

BTB: If anybody ever wonders exactly what

Food is served at these penal colonies,

these 14 pages should satisfy your curiosity

— unlike our appetites!

In this case, Taxpayers pay Staff Salaries to prepare — and serve — this cold slop.

Never the less, all dietetics aside, I'm still grateful to the taxpayers who make all this possible. Thank You.

9-17-21

1x week TP & Soap

Breakfast

Bran cake 150 cal

1x coffee packet

Strawberry yogurt 100 cal

Corn flakes 100 cal

8oz 1% milk 130 cal

~~Banana & sm. Peanut Butter~~

480 cal

Lunch

2x bread 200 cal

3x slice cheese 300 cal

corn chips 150 cal

~~1x mustard~~

~~60 cal. graham cracker 60 cal~~

710 cal

Dinner

Bean burrito (150 cal?) 250

1/2 c peas and carrots 30 cal

1/2 c rice 100 cal

1/8 c cabbage chopped. 20 cal

Banana 100 cal

500 cal

Total 1690 cal

9-18-21

Breakfast

2x scrambled eggs 200 cal

1/2 c fried potatoes 200 cal

1x sm. hot link sausage 150 cal

1x 8oz 1% milk 130 cal

Mild peppers (fresh) 10 cal

1/2 c ground grits porrig 100 cal

2x bread 200 cal

1x packet faux chicken salad 100 cal

1x whole grain bobon bag goldfish 60 cal 80?

1x packet banana chips 30-50 cal

Dinner: 1x Chicken? patti? 80 cal

2Tbs cheese grated. 100 cal

1/8 c lettuce & cabbage chopped

1/2 c beans 30 cal

2x bread slice 200 cal

420

Total 1620

790

Lunch

410

9-19-21

Dinner

Breakfast

- 2x scramble eggs 200
- 2x waffles 200
- 1x sm hot link sausage 150
- 1x coffee packet
- 1x sugar free syrup pkt.
- 2x fresh carrot (whole)
- 1x 8 oz milk 1%

680

Lunch

- 2x bread 200
- 2x bologna slice 200
- 60 cal graham crackers (2) 60
- 130 cal peanut butter crackers (4) 150
- 1x mustard pkt
- 1x sugar free drink pkt.

610

9-20-21

Breakfast

- 1/4 c cheesy bologna eggs 300
- 1/2 c potatoes fried 200
- 2x flour tortilla 240

740

Dinner

- 1x Burrito 250
- 1/2 c vanilla pudding 150
- 1/4 c salad
- 1/2 c Beans 30

430

Total 1895

Lunch

- 2x Bread 200
- ~~2 slice bologna~~
- PB crackers 150
- Peanut Butter 375
- Sugar free jelly

725

9-21-21

Breakfast

2x Fried eggs 200
 1x ~~biscuit~~ biscuit 100
 Celery
 1x 8oz 1% milk 130
 1/2c strawberry yogurt 100
 1/2c ground grit porridge 100

Dinner: Tissue patty 100 150
 2x Bread (wheat) 200
 1/4c cucumbers onions
 1/2c instant potatoes and gravy 250
 2x margarine pads 100
 1x apple 20

630

Lunch

2x wheat bread 200
 1x tissue salad 150
 1x sm. pkt. goldfish 60-80?
 1x pkt banana chips 50
 1x mustard pkt
 1x sugar free drink

820

1910

460

9-22-21

Breakfast

1x biscuit 100
 1/2c fried potatoes 200
 1/2c tissue crumble 200
 1/4c peach slice (canned) 30
 1/2c oatmeal 100
 8 oz 1% milk 130

Dinner: BBQ chicken leg & thigh 150
 1/2c beans 30
 1/4c chopped cabbage 20
 1x pad margarine 50
 1x pkt oil dressing yuck! 30-50
 1/4c string beans 20

760

320

Lunch

2x bread 200 * Down day
 3x slice cheese 300
 1x Lime corn fritos 150
 60cal Graham cracker 60
 1x pkt sugar free drink

1790

710

Reverse →

9-23-21

Breakfast	2x eggs scrambled	200	Dinner	Spag	
	1x sm. hot link sausage	150		1/2 c spaghetti w/cheese	250-300
	2x pancakes	200		1x biscuit	100
	1x pkt sugar free maple syrup			1/4 c sliced raw onions	10
	1x pad margarine	50		1/4 c string beans	20
	1x 8oz 1% milk	130		1x pkt of dried fruit	30-50
	1/2c cornflakes	100		2x pad margarine	100
Lunch	2x bread	200			
	1x lg pkt peanut butter	375	* Short staff?		
	1x. pkt sugar free jelly		Shut down by 10:00h		
	1x pkt sugar free drink				
	1x pkt 2x sugar cookies	150			
	1x pkt sunflower seeds	100			

9-24-21

Breakfast	1/2c porridge oatmeal	100	Dinner	Cheese & bell pepper pizza	250
	2x fried egg	200		1/2c boiled garb. hominy	100
	1x pkt coffee			1/2c beans	30
	1x onion raw	30		1x banana	100
	1x 8oz 1% milk	130			
	1x sm hot Bran cake	150			
	1x sm. pkt peanut butter	150			
Lunch	2x bread wheat	200			
	2x slices bologna	200	* Program interrupted @ 09:30		
	1x pkt mustard		resumed @ 14:00		
	1x pkt sugar free drink				
	1x peanut butter crackers	150			
	1x 60gal graham crackers	60			

9-25-21

Breakfast

1x fried egg 100
 1x slice cheese 100
 1x sm. hot link sausage 150
 1/2c oatmeal porridge 100
 1x pkt coffee
 1x 8oz 1% milk 130
 1x english muffin 100

Dinner:

fishy tissue slab (breaded) ~~150~~ 150
 1/8c lettuce chopped 10
 1/2c vanilla pudding 150
 1/2c peas 30
 1/2c beans 30
 1x pkt ranch dressing 50
 1x flour tortilla 120
 1 Tbsp Tomatillo salsa 10-20

Lunch

2x wheat bread 200
 1x lg. pkt. peanut butter 375
 1x sugar free jelly pkt.
 1x sugar free drink pkt.
 1x pkt sunflower seeds 100
 1x 2 sugar cookies pkt. 150

* Program down day.

550
 2055

9-26 on back...
 825

9-27-21

Breakfast

2x scrambled eggs 200
 1/2c fried potatoes 200
 1x pkt coffee
 1x pkt ketchup 10
 1x ~~fresh~~ pepper 10
 1x apple 20
 1x 8oz 1% milk 130
 1/2c cornflakes 100

Dinner

1x Bean Burrito 250
 1/2c peas 30
 1x yellow cake 250
 1/2c rice 150
 1/4c salad 20
 700
 1970

* No program

Lunch

2x Bread wheat 200
 2x slice balogna 200
 1x pkt mustard
 1x sugar free drink

1x pkt Bananachips 30-50
 1x peanut butter crackers 150

670

600

9-26-21

Breakfast	1/2 cu oatmeal	100	Dinner	Patt tissue Patt w/cheese	200
	1/2 c scrambled eggs	200		2x slice wheat bread	200
	1/2 c fried potatoes	200		1/2 c beans	30
	1x 8oz 1% milk	130		1/2 c vege meddly	30
	radish	10			
	1x pkt coffee				
	1x pkt ketchup	10			

650

460
1935

* Program Interrupted for search unknown.

Lunch

2x wheat bread	200
1x lg pkt peanut butter	375
1x sugar free jelly substance	
1x sugar free drink	
1x sunflower seeds pkt	100
1x peanut butter crackers	150

825

9-28-21

Breakfast	1/2 c oatmeal	100	Dinner	1x 8oz 1% milk	130
	1/2 c strawberry yogurt	100			
	1/4 c canned peaches	30			
	2x slice wheat bread	200			
	Celery	10			
Lunch	2x wheat bread	200			
	Chicken tissue salad	150 100-150			
	Pretzels	100			
	goldfish	60			

360

510

16-92-6

9-29-21

Breakfast

650

1x 8oz 1% milk 130
 1/2c oatmeal 100
 1/2c ~~raisin~~ raisin crumble 150
 1/2c fried potatoes 200
 1 pkt coffee
 1x biscuit 100

Dinner Chicken leg & thigh 250
 1/2c peas & carrots 30
 1x biscuit cornbread 150
 1/4c salad 10
 440
 1870

Lunch

750

2x wheat bread 200
 3x slice cheese 300
 1x pkt pretzel 100
 1x ~~sugar cookies~~ corn chips 150
 1x pkt mustard
 1x sugar free drink

* No program for shake down
 (guards ~~when~~ went easy on us)
 (Showers) (yard for shake down)

9-30-21

Breakfast

920

1/2c scrambled eggs w/cheese & spinach 250
 1/2c fried potatoes 200
 1x 8oz 1% milk 130
 Celery 10
 1/4c canned pears 30
 1/2c strawberry yogurt 100
 1x pkt coffee
 2x pad margarine 100

Dinner "pasyetti" 250
 1x biscuit 100
 1/2c cucumber & onion 20
 1/2c vanilla pudding 150
 2x pad margarine 100
 1/2c brocol. 20

Lunch

125

2x wheat bread 200
 1x lg pkt peanut butter 375
 1x sugar free jelly
 1x sugar free drink
 1x sugar cookies 150

* No program

640
 2185

10-1-21 Dinner Baked potato 60-80

Breakfast	2x fried egg	200	1 Tbsp cheddar cheese	50
	1x bran cake	150	1 Tbsp diced onion	10
	1/4 c canned pear	30	1/2 c beans	30
	1x pkt coffee	-	1/2 c peas & carrots	30
	fresh peppers	10	1x yellow cake	250
	1/2 c unknown porridge	100		
			<u>450</u>	
			1650	

490

Lunch	2x wheat bread	200	* No Program - Down day.
	3x slice cheese	300	
	1x pkt corn chips	150	
	1x sugar free drink		
	60 cal graham cracker	60	

710

10-2-21 Dinner

Breakfast	1x fried egg	100
	1x english muffin	100
	1x sm. hot link sausage	150
	1/2 c fried potatoes	200
	1x pkt coffee	100
	1x 8oz 1% milk	130
	celery	10
Banana	100	
	1x pkt Ketchup	10

~~100~~
700

Lunch	2x wheat bread	200
	1x lg pkt peanut butter	325
	1x sugar free jelly	
	1x sugar free drink	
	1x pkt cookies	150
	1x pkt Almonds	100

425

10-3-21

Breakfast

- 2x scrambled eggs 200 Dinner
- 2x pancakes 200
- 1x sm hot link sausage 150
- 1/2c corn flakes 100
- 1x apple 20
- 1x 8oz 1% milk 130
- Radish 10

410

Lunch

- 2x wheat bread 200
- 2x slice balogna tissue 200
- 1x pkt mustard
- 1x pkt goldfish 60
- 1x pkt peanut butter crackers 150

610

* Program shut down

10-4-21

Breakfast

- 2x scrambled eggs 200 Dinner
- 1/2c fried potatoes 200
- 1/2c bran flakes 100
- 1x 8oz 1% milk 130
- 1x pkt coffee
- 1x pkt ketchup 10
- ~~2x wheat bread~~ 2x wheat bread 200
- 1x apple 20
- onion 20

880

Lunch

- 2x wheat bread 200
- 1x lg pkt peanut butter 375
- 1x sugar free jelly pkt
- 1x pkt sugar free drink
- 1x pkt goldfish 60
- 2x sugar cookies 150

765

* Down day / no program

10-7-21

Breakfast

2x scrambled eggs
~~1/2 c fried potatoes~~
1x biscuit
1/2 c porridge unknown
1 8oz 1% milk
1x pkt coffee
celery

Dinner 1/2 c rice

1/2 c jimblaya
1 c salad
1/2 c peas vege meddly
1x banana
1x 8oz 1% milk

Lunch

2x bread
2x slice bologna
1x pkt mustard
1x pkt sugar free drink
1x graham crackers
1x almonds

* no program - down day

10-8-21

Breakfast

2x pancakes
2x pad margarine
1/2 c porridge oatmeal?
oudon

Dinner

1x 8oz 1% milk
1x pkt coffee
1x pkt sugar free syrup

Lunch

2x bread wheat
3x slice cheese
1x pkt mustard
1x pkt corn chips
1x pkt graham crackers
1x pkt sugar free drink

* Morning yard shut down early

10-9-21

Breakfast
1/2 c scrambled eggs & bologna
~~1/2 c biscuit~~ Fried potatoes
1x 8 oz 1% milk
1/2 cup cereal (wheat bran)
~~cereal~~ Banana

Dinner
1x Hot dog
1x bun
2x pkt relish
1/2 c peas & carrots
~~1/2 c~~ beans
1 Tbsp diced onion

Lunch
2x wheat bread
1x lg pkt peanut butter
1x sugar free jelly
1x sugar free drink
1x sugar cookies
1x goldfish

* Program

10-10-21

Breakfast
1/2 c fried potatoes
1/2 c gravy
1x biscuit
1x pkt ketchup
1x pkt coffee
~~1x~~ radish
Apple

Dinner chicken & rice ~~pot~~ teardrop shape
burger bun
1/2 c salad
1/2 c beans
1/2 c peas

Lunch
2x wheat bread
1x lg pkt peanut butter
1x pkt sugar free jelly
1x pkt sugar free drink
1x pretzels
1x cookies

* No program - down day

10-11-21 Breakfast	<ul style="list-style-type: none"> 1/2c scrambled eggs 1/2c fried potatoes 1x pkt ketchup 1x pkt coffee 1/2c oatmeal carrot 	<ul style="list-style-type: none"> Dinner 1c plain egg noodles cornbread 1c peas 1/2c lettuce 1x apple pad margarine
Lunch	<ul style="list-style-type: none"> Apple 2x wheat bread 1x lg pkt peanut butter 1x pkt sugar free jelly 1x pkt sugar free drink 1x pkt sugar cookies 1x pkt sunflower seeds 	<ul style="list-style-type: none"> * No program - vaccine strike? evening day room ran.
10-12-21 Breakfast	<ul style="list-style-type: none"> 1/2c scrambled eggs, balogna & cheese 1/2c fried potatoes 1x pkt coffee 1x pkt ketchup apple ^{fresh} peppers 1x 8oz 1% milk 1/2c oatmeal? 	<ul style="list-style-type: none"> Dinner Honey "ham" tissue chunks 1c salad w/cheese 1/2c carrots 1x biscuit 2x thousand island pkt 1x brown boiled egg
Lunch	<ul style="list-style-type: none"> 2x wheat bread 1x pkt "chicken like stuff" salad 1x sugar free drink 1x pkt pretzels 1x sandwich cookies x4 apple 	<ul style="list-style-type: none"> * No program? - vaccine strike?

10-13-21
Breakfast

1/2 oatmeal?
1x fried egg
1 Tbsp cheddar cheese grated
1x english muffin
1x hash brown patty
1x pkt ketchup
bell pepper
1x pkt coffee

Dinner Baked chicken or bone (leg & thigh)
1/2 c rice
1/2 c beans
1/2 c cucumber salad
1/2 c jello (orange sugar free)

Lunch

2x wheat bread
2x balogna
1x pkt mustard
1x pkt sugar free drink
1x pkt graham cracker x2
1x pkt almonds
Apple
1x 8oz 1% milk

A No program - down day.

10-14-21
Breakfast

1/2 c scrambled eggs with sausage
1x biscuit
1/2 c beans
1x pkt coffee
1x pkt ketchup
carrot

Dinner chicken tissue shape
1/2 c cucumber salad
1/2 c beans
1x biscuit
1/2 c rice
1/2 c hominy

Lunch

2x wheat bread
1x lg pkt peanut butter
1x pkt sugar free jelly
1x pkt sugar free drink
1x pkt almonds
1x choco chip cookies x2

A^{No} Program down - B side dayroom,

10-15-21
Breakfast
1/2 c strawberry yogurt
1/4 c canned peaches
1/2 bran cake
1/2 c corn flakes
1x 8oz 1% milk
1x pkt coffee

Dinner - Chicken tissue shape
Beans
etc

Lunch
2x wheat bread
2x bologna
1x pkt mustard
1x pkt sugarfree drink
1x peanut butter crackers
1x graham crackers x2

* Modified program - no yard

10-16-21
Breakfast
scramble eggs and cheese
1x 11oz sausage
2x flour tortilla
1/2 c canned peaches

Dinner ~~1x~~ tissue patty round
2x wheat bread
1/4 c salad
1/2 green sugarfree jello

Bread
bologna
mustard
cookies
pretzels

* Program

