

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