### Federal Bureau of Prisons - National Menu Breakfast FY 2020

#### CONTINENTAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit						
◆Hot Grits	◆Hot Oatmeal	♥Bran Flakes	◆Hot Oatmeal	♥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.

### Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2020

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 w/ WW bread
♥Oven Brown Potatoes	♥Black Beans	♥Steamed Rice	French Fries or	♥Baked Sweet Potato	#Baked Beans	<b>♥</b> Baked Tater Tots
Cream Gravy	♥Whole Kernel Corn	♥Pinto Beans	♥Baked Potato	♥Green Beans		♥Flour Tortilla (1)
Biscuits (2) or	♥Taco Shells (2)	♥Lettuce/Tomato	♥Sliced Onions	♥Whole Wheat Bread	<b>♥</b> Carrots	Shredded Cheese
♥Whole Wheat Bread	Shredded Cheese	Salad Dressing	♥Catsup & Mustard	Margarine Pat	♥WW Hamburger Bun	♥Salsa
and ♥Jelly (2)	♥Salsa	♥WW Hamburger Bun	♥WW Hamburger Bun	Dessert or	Tartar Sauce	♥Fruit
♥Margarine Pat	♥Fruit	Dessert or	♥Fruit	♥Fruit	♥Fruit	<b>♥</b> Beverage
♥Fruit	♥Beverage	♥Fruit	♥Beverage	<b>♥</b> Beverage	<b>♥</b> Beverage	
♥Beverage		♥Beverage				
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef or	♥Pasta w/ Marinara and	♥Salisbury Steak or	♥Black Bean Soup	♥Chicken Fajitas or	♥Chicken Fried Rice or	♥Vegetable Soup
#Black Eyed Peas		#Black Beans	♥Beef Taco Salad or	#Tofu Fajitas	#Tofu Fried Rice	♥Tuna Salad or
◆Mashed Potatoes	#Soy Spaghetti Sauce		#Soy Taco Salad	♥Cilantro Rice	♥Green Peas	#Hummus
♥Green Beans	♥Spinach	♥Whole Kernel Corn	Shredded Cheese	♥Black Beans	♥Whole Wheat Bread	Potato Chips or
Brown Gravy	♥Garden Salad	Brown Gravy	♥Salsa	♥Whole Kernel Corn	♥Beverage	◆Baked Potato
Brown Gravy ♥Whole Wheat Bread	<ul><li>♥Garden Salad</li><li>♥Ital Dressing Low Cal</li></ul>	Brown Gravy ♥Whole Wheat Bread	♥Salsa ♥Beverage	<ul><li>♥Whole Kernel Corn</li><li>♥Salsa</li></ul>	♥Beverage	●Baked Potato  ●Lettuce Leaf
• Whole Wheat Bread		,			<b>♥</b> Beverage	
•	♥Ital Dressing Low Cal	♥Whole Wheat Bread		♥Salsa	♥Beverage	♥Lettuce Leaf

## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2020

Week 2

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) or	♥Chicken Tacos or	Chicken Patty Sandwich or	♥Hamburger or	Fried Chicken or	♥Baked Fish or	♥Scrambled Eggs or
#Peanut Butter	#Soy Tacos	♥#Chicken No Flesh Patty	#Beef No Flesh Patty	♥Baked Chicken or	♥#Black Beans	#Peanut Butter
♥Oven Brown Potatoes	♥Cilantro Rice	♥Steamed Rice	French Fries or	#PB & Jelly Sandwich (2)	♥Garlic Macaroni	♥Oven Brown Potatoes
Pancakes	♥Black Beans	♥Pinto Beans	<b>♥</b> Baked Potato	◆Mashed Potatoes	<b>♥</b> Green Beans	Pancakes
W/Syrup or	♥Whole Kernel Corn	♥Lettuce/Tomato	<b>♥</b> Sauteed Onions	<b>♥</b> Carrots	Cornbread or	W/Syrup or
♥Whole Wheat Bread	♥Taco Shells (2)	Salad Dressing	Catsup & Mustard	Chicken Gravy	♥Whole Wheat Bread	♥Whole Wheat Bread
and ♥Jelly (2)	♥Salsa	♥WW Hamburger Bun	♥WW Hamburger Bun	♥Whole Wheat Bread	◆Margarine Pat	and ♥Jelly (2)
◆Margarine Pat	♥Fruit	Dessert or	♥Fruit	◆Margarine Pat	Tartar Sauce	◆Margarine Pat
♥Fruit	<b>♥</b> Beverage	♥Fruit	<b>♥</b> Beverage	Dessert or	♥Fruit	♥Fruit
♥Beverage		<b>♥</b> Beverage		♥Fruit	<b>♥</b> Beverage	<b>♥</b> Beverage
				♥Beverage		
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	♥BBQ Shredded Chicken or
♥#Beef No Flesh Patty	#BBQ Tofu	♥#Bean Burrito	♥#Three Bean Salad	Chef Salad or	#Tofu Italian Pasta	#Hummus Wrap
♥Egg Noodles	♥Pinto Beans	♥Cilantro Rice	♥Green Beans	♥#Tofu Chef Salad	<b>♥</b> Garden Salad	♥Potato Salad
♥Green Beans	<b>♥</b> Coleslaw	♥Whole Kernel Corn	<b>♥</b> Garden Salad	♥Beets (Cold)	♥Ital Dressing Low Cal	♥Green Beans
♥Garden Salad	♥WW Hamburger Bun	♥Salsa	♥Ital Dressing Low Cal	♥Ital Dressing Low Cal	Garlic Bread or	♥Whole Wheat Bread
♥Ital Dressing Low Cal	<b>♥</b> Beverage	<b>♥</b> Beverage	<b>♥</b> Beverage	♥Whole Wheat Bread (2)	♥Whole Wheat Bread	<b>♥</b> Beverage
♥Whole Wheat Bread				<b>♥</b> Beverage	♥Beverage	
♥Beverage						

# Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2020 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 w/ WW Bread
Oven Brown Potatoes	#Three Bean Salad	♥Garlic Macaroni	Sliced Cheese	#PB & Jelly Sandwich (2)	#Black Beans	◆Baked Tater Tots
Cream Gravy	♥Lettuce Leaf	♥Green Peas	Tater Tots or	Macaroni & Cheese or	Rice Pilaf or	♥Flour Tortilla (1)
Biscuits (2) or	♥Italian Pasta Salad	◆Lettuce/Tomato	♥Baked Potato	♥Garlic Macaroni	♥Steamed Rice	Shredded Cheese
Whole Wheat Bread	♥Whole Wheat Bread	Salad Dressing	♥Sliced Onions	◆Mixed Vegetables	♥Green Peas	♥Salsa
and ♥Jelly (2)	♥Fruit	♥WW Hamburger Bun	◆Catsup & Mustard	♥Whole Wheat Bread	<b>♥</b> Coleslaw	♥Fruit
Margarine Pat	<b>♥</b> Beverage	Dessert or	♥WW Hamburger Bun	Dessert or	♥WW Hamburger Bun	<b>♥</b> Beverage
♥Fruit		♥Fruit	♥Fruit	♥Fruit	Tartar Sauce	
♥Beverage		<b>♥</b> Beverage	<b>♥</b> Beverage	<b>♥</b> Beverage	♥Fruit	
					<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	♥Black Bean Soup	♥Chicken Lo Mein or	♥Chicken Fajitas or	♥Roast Beef or
#Tofu Fried Rice	♥#Three Bean Chili	♥#Lentils	♥Beef Taco Salad or	♥#Chicken No Flesh Patty	♥#Tofu Fajitas	♥#Lentils
Black Beans	♥Steamed Rice	♥Steamed Rice	#Soy Taco Salad	♥Spaghetti Pasta	♥Cilantro Rice	
Carrots	♥Whole Kernel Corn	♥Green Beans	Shredded Cheese	<b>♥</b> Carrots	♥Black Beans	◆Mixed Vegetables
♥Whole Wheat Bread	Cornbread or	♥Whole Wheat Bread	♥Salsa	♥Whole Wheat Bread	♥Whole Kernel Corn	Brown Gravy
Beverage	♥Whole Wheat Bread	<b>♥</b> Beverage	<b>♥</b> Beverage	<b>♥</b> Beverage	♥Salsa	♥Whole Wheat Bread
	Margarine Pat				♥Flour Tortilla (2)	◆Margarine Pat
	<b>♥</b> Beverage				<b>♥</b> Beverage	◆Beverage

## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2020

Week 4

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or	Cheese Pizza or	Chicken Parmesan 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	#PB w/ WW Bread
♥Oven Brown Potatoes	♥Green Beans	Spaghetti w/ Marinara	Sliced Cheese	#PB & Jelly Sandwich (2)	#Hummus	◆Baked Tater Tots
French Toast (2)	♥Garden Salad	♥Spinach	French Fries or	♥Baked Sweet Potato	Potato Chips or	♥Flour Tortilla (1)
W/Syrup or	♥Ital Dressing Low Cal	Garlic Bread or	<b>♥</b> Baked Potato	♥Garden Salad	<b>♥</b> Baked Potato	Shredded Cheese
♥Whole Wheat Bread	♥Fruit	♥Whole Wheat Bread	♥Sauteed Onions	♥Green Beans	♥Lettuce Leaf	♥Salsa
and ♥Jelly (2)	<b>♥</b> Beverage	Dessert or	♥Catsup & Mustard	♥Ital Dressing Low Cal	♥WW Hamburger Bun	♥Fruit
♥Margarine Pat		♥Fruit	♥WW Hamburger Bun	♥Whole Wheat Bread	♥Fruit	<b>♥</b> Beverage
♥Fruit		<b>♥</b> Beverage	♥Fruit	◆Margarine Pat	<b>♥</b> Beverage	
<b>♥</b> Beverage			<b>♥</b> Beverage	Dessert or		
				♥Fruit		
				♥Beverage		
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥BBQ Shred Chicken or	♥Chicken Fried Rice or	♥BBQ Pork or	♥Pasta	Hot Dogs (2) or	Chicken Cheese Steak or	♥Chili or
#Baked Beans	#Tofu Fried Rice	#BBQ Tofu	♥w/ Marinara Sauce	♥#Kidney Beans	♥#Three Bean Salad	#Three Bean Chili
♥Baked Potato	♥Black Beans	♥Steamed Rice	Meatballs or	Tater Tots or	♥Italian Pasta Salad	♥Steamed Rice
<b>♥</b> Coleslaw	<b>♥</b> Carrots	♥Collard Greens	#Soy Spaghetti Sauce	♥Baked Potato	♥Carrots	♥Whole Kernal Corn
♥WW Hamburger Bun	♥Whole Wheat Bread	♥Whole Wheat Bread	♥Spinach	<b>♥</b> Coleslaw	♥WW Hot Dog Bun	Cornbread or
Margarine Pat	♥Beverage	♥Beverage	♥Garden Salad	♥Catsup & Mustard	<b>♥</b> Beverage	♥Whole Wheat Bread
♥Beverage			♥Ital Dressing Low Cal	♥WW Hot Dog Buns (2)		◆Margarine Pat
			Garlic Bread or	<b>♥</b> Beverage		<b>♥</b> Beverage
			♥Whole Wheat Bread			
			<b>♥</b> Beverage			
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# Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2020 Week 5

			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 Patty Sandwich or	♥Hamburger or	♥Baked Chicken or	Breaded Fish Sandwich or	♥Scrambled Eggs or
#Peanut Butter	♥#Three Bean Chili w/	♥#Chicken No Flesh Patty	#Beef No Flesh Patty	#Black Beans	<b>♥</b> Baked Fish or	#Peanut Butter
♥Oven Brown Potatoes	♥Baked Potato	♥Steamed Rice	French Fries or	♥Baked Sweet Potato	#Baked Beans	Pancakes
French Toast (2)	<b>♥</b> Carrots	♥Pinto Beans	♥Baked Potato	Mixed Vegetables	♥Garlic Macaroni	W/Syrup or
W/Syrup or	♥Whole Wheat Bread	♥Lettuce/Tomato	♥Sliced Onions	♥Whole Wheat Bread	♥Collard Greens	♥Whole Wheat Bread
♥Whole Wheat Bread	♥Fruit	Salad Dressing	♥Catsup & Mustard	Margarine Pat	<b>♥</b> Coleslaw	and ♥Jelly (2)
and ♥Jelly (2)	<b>♥</b> Beverage	♥WW Hamburger Bun	♥WW Hamburger Bun	Dessert or	♥WW Hamburger Bun	◆Margarine Pat
		Dessert or	♥Fruit	♥Fruit	Tartar Sauce	♥Fruit
♥Fruit		♥Fruit	<b>♥</b> Beverage	<b>♥</b> Beverage	♥Fruit	<b>♥</b> Beverage
<b>♥</b> Beverage		♥Beverage			<b>♥</b> 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	♥Chicken Lo Mein	♥Chicken Ala King or
#Soy Tacos	#Tofu Fried Rice	<b>♥</b> #Lentils	Chef Salad or	♥#Kidney Beans	#Chicken No Flesh Patty	♥#Three Bean Salad
♥Cilantro Rice	♥Black Beans	♥Oven Brown Potatoes	♥#Tofu Chef Salad	Potato Chips or	♥Spaghetti Pasta	♥Egg Noodles
♥Black Beans	♥Green Beans	♥Diced Onions & Peppers	♥Beets (Cold)	♥Baked Potato	<b>♥</b> Carrots	♥Green Peas
♥Whole Kernel Corn	♥Whole Wheat Bread	◆Mixed Vegetables	♥Ital Dressing Low Cal	♥Green Beans	♥Whole Wheat Bread	♥Whole Wheat Bread
Shredded Cheese	<b>♥</b> Beverage	♥WW Hot Dog Bun	♥Whole Wheat Bread (2)	♥WW Hot Dog Bun	<b>♥</b> Beverage	<b>♥</b> Beverage
♥Salsa		<b>♥</b> Beverage	<b>♥</b> Beverage	<b>♥</b> Beverage		
♥Taco Shells (2)						
<b>♥</b> Beverage						