice
♥WW Hamburger Bun	♥Whole Wheat Bread	♥Whole Wheat Bread	♥Garden Salad	<b>♥</b> Coleslaw	<b>♥</b> Carrots	Cornbread or
■Margarine Pat	♥Beverage	♥Beverage	♥Ital Dressing Low Cal	Catsup & Mustard	♥WW Hot Dog Bun	♥Whole Wheat Bread
<b>♥</b> Beverage			Garlic Bread or	♥WW Hot Dog Buns (2)	<b>♥</b> Beverage	♥Margarine Pat
			♥Whole Wheat Bread	<b>♥</b> Beverage		<b>♥</b> Beverage
			<b>♥</b> Beverage			

Week 5

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) or	Chili Cheese Fries or	Chicken Parmesan or	♥Hamburger or	♥Baked Chicken or	Breaded Fish Sandwich or	♥Scrambled Eggs or
#Peanut Butter	♥#Three Bean Chili	♥#Chicken No Flesh Patty	#Beef No Flesh Patty	#Black Beans	♥Baked Fish or	#Peanut Butter
French Toast (2)	♥Baked Potato	♥Spaghetti w/ Marinara	French Fries or	♥Baked Sweet Potato	#Baked Beans	Pancakes
W/Syrup or	<b>♥</b> Carrots	♥Spinach	<b>♥</b> Baked Potato	♥Spinach	♥Garlic Macaroni	W/Syrup or
♥Whole Wheat Bread	♥Whole Wheat Bread	Garlic Bread or	♥Sliced Onions	♥Whole Wheat Bread	♥Collard Greens	♥Whole Wheat Bread
and ♥Jelly (2)	♥Fruit	♥Whole Wheat Bread	♥Catsup & Mustard	◆Margarine Pat	<b>♥</b> Coleslaw	and ♥Jelly (2)
♥Oven Brown Potatoes	♥Beverage	Dessert or	Pickles	Dessert or	♥WW Hamburger Bun	♥Oven Brown Potatoes
◆Margarine Pat		♥Fruit	♥WW Hamburger Bun	♥Fruit	Tartar Sauce	
♥Fruit		♥Beverage	♥Fruit	♥Beverage	♥Fruit	♥Fruit
♥Beverage			<b>♥</b> Beverage		♥Beverage	♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Beef Tacos or	♥Chicken Fried Rice or	Pork Italian Sausage or	♥Old Fashioned Bean Soup	Steak & Cheese Sub or	Baked Ziti or	♥Chicken Fajitas or
#Soy Tacos	#Tofu Fried Rice	♥#Lentils	Chef Salad or	♥#Kidney Beans	♥#Tofu Italian Pasta	#Tofu Fajitas
Mexican Rice or	♥Black Beans	♥Oven Brown Potatoes	♥#Tofu Chef Salad	Potato Chips or	♥Spinach	♥Cilantro Rice
♥Steamed Rice	<b>♥</b> Carrots	♥Diced Onions & Peprs	♥Beets (Cold)	♥Baked Potato	♥Garden Salad	♥Pinto Beans
♥Black Beans	♥Whole Wheat Bread	■Mixed Vegetables	♥Ital Dressing Low Cal	♥Green Beans	♥Ital Dressing Low Cal	♥Whole Kernel Corn
♥Whole Kernel Corn	<b>♥</b> Beverage	♥WW Hot Dog Bun	♥Whole Wheat Bread (2)	♥WW Hot Dog Bun	♥Whole Wheat Bread	♥Salsa
				<b>*</b> D	<b>●</b> Doveroge	♥Flour Tortilla (2)
Shredded Cheese		♥Beverage	♥Beverage	♥Beverage	◆Beverage	▼FIOUI TOTUIIa (2)
		♥Beverage	♥Beverage	▼Beverage	▼Beverage	♥Beverage
Shredded Cheese  ♥Salsa  ♥Taco Shells (2)		♥Beverage	▼Beverage	▼Beverage	▼beverage	` '
♥Salsa		♥Beverage	♥Beverage	▼Beverage	▼beverage	` '