

WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

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 reinstating 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

January 30, 2025

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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 kytic 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 IWP. 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 2nd and 4th 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 22nd from 1:00 to 3:00 pm.

We will meet: Every Wednesday for the next 15 weeks, until April 30th.

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 1st:

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 nd and 4 th Saturdays)



Sunday, February 2nd:

8:00 am	Protestant (Spanish service)
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1:00 pm: Jehovah's Witness (Spanish service)
Urantia (1st and 3rd Sundays)
6:00 pm: Catholic
Lutheran (1st, 3rd, and 5th Sunday)
Agape Family Services (2nd and 4th)

Monday, February 3rd:

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

Tuesday, February 4th:

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

Wednesday, February 5th:

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

Thursday, February 6th:

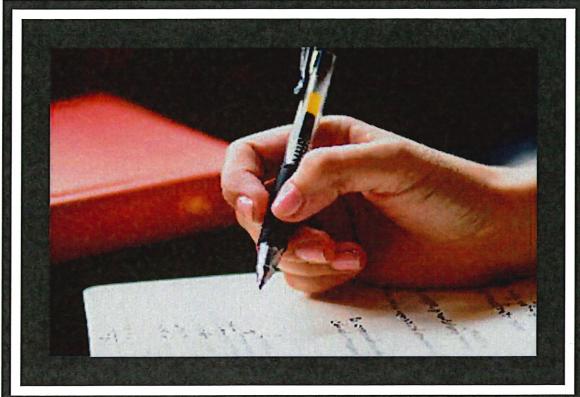
12:30 pm Biblical Hebrew class
1:00 pm TUMI
6:00 pm Gospel service

Friday, February 7th:

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

POINT TO PONDER





VICTIM SERVICES PROGRAMS

RESPONSIBILITY LETTER BANK

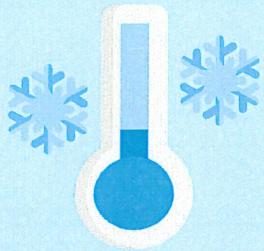
The Responsibility Letter Bank is a structured letter writing process that provides adults in custody (AIC) with the opportunity to demonstrate responsibility for their crimes and express remorse for the harm they may have caused.

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



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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!

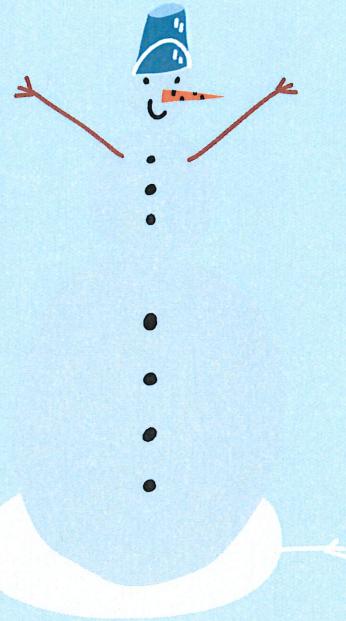
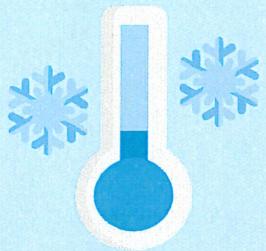
This is important because the people testing it are the doctors, nurses, dentists, BHS, and other health workers who will use the EHR to take care of your health. Testing helps to make sure the EHR works right before we start using it every day.

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



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





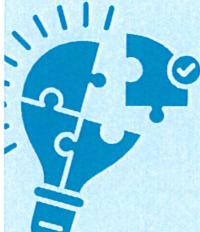
PARA: Todos los adultos bajo custodia
DE: Servicios de Salud
Asunto: Actualización sobre los Expedientes Electrónicos de Salud

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 correo 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										

January											
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							30	31			

February											
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March											
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April											
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May											
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June											
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July											
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August											
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September											
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27	28	29	30	31			23	24	25	26	27
							30				

October											
S	M	T	W	T	F	S	S	M	T	W	T
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6	7	8	9	10	11	12	2	3	4		

FE B R U A R Y 2015

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	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	D	AM	AM	D	AM	C/E	AM	D	AM	C/E				
PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	D	PM	D	PM	C/E	PM	D	PM	D				
EVE	D	EVE	C	EVE	E	EVE	D	EVE	C	EVE	E	EVE	C	EVE	E	EVE	E	EVE	E	EVE	E	EVE	E				
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	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E				
PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	D	PM	D	PM	D	PM	C/E	PM	D	PM	C/E			
EVE	C	EVE	E	EVE	D	EVE	C	EVE	E	EVE	E	EVE	E	EVE	D	EVE	D	EVE	D	EVE	C	EVE	C				
GROUNDHOG DAY																											
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	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E				
PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	D				
EVE	E	EVE	D	EVE	C	EVE	E	EVE	E	EVE	D	EVE	D	EVE	C	EVE	D	EVE	C	EVE	E	EVE	E				
FULL MOON																											
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	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E				
PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	D	PM	D	PM	D	PM	C/E	PM	D	PM	C/E			
EVE	D	EVE	C	EVE	E	EVE	D	EVE	C	EVE	E	EVE	C	EVE	E	EVE	E	EVE	E	EVE	E	EVE	D				
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	29	E/C/D														
AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E	AM	D	AM	C/E				
PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	D				
EVE	C	EVE	E	EVE	D	EVE	C	EVE	E	EVE	C	EVE	E	EVE	E	EVE	E	EVE	E	EVE	D	EVE	C				
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	
	BREAKFAST								
Week 1	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod,Chl) - 3.00 EA Peanut Butter (Sfa) - 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 (Sfa,Chl) - 2.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP White Flour Tortilla (Sfa) - 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 (Sfa,Chl) - 1.00 EA Cheese Slice (Sfa,Chl) - 1.00 SLC English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skin 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 (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fairina - 1.00 CP Canned Fruit - 0.50 CP *Ham & Cheese Scramble (Chl,Sfa) - 0.75 CP Fried Potatoes - 0.75 CP Skin Milk - 16.00 FLOZ Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,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 (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa,Chl) - 1.00 EA Coffee Cake (Sfa,Chl) - 1.00 EA Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA		
	LUNCH								
Week 1	Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 2.00 EA Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Barbecue Beef (Sod,Chl,Sfa) -0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sfa,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,Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Lettuce - 0.25 CP Salsa (Sod) - 0.25 CP Salad Dressing (Sfa,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,Sfa) - 1.00 EA Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS 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 Marinara (Chl) - 0.75 CP Pasta - 0.75 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ BBQ Beef & Onion Pizza (Sod,Chl,Sfa) - 1.00 EA Baked Potato - 1.00 EA Sour Cream (Sfa,Chl,Sug) - 2.00 TBS Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS 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
	DINNER								
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 (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chilli (Chl,Sta) - 10.00 FLOZ Baked Potato - 1.00 EA Sour Cream (Sfa,Chl,Sug) - 2.00 TBS Frosted Cake (Sfa,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 (Sfa) - 1.00 TBS Sugar Cookie (Sfa,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 Lemon Cilantro Rice - 0.75 CP Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Fresh Fruit - 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 Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Meat (Chl,Sfa) - 0.50 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Lemon Cilantro Rice - 0.75 CP Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,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