

Federal Bureau of Prisons - National Menu FY 2016

Week 1

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Fish Tacos #or Soy Soft Tacos ♥Black Beans ♥WK Corn ♥Flour Tortilla (2) ♥Shredded Lettuce Salsa ♥Margarine Pat ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato/Onion Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat 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 ♥Margarine Pat Tartar Sauce ♥Fruit ♥Beverage	Hot Dogs (2) ♥#or Soy Burger w/ ♥WW Hamburger Bun Tater Tots or ♥Baked Potato ♥Coleslaw ♥Catsup & Mustard ♥WW Hot Dog Buns (2) ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef #or Cottage Cheese ♥Baked Potato ♥Green Beans ♥Black Eyed Peas Brown Gravy ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Vegetable Soup ♥Chicken Salad #or Hummus ♥Green Peas ♥Italian Pasta Salad ♥Lettuce/Tomato/Onion ♥Whole Wheat Bread (2) ♥Margarine Pat ♥Beverage	♥Meatloaf #or Soy Burger w/ Salad Dressing ♥Mashed Potatoes Tomato Gravy ♥WK Corn ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Salsa ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Cheese Sand w/ Salad Dressing ♥Lettuce Leaf ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Margarine Pat ♥Beverage	♥Chicken Fried Rice # or Tofu Fried Rice ♥Steamed Broccoli ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Spinach Garlic Bread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage

* Indicates Pork, # Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2016

Week 2

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) Baked Turkey Ham 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 ♥Margarine Pat ♥Fruit ♥Beverage	#Cheese Pizza ♥or Cottage Cheese ♥Spag w/Marinara ♥Garden Salad ♥Ital Dressing Low Cal ♥Margarine Pat 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 PB & Jelly Sand (2) Macaroni & Cheese or ♥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
♥Chili Mac #or Soy Chili Mac ♥Green Beans ♥Garden Salad ♥Ital Dressing Low Cal Cornbread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥*Pork Roast #or BBQ Tofu ♥Baked Sweet Potato ♥Peas & Carrots ♥Black Eyed Peas Barbeque Sauce ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	Beef & Bean Burrito or ♥#Bean & Cheese Burrito Mexican Rice or ♥Steamed Rice ♥WK Corn Salsa ♥Margarine Pat ♥Beverage	♥Old Fashn Bean Soup Deli Sandwich ♥#or Hummus ♥Potato Salad ♥Lettuce/Onion ♥Mustard Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	♥Cream of Potato Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Margarine Pat ♥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 ♥Beverage	♥Chicken Tacos #or Soy Tacos ♥Cilantro Rice ♥Pinto Beans ♥WK Corn ♥Shredded Lettuce ♥Taco Shells (2) Salsa ♥Margarine Pat ♥Beverage

* Indicates Pork, # Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2016

Week 3

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Cheese Omelet or ♥Plain Omelet ♥Oven Brown Potatoes Cream Gravy Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Cheese Sand w/ Salad Dressing ♥Lettuce Leaf ♥Italian Pasta Salad ♥Whole Wheat Bread (2) ♥Margarine Pat ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato/Onion Salad Dressing ♥WW Hamburger Bun Dessert or ♥Fruit ♥Margarine Pat ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese Turkey Bacon (2) Potato Chips or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	BBQ Chicken ♥or Baked Chicken #or Cottage Cheese ♥Potato Salad ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Soy Burger w/ Salad Dressing ♥Steamed Rice ♥Green Peas ♥Coleslaw ♥WW Hamburger Bun ♥Margarine Pat Tartar Sauce ♥Fruit ♥Beverage	Ckn Cheese Steak or ♥Chicken Salad #or Cheese Sand w/ Salad Dressing ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Chicken Spaghetti or ♥Chicken & Noodles #or Soy Ckn & Veg ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Chili #or Soy Chili ♥Baked Potato ♥Diced Onions & Peppers Shredded Cheese ♥WK Corn Cornbread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Steamed Broccoli ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Black Bean Soup ♥Beef Taco Salad or #Soy Taco Salad Salsa ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Roast Beef #or PB & Jelly Sand (2) ♥Baked Sweet Potato ♥Simmered Cabbage Brown Gravy ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Chicken Fajitas #or Cheese Quesadilla ♥Cilantro Rice ♥Black Beans ♥Mixed Vegetables Salsa ♥Flour Tortilla (2) ♥Margarine Pat ♥Beverage	Baked Ziti ♥or Ziti & Beef #or Soy Baked Ziti ♥Spinach ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage

* Indicates Pork, # Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2016

Week 4

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs Baked Turkey Ham 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 ♥Garden Salad ♥Ital Dressing Low Cal ♥Margarine Pat ♥Fruit ♥Beverage	Chicken Patty Sandwich ♥#or Soy Chicken Patty ♥Potato Salad ♥Pinto Beans ♥Lettuce/Tomato/Onion Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Hamburger #or Soy Burger Sliced Cheese Turkey Bacon (2) Potato Chips or ♥Baked Potato ♥Shredded Lettuce ♥Catsup & Mustard Pickles Salad Dressing ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	Fried Chicken ♥or Baked Chicken #or Cottage Cheese ♥Baked Sweet Potato ♥Carrots ♥Garden Salad ♥Ital Dressing Low Cal ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	♥Vegetable Soup ♥Tuna Salad #or Cheese Sand w/ Salad Dressing ♥Lettuce Leaf ♥Italian Pasta Salad ♥WW Hamburger Bun ♥Margarine Pat ♥Fruit ♥Beverage	♥Lentil Vegetable Soup Deli Sandwich ♥# or Hummus ♥Potato Salad ♥Lettuce/Onion ♥Mixed Vegetables ♥WW Hamburger Bun Salad Dressing ♥Margarine Pat Dessert or ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥BBQ Beef #or Soy BBQ ♥Steamed Rice ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Chicken Fried Rice #or Tofu Fried Rice ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥*Pork Roast #or Cottage Cheese ♥Baked Sweet Potato ♥Green Beans ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	Hot Dogs (2) ♥#or Soy Burger w/ ♥WW Hamburger Bun Tater Tots or ♥Baked Potato ♥Coleslaw ♥Catsup & Mustard ♥WW Hot Dog Buns (2) ♥Margarine Pat ♥Beverage	Pancakes W/Syrup ♥Whole Wheat Bread (2) and ♥Jelly (2) Peanut Butter Home Fried Potatoes or ♥Oven Brown Potatoes ♥Margarine Pat ♥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 ♥Beverage	♥Spaghetti ♥w/Meat Sauce #or Soy Spag Sauce ♥Steamed Broccoli ♥Garden Salad ♥Ital Dressing Low Cal Garlic Bread or ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage

* Indicates Pork, # Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

Federal Bureau of Prisons - National Menu FY 2016

Week 5

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Boiled Eggs (2) 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 ♥Braised Chicken #or Soy Ckn Chunks ♥Spag w/Marinara ♥Spinach Garlic Bread or ♥Whole Wheat Bread ♥Margarine Pat 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 Cottage Cheese ♥Baked Sweet Potato ♥Black Beans ♥Spinach ♥Whole Wheat Bread ♥Margarine Pat Dessert or ♥Fruit ♥Beverage	Breaded Fish Sand or ♥Baked Fish #or Cheese Sandwich w/ Salad Dressing ♥Collard Greens ♥Coleslaw ♥WW Hamburger Bun ♥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
♥Beef Tacos #or Soy Tacos Mexican Rice or ♥Steamed Rice ♥Black Beans ♥WK Corn Salsa ♥Taco Shells (2) ♥Margarine Pat ♥Beverage	♥Pepper Steak #or Tofu Stir Fry ♥Steamed Rice ♥Steamed Broccoli ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥*Pork Roast #or Cottage Cheese ♥Steamed Rice ♥Black Beans ♥Mixed Vegetables ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage	♥Old Fashn Bean Soup Chef Salad ♥#or Tofu Chef Salad ♥Beets ♥Ital Dressing Low Cal ♥Whole Wheat Bread (2) ♥Margarine Pat ♥Beverage	Steak & Cheese Sub or ♥Roast Beef #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 ♥Margarine Pat ♥Beverage	♥Chicken Fajitas #or Cheese Quesadilla ♥Cilantro Rice ♥Pinto Beans ♥WK Corn Salsa ♥Flour Tortilla (2) ♥Margarine Pat ♥Beverage

* Indicates Pork, # Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.