



# WALLED STREET BULLETIN

## OREGON STATE PENITENTIARY SALEM OREGON

**OSP Executive Management Team**

**January 30, 2025**

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## GROUP LIVING

The Group Living Mailbox, which is located to the Left of Door #5 on the Control Floor, is for the following:

AIC Communications addressed to –

- Captain Gaither – Group Living Captain
- Lieutenant Shanley – Group Living Lieutenant – PREA
- Corporal Oberfoell – Group Living Corporal
- Officer Ruby – Substance Abuse Officer
- Ms. Andrea Fugate – Measure 17 Work Programs

**Or questions/request related to:**

- Housing Related Communications (Example: Cell Change Requests)
- Hair Cuts
- Work Programs – M17
- PREA
- Alternative Clothing
- Lost/Damaged Property



**The Group Living Box is not for:**

- Grievances
- Visiting Applications
- Incentive Level Increases
- STM related Issues
- Counselors (Correctional/BHS)
- Medical Issues
- Phone/Tablet Issues

/s/ J. John Group Living Corporal



### HAIRCUTS

Due to the increase in Haircut requests Group Living will be reinstituting the 30-day rule for haircuts. With the increase of haircuts, please do not turn in more than one request at a time as it slows down the process. Turning in more than one may result in you losing your haircut privilege for the month. The only exception to the 30-day rule is if you are paroling, have an upcoming verifiable court appearance or a special visit (A special visit is a visit that is

coordinated through the superintendent's office), which you must specify in your request and will be verified.

Normal visits and club banquets are not a valid exception to the 30-day rule, so please plan accordingly.

### Haircuts for Stair Restricted AIC's

If you need a haircut and are stair restricted, please send a AIC Communication to Group Living and specify that you are stair restricted and would like a barber to come to your cell and one will be scheduled to do so on the next available date. You will receive a Call Pass when you are scheduled.

### Hair Braiding Services now available

If you would like to get your hair braided, please send an AIC Communication to Group Living requesting to get your hair braided.

/s/ A. Fugate PA 2

## Health Services

To help decrease the length of our three medication lines—AM, Noon and PM, we will be changing some of your call outs. This means that although you may have been getting call outs for meds at AM and PM, you might now have call outs for AM and Noon or Noon and PM, etc. This change may take several days, as we must change several hundred call outs. We hope that as a result, med lines will be shorter, you can receive your control by staff medications in a timelier manner. Please bear with us while we do this and watch your call outs.

/s/ K. Ross, RN, BSN Medical Manager

## Pharmacy



### KOP Pill Line Changes

We are changing how AICs will get call outs for the KOP pill line. Instead of the white passes that are currently used, we are switching to the same yellow



call outs used elsewhere at OSP. After you have requested a KOP refill, please watch for a call out that has "CNTRLFLR/KOP" on it. These call outs will be for 1100. Please follow the call out. AICs will still go to the control floor to pick up KOP meds like they do now, but the method for call outs will change effective Immediately.

/s/ K. Ross, RN, BSN Medical Manager

## JOB ANNOUNCEMENTS

### Physical Plant Office/Avenue

The Physical Plant Office is looking for a motivated AIC for our Physical Plant Office/Avenue position. This position is utilized to maintain the cleanliness of the Physical Plant Avenue and the Physical Plant office.

Tasks include:

- Maintaining cleanliness of the Avenue.
- -Cleaning restrooms
- Cleaning common office area
- Emptying garbage/recycling
- Sweeping/mopping
- Other duties as assigned.



**Interested AIC's please send a kyte to:**

James Ellertson  
Physical Plant Manager  
Physical Plant

/s/ J. Ellertson, Physical Plant Manager

### The OCE CAD Department is seeking AIC members to join the CAD team.

Responsibilities include drafting, cost estimating, and other design services in support of OCE's sales and manufacturing operations.

#### **Requirements:**

- Minimum of 1 year with no major disciplinary actions
- At least 5 years remaining on sentence
- Experience with Microsoft Office software (Word, Excel)
- CAD software experience preferred (AutoCAD, Revit, Inventor, Cabinet Vision, etc.)
- Background in manufacturing, production, or construction
- Ability to solve problems in a collaborative environment
- College education or equivalent work experience

Please apply with a cover letter to N. Hankland, OCE CAD.

/s/ N. Hankland Cad Specialist OCE

### Physical Plant HVAC Apprenticeship position

The HVAC shop is accepting applications for AIC's interested in a career as a HVAC mechanic.

This position will give someone an opportunity to go through an apprenticeship program, learn a trade and earn a LEB Electrical license.

The desired candidate will embody this list of personal traits and meet the following criteria.

- Self-motivated with a desire to learn new skills and perfect their Trade.
- Willingness to take and follow directions, constructive criticism, work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Reliable maintaining regular attendance with a steady behavior.
- Willing to work off hours when necessary.
- Stay Drug and Alcohol free during your time here.
- Have at least 1-year clean conduct. Have a minimum of 6 years left on sentence.
- Have High school diploma/GED and ability to pass math test.
- Ability to work in confined spaces, from heights and in extreme temperatures.
- Must be able lift at least 75 pounds.

All applicants are required to have more than six years left on their sentence, must have a year of clear conduct with a level 3 NCI. Must have desire to be able to be a productive member of society when released. High school diploma or GED required. Send applications with Resume and cover letter to Willette - Physical plant HVAC shop.

/s/ P.Willette HVAC Physical Plant

### ICH Unit Peer Companion Position Announcement

Intermediate Care Housing (ICH) Behavioral Health Services (BHS) is now recruiting candidates to serve as Peer Companions. We are currently seeking individuals at OSP that are committed to promoting mental wellness and have an interest in helping others. This is a paid, primary position, with varied working hours/days, and cannot be held with other paid positions.

Individuals selected for this position will receive initial and on-going training from or identified by Behavioral Health Services, as well as ongoing supervision toward skill development. Selected candidates will receive on-going training for the position through job shadowing, individual skills coaching, and ongoing staff supervision.

\*Minimum Required Qualifications:

- Clear conduct for 1 year
- In compliance with your Oregon Corrections Plan
- Treatment compliance if you receive Behavioral Health Services yourself.
- Engaged in positive, prosocial programming or activities.
- Ability to attend all the required training.
- Willingness to commit to the position as your only job for a minimum of a year.
- Ability to participate in physical activities.

\*How to apply:

Interested candidates will need to complete an application through IVP. In addition to this application, please submit a letter that includes the following:

- Why do I want to be a Peer Companion?
- How do I meet each of the minimum required qualifications for this position?

Following a review of all applications by BHS, qualified applicants will be further screened to include the AIC's assigned Correctional Counselor, past work supervisors, and security staff. Following this screening process, AICs will be notified and scheduled for a formal interview.

Please apply to Ryan McKone, ICH Program Manager, if you are interested. If you have applied previously, please submit a letter of interest to confirm interest. Applications will be accepted until all positions is full.

/s/ N. Hankland CAD Specialist, OCE

## RELIGIOUS SERVICES

Find Freedom and Hope Service

UPCI is offering a renewed service starting in January on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays.

We understand the challenges of feeling locked in and locked out. These services are a time to reflect on how the Lord delivers us from what binds us and brings us into His freedom.

- Hear testimonies of transformation and hope.
  - Discover the healing, freeing power of Jesus Christ
  - Embrace the joy of living victoriously through Him.
- Come as you are and discover true freedom in Jesus Christ.

Please send a kyte to the Chapel to sing up for this service.

Volunteer Ministers Doug Lethin & Dennis Mostyn

/s/ A. Y. Perlstein, Chaplain

**\*\*Circle of Peace on the Inside Group (COPING)\*\***

Circles of Peace on the Inside Group (COPING) is a *Restorative Justice* approach to treatment, allowing all who have been impacted by domestic violence to collaboratively repair and prevent future destructive behavior(s) upon release.

COPING consists of 15 weekly *Circles* that bring prisoners together who want to transform their trauma.

**The first Circle begins:** Wednesday, January 22<sup>nd</sup> from 1:00 to 3:00 pm.

**We will meet:** Every Wednesday for the next 15 weeks, until April 30<sup>th</sup>.

There is limited space, so if you cannot make the time commitment, please do not sign up. All are welcome. Send your kites to the Chapel.

**"Trauma untransformed becomes transferred."**

/s/ A. Y. Perlstein, Chaplain



## Weekly Chapel Schedule

**Saturday, February 1<sup>st</sup>:**

8:00 am	LDS Services
	Sweat Lodge
	Jehovah's Witness
1:00 pm	Jewish Service
	Seventh Day Adventist
6:00 pm	Calvary Chapel
	Siddha Yoga (2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays)



**Sunday, February 2<sup>nd</sup>:**

8:00 am Protestant (Spanish service)

Jehovah's Witness (Spanish service)  
Urantia (1<sup>st</sup> and 3<sup>rd</sup> Sundays)  
1:00 pm: Catholic  
6:00 pm Lutheran (1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Sunday)  
Agape Family Services (2<sup>nd</sup> and 4<sup>th</sup>)

**Monday, February 3<sup>rd</sup>:**

1:00 pm Catholic (Spanish service)  
6:00 pm Pentecostal service

**Tuesday, February 4<sup>th</sup>:**

8:00 am Becoming 01 (2<sup>nd</sup>, 4<sup>th</sup>)  
1:00 pm Orthodox Christianity (1<sup>st</sup> & 3<sup>rd</sup> Tuesday)  
Art of Living (Meditate) (2<sup>nd</sup> & 4<sup>th</sup> Tuesdays)  
6:00 pm Buddhist (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays)

**Wednesday, February 5<sup>th</sup>:**

1:00 pm Justice issues  
Native drumming  
6:00 pm Most Excellent way chapel

**Thursday, February 6<sup>th</sup>:**

12:30 pm Biblical Hebrew class  
1:00 pm TUMI  
6:00 pm Gospel service

**Friday, February 7<sup>th</sup>:**

1:00 pm NOI Jumma Prayer  
Sunni Jumma prayer  
6:00 pm Anger and the Bible (2<sup>nd</sup> and 4<sup>th</sup>)

## POINT TO PONDER

**"If I cannot do  
great things, I can  
do SMALL things  
in a great way."**

**MARTIN LUTHER KING JR.**





## VICTIM SERVICES PROGRAMS

### RESPONSIBILITY LETTER BANK

The Responsibility Letter Bank is a structured letter writing process that provides adults in custody (AIC) with the opportunity to demonstrate responsibility for their crimes and express remorse for the harm they may have caused.

The program provides crime victims/survivors with the choice to receive information in a safe manner.

- ◆ AIC's may initiate the process by applying to participate in the program
- ◆ Crime victims/survivors may inquire with Victim Services to find if they have a letter available for them
- ◆ Victims are not contacted about the availability of a letter if they have not registered with the Bank through Victim Services
- ◆ Victims decide whether or not they wish to receive a responsibility letter and whether or not the AIC is informed that the victim received or read the letter
- ◆ Participation does not constitute permission for the AIC to make additional contact
- ◆ Victims may choose to respond to a responsibility letter through the program, however, further correspondence requires the approval to participate in the FDP
- ◆ Letters will be reviewed by the Victim Services Program for appropriateness
- ◆ Accepted AIC letters will be deposited in the Responsibility Letter Bank maintained by Victim Services
- ◆ Letters are voluntary and will not affect an AICs good time, release date, or post-prison conditions

To request additional information about the Responsibility Letter Bank, please contact Victim Services at:

**DOC Headquarters  
Victim Services- Responsibility Letter Bank  
3723 Fairview Industrial Drive SE Suite 200  
Salem, OR 97302-4975**





# EHR UPDATE



**TO: ALL ADULTS IN CUSTODY**  
**FROM: HEALTH SERVICES**  
**RE: Electronic Health Records (EHR)**  
**Project**

It might be cold outside, but things are heating up for the EHR project!

Over the past few months, many people from Health Services have been testing a practice version of the EHR system to see how it will work. Also, more testing is scheduled soon!

This is important because the people testing it are the doctors, nurses, dentists, BHS, and other health workers who will use the EHR to take care of your health. Testing helps to make sure the EHR works right before we start using it every day.

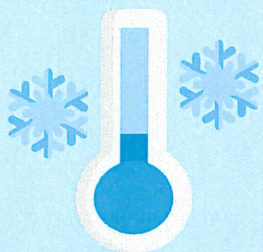
Health Services will continue to keep you updated about the EHR Project! If you have questions about the EHR, send a kyte addressed to: **ASK EHR.**



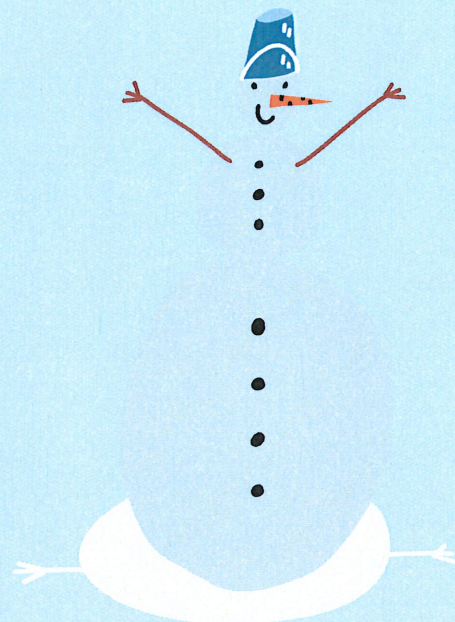
**PLEASE REMEMBER, for now, you still access health care, dental, and BHS how you always have in your institution.**







# EHR UPDATE



**PARA:** Todos los adultos bajo custodia  
**DE:** Servicios de Salud  
**Asunto:** Actualización sobre los Expedientes  
Electrónicos de Salud

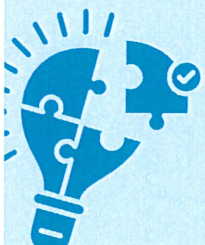
Puede que haga frío afuera, ¡ pero las cosas se están calentando para el proyecto EHR !

Durante los últimos meses, muchas personas de los Servicios de Salud han estado probando una versión práctica del sistema EHR para ver cómo funciona. Además, ¡más pruebas están programadas pronto!

Esto es importante porque las personas que lo prueban son los médicos, enfermeras, dentistas, BHS y otros trabajadores de la salud que utilizarán el EHR para cuidar de su salud. Las pruebas ayudan a garantizar que el EHR funcione correctamente antes de comenzar a usarlo todos los días.

¡ Health Services continuará para mantenerlo informado sobre el Proyecto EHR ! Si tienes preguntas sobre el EHR, envíe un kyte dirigido a: ASK EHR.

**POR FAVOR RECUERDE**, por ahora, usted todavía tiene acceso a atención médica, dental y BHS como siempre lo ha hecho en su institución.





# 2025

Federal Holidays 2025	
Jan 1	New Year's Day
Jan 20	Martin Luther King
Jan 29	Chinese New Year
Feb 2	Groundhog Day
Feb 14	Valentine's Day
Feb 17	Presidents' Day
Mar 1	Ramadan
Mar 17	St. Patrick's Day
Apr 1	April Fool's Day
Apr 18	Good Friday
Apr 20	Easter
Apr 22	Earth Day
May 11	Mother's Day
May 26	Memorial Day
June 14	Flag Day
June 15	Father's Day
June 19	Juneteenth
July 4	Independence Day
July 27	Parents' Day
Aug 19	Aviation Day
Sep 1	Labor Day
Sep 7	Grandparents Day
Sep 11	Patriot Day
Oct 24	United Nations Day
Oct 31	Halloween
Nov 11	Veterans Day
Nov 27	Thanksgiving
Dec 24	Christmas Eve
Dec 25	Christmas Day
Dec 31	New Year's Eve

[Printabletree.com](http://Printabletree.com)

March						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

September						
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

May						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

January						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

October						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



# FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1/26 C/D/E	1/27 E/C/D	1/28 D/E/C	1/29 C/D/E	1/30 E/C/D	1/31 D/E/C	1 C/D/E
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM
EVE	EVE	EVE	EVE	EVE	EVE	EVE
2 E/C/D	3 D/E/C	4 C/D/E	5 E/C/D	6 D/E/C	7 C/E/E	8 E/C/D
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM
EVE	EVE	EVE	EVE	EVE	EVE	EVE
GROUNDHOG DAY				PRAS		
9 D/E/C	10 C/D/E	11 E/C/D	12 D/E/C	13 C/D/E	14 E/C/D	15 D/E/C
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM
EVE	EVE	EVE	EVE	EVE	EVE	EVE
			FULL MOON		VALENTINES DAY	
16 C/D/E	17 E/C/D	18 D/E/C	19 C/D/E	20 E/C/D	21 D/E/C	22 C/D/E
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM
EVE	EVE	EVE	EVE	EVE	EVE	EVE
	PRESIDENTS DAY					
23 E/C/D	24 D/E/C	25 C/D/E	26 E/C/D	27 D/E/C	28 C/D/E	3/1 E/C/D
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM
EVE	EVE	EVE	EVE	EVE	EVE	EVE
	FLAG DAY (MEXICO)				FIRST OF RAMADAN	

Morning Yard - 7:45am to 9:45am  
 Afternoon Yard - 1:00pm to 3:30pm  
 Evening Activities (Barn) 7:00pm to 9:00pm



Mainline

Week at a Glance

	Monday 2/3/2025	Tuesday 2/4/2025	Wednesday 2/5/2025	Thursday 2/6/2025	Friday 2/7/2025	Saturday 2/8/2025	Sunday 2/9/2025
	<b>BREAKFAST</b>						
Week 1	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod,Chl) - 3.00 EA Peanut Butter (Sta) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sta,Chl) - 2.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP White Flour Tortilla (Sta) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chl) - 1.00 EA Cheese Slice (Sta,Chl) - 1.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP *Ham & Cheese Scramble (Chl,Sta) - 0.75 CP Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Chl) - 0.33 CP Poultry Sausage (Chl) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sta,Chl) - 1.00 EA Coffee Cake (Sta,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
	<b>LUNCH</b>						
Week 1	Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod,Chl,Sta) - 2.00 EA Broccoli - 0.75 CP Macaroni & Cheese (Sta,Sod,Chl) - 0.75 CP Green Beans - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Barbeque Beef (Sod,Chl,Sta) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sta,Sod,Chl) - 0.75 CP Green Beans - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Asian Cabbage Salad - 0.75 CP Beef & Broccoli (Sod,Chl) - 0.75 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Milk Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sta) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Salad Dressing (Sta,Sod) - 2.00 FLOZ Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Turkey & Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FLOZ
	<b>DINNER</b>						
Week 1	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salisbury Steak (Chl,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken & Broccoli Casserole (Chl) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chili (Chl,Sta) - 1.00 FLOZ Baked Potato - 1.00 EA Sour Cream (Sta,Chl) - 2.00 TBS Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ BBQ Beef & Onion Pizza (Sod,Chl,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Frosted Cake (Sta,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stew (Sod,Chl) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Sugar Cookie (Sta,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Marinara (Chl) - 0.75 CP Pasta - 0.75 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Meat (Chl,Sta) - 0.50 CP Refried Beans - 0.50 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Lemon Cilantro Rice - 0.75 CP Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu subject to change without notice. Meat-Alternative-Trays available at lunch & dinner only.  
\*Contains or may contain pork.

Sod = High Sodium Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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