



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

GROUP LIVING

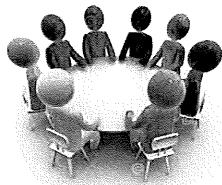
The Group Living Mailbox, which is located to the Left of Door #5 on the Control Floor, is for the following:

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

CORRECTIONAL REHABILITATION

Correctional Counselor Caseloads

Due to unforeseen circumstances, the Correctional Rehabilitation unit is experiencing staffing shortages that may delay communication and frequency of contact with your institution counselor. Staff are doing the best they can to prioritize emergent needs, intake

February 20, 2025,

Page 1

appointments, and routine check-ins. Your continued patience is appreciated during this challenging time.

Also, please ensure you are directing your requests to the appropriate department. Institution Counselors do not process housing requests, property requests, visiting applications or NCI override applications.

If you have any questions or concerns, please send a communication to C. Lenex, CRM.

/s/ C. Lenex, Correctional Rehabilitation Mgr.

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

JOB ANNOUNCEMENTS

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

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

Group Living Job Opening

Group Living is currently accepting applications for the following: **Barber**.

Qualifications: Board of Cosmetology License Preferred or 2 years+ experience barbering in any DOC Setting. Applicant must have a basic understanding of barber ethics, safety, and sanitation. Applicant also needs to be misconduct free for at least 1 year and be level 2 or 3.

Duties and Responsibilities: Selected applicant(s) will provide other Adults in Custody (AIC's) with barbering services. You will cut, shape, trim, and taper hair and beards, using clippers, trimmers, and shears. You will be responsible for keeping your work area/tools clean, sanitized, and ready to use.

The selected applicants for the above must also be able to work well with staff and AIC's from all walks of life. WE will also ask that you be reliable, self-motivated and willingness to take criticism and direction.

If interested, please send an AIC Job Application to Group Living.

/s/ A. Fugate, PA2 Group Living.

Physical Plant Electronics Shop Position

The Electronics shop is accepting applications for AIC's interested in a career as a low voltage electrician. This position will give someone an opportunity to go through an apprenticeship program, learn a trade and earn a LEB Electrical license to use and succeed when released.

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 5 years left on sentence.
- Have High school diploma/GED and ability to pass math test.
- Ability to work in confined spaces and lift at least 75 pounds.

All applicants are required to have close to five years left on their sentence or more, 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.

Send applications with Resume and cover letter to Palmer/ Schaeffer Physical plant Electronics shop. Good Luck!

/s/ S. Palmer, Electronics Shop

RELIGIOUS SERVICES

Restorative Justice Survivor of Harm Group

The Survivor of Harm Group is designed to bring people who have been harmed together with people who have harmed for an open and honest discussion on creating harm, the ripple effects, what acts of accountability looks like, needs of both harmed and the responsible person, making amends, and what healing looks like through a Restorative Justice approach.

Most people who have harmed never hear about the psychological, physical, social, financial, and spiritual impact of their actions on the people they harmed. Some may not even understand how such harms have impacted themselves.

- o **The group consists of 13 weeks and will be facilitated by outside volunteers.**
- o **Group is held every Monday afternoon 1:00 p.m. through 3:00 p.m. on the Chapel floor starting March 3.**

There is limited space, so if you cannot make the time commitment, please do not sign up. All are welcome. If you are interested send a kite to the Chapel address R.J. Survivor's Group.

/s/ I. Witcraft, Chaplain

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 kye 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

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/s/ A. Y. Perlstein, Chaplain

Weekly Chapel Schedule

Saturday, February 22nd:

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 23rd:

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

Monday, February 24th:

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



Tuesday, February 25th:

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

Wednesday, February 26th:

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

Thursday, February 27th:

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

Friday, February 28th:

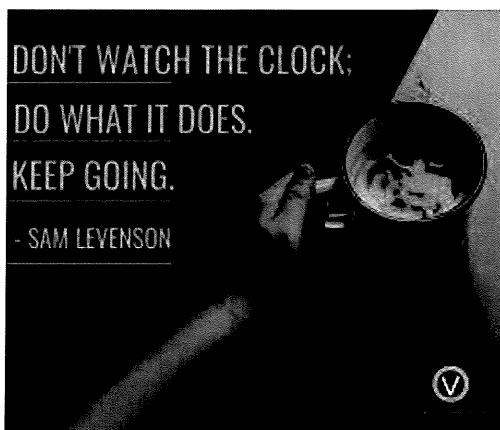
1:00 pm	NOI Jumma Prayer
	Sunni Jumma prayer
6:00 pm	Anger and the Bible (2 nd and 4 th)

POINT TO PONDER

DON'T WATCH THE CLOCK;
DO WHAT IT DOES.

KEEP GOING.

- SAM LEVISON





Financial Services

Informational Briefing

Adult in Custody (AIC) 2025 Tax Information

The Department of Corrections (DOC) will not provide federal or state tax forms to AICs.

- AICs may write or call the Internal Revenue Service (IRS) or Oregon Department of Revenue to request tax forms.
- AICs may elect to reach out to their friends and family to request they send tax forms in through the mail. All incoming mail is subject to the Departments rule on mail, 291-131-0025.
- DOC staff / legal assistants are not authorized to provide tax advice or status updates on filings to AICs.
- AICs may appoint a qualified and trusted person as their power of attorney (POA) to assist with the tax filing process. POA forms can be obtained by submitting a Library Request form (CD1714).
- DOC will only issue 1099 (MISC/INT) to AICs who meet specific IRS minimum requirements.
 - ✓ 1099 MISC issued to AICs who have received \$600 or more in PRAS.
 - ✓ 1099 INT issued to AICs who have accrued \$10 or more in interest.

State and Federal taxes due date:
April 15th, 2025

AICs will need to use their own pre-addressed postage paid envelope for tax correspondence and filings.

Oregon Department of Treasury Tax Forms Requests	Internal Revenue Service Tax Forms Requests
Department of Revenue P.O. Box 14999 Salem, OR 800-356-4222	Department of Treasury Internal Revenue Service Ogden, UT 84201-0002 800-829-3676

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.oregon.gov.

How to File - Tips for Filing

- Get the appropriate forms and instructions (such as IRS Form 1040 and Oregon Form OR-40) from a trusted source, such as www.oregon.gov/dor and www.irs.gov. The institution is unable to provide these forms.
- You may appoint a qualified person as your power of attorney (POA) and have them file your tax return for you. Make sure to choose a person you trust to be your POA.
- Don't disclose your Social Security number (SSN) to others or let someone use your SSN for fraud. If fraud occurs, it will take a lot of work for you to clean up your account once you're out of prison.
- Request your Form W-2 from your employer if you didn't receive it.
- The award amount you receive from the Oregon Department of Corrections as an adult in custody is taxable income. You will receive Form 1099-MISC if your award totals exceed \$600.
- Be aware that the award amount you receive from the Oregon Department of Corrections as an adult in custody doesn't qualify as earned income when calculating your Earned Income Tax Credit.
- If you have a filing requirement, file or request an extension by April 15, 2025.

OREGON
DEPARTMENT
OF REVENUE

Filing and Paying Taxes while in Prison

Publication OR-PF



Do I need to file taxes while I'm in prison?

The same rules for filing a tax return that apply to you outside of prison still apply while you're in prison. You must file a tax return if your gross income* for the tax year is over the filing requirements set by law (see chart below).

For example, a tax return may be necessary if you:

- Worked part of the year and were in prison part of the year.
- Received income while in prison, such as: retirement income, investment income, investment income, or alimony payments.

Taxable income

These are examples only. For complete information, see IRS Publication 525.

- Employee compensation such as wages, salaries, commissions, fees, and tips.
- Miscellaneous compensation such as bonuses, severance pay, and sick pay.
- Business income (partnerships, S corporations, self-employed) (see IRS Publications 541 and 334).
- Unemployment benefits.
- Alimony received (see IRS Publication 504).
- Retirement income (distributions, pensions, annuities) (see IRS Publication 575).
- Investment income (interest, dividends, capital gains) (see IRS Publication 550).
- Gambling winnings.
- Some Social Security benefits (see IRS Publication 915) (Social Security isn't taxed by Oregon, but may be taxed by the IRS).
- Rental property income (see IRS Publication 527).
- Award amount received from the Department of Corrections as an adult in custody.

Filing thresholds

Step 1: Mark the check box for any of the following that pertained to you in 2024.

You were: 65 or older Blind
Your spouse was: 65 or older Blind

Step 2: File for tax year 2024 if your gross income is more than the amount shown below for your filing status.

Amounts apply to full-year residents only.

Your filing status is:	Number of boxes marked above:	And your gross income is more than:
Can be claimed on another's return	Any	\$1,300*
Single	0	\$7,710
	1	\$8,910
Married filing joint	0	\$10,110
	1	\$15,425
	2	\$16,425
	3	\$17,425
	4	\$18,425
Married filing separate	0	\$19,425
	1	\$7,710
	2	\$8,710
Head of household	0	\$9,665
	1	\$10,865
Qualifying surviving spouse	0	\$12,065
	1	\$10,740
	2	\$11,740
		\$12,740

In addition, file a return if:

- You are required to file a federal return.

• You had \$1 or more of Oregon income tax withheld from your wages.

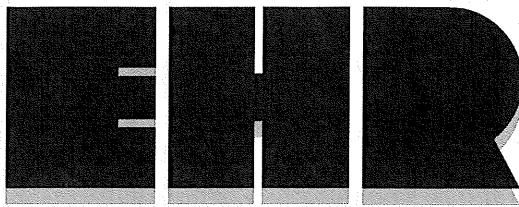
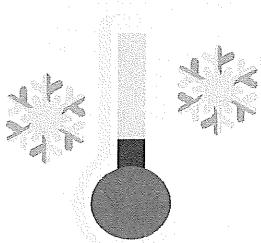
*The larger of \$1,300, or your earned income plus \$450, up to the standard deduction amount for your filing status.

Nontaxable income

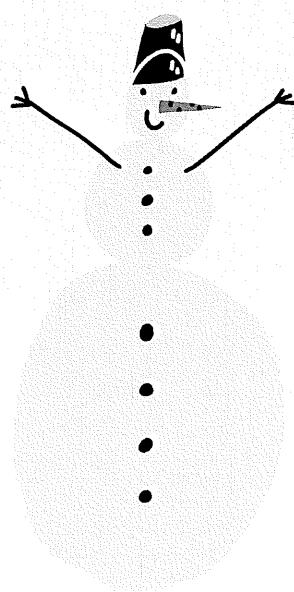
These are examples only. For complete information, see IRS Publication 525.

- Veterans' benefits such as disability pay or pension pay for disabilities paid to veterans or their families; veterans' insurance proceeds and dividends; and allowances for education, training, and subsistence.
- Qualified combat pay (see IRS Publication 3).
- Governmental benefit payments from a public welfare fund.
- Child support payments received.
- Medicare benefits.

* Gross income is all income you receive in the form of money, goods, property, and services, unless that income is nontaxable.



UPDATE



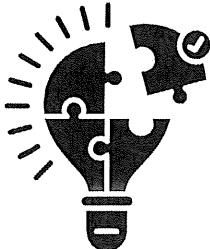
TO: ALL ADULTS IN CUSTODY
FROM: HEALTH SERVICES
RE: Electronic Health Records (EHR)
Project

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!

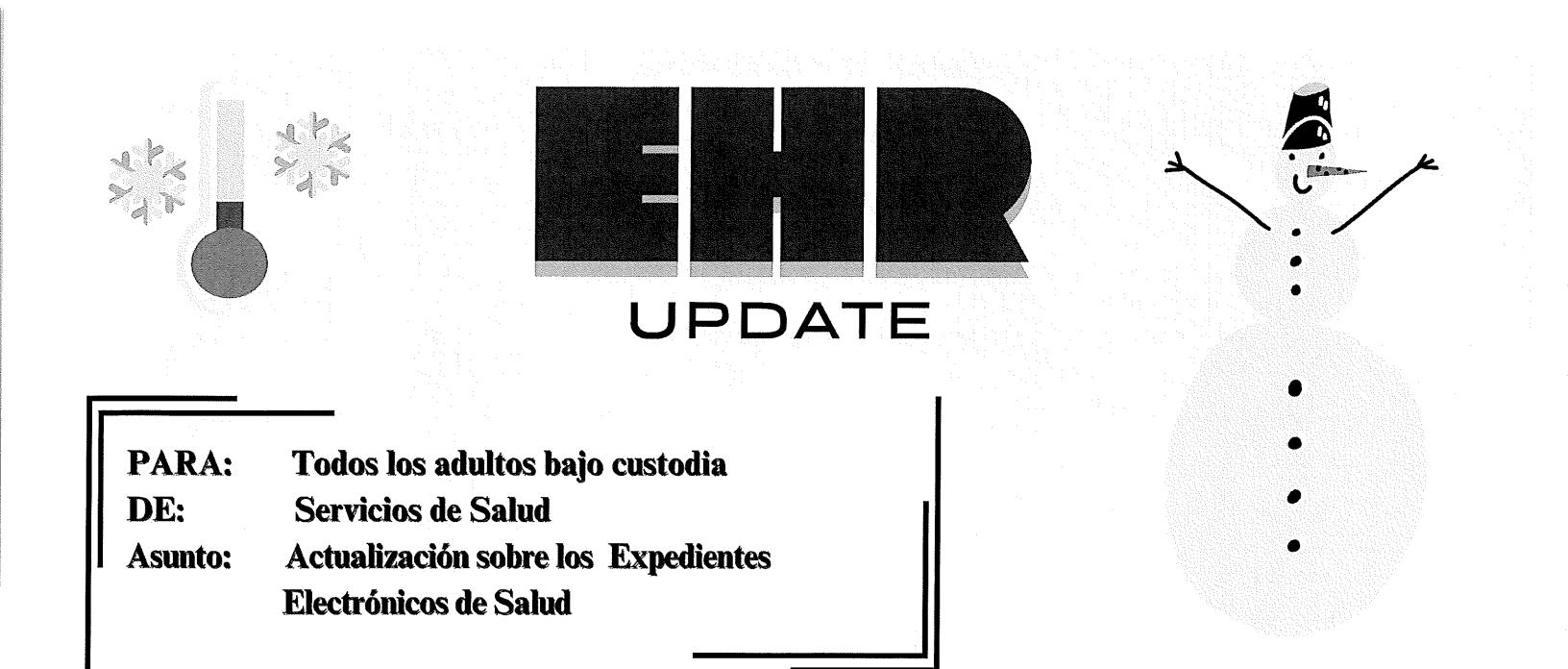
This is important because the people testing it are the doctors, nurses, dentists, BHS, and other health workers who will use the EHR to take care of your health. Testing helps to make sure the EHR works right before we start using it every day.

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

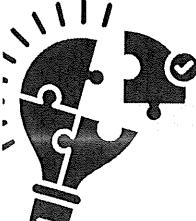
PARA: Todos los adultos bajo custodia
DE: Servicios de Salud
Asunto: Actualización sobre los Expedientes Electrónicos de Salud

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 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.



Changes to the Mail Rule

Effective 1/13/2025

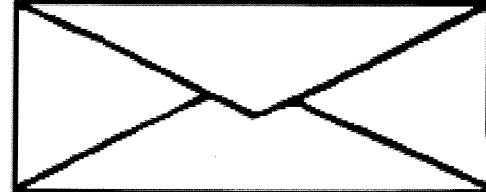
MAIL QUESTIONS/CONCERNS: KYTE C. TOOMBS, LEAD WORKER—OSP MAILROOM

Effective January 13, 2025, the Mail Rule has been revised to address concerns regarding safety, security, and the well-being of both Adults in Custody (AICs) and staff. Mail postmarked after this date will be subject to the revised rule.

Some of the new requirements that friends and family of AICs should be aware of include:

- Incoming mail must be in pen, lead pencil, or be typewritten or photocopied.
- Incoming mail must be written on standard weight (20 pound or less) white paper. This is standard copy/print paper.
- Incoming mail must be enclosed in a commercially produced envelope using standard weight (20 pound or less) white paper that is no larger than 9" x 12".

There are no changes to the Legal Mail requirements



Examples of items that will be refused:

- Any non-white envelope
- Envelopes larger than 9" x 12"
- Envelopes that are not commercially produced
- Envelopes made of cardboard, padded, corrugated, or tear-resistant material
- Envelopes constructed of heavy weight paper (that is, greater than 20 pound) or with security screening features
- Cardstock (such as is used for greeting cards and postcards)

Greeting cards and postcards are not allowed.

This information is also being provided to your friends and family in the Visiting lobby, via the F&F emailed newsletter, and on the DOC Facebook page.

MAIL QUESTIONS/CONCERNS: KYTE C. TOOMBS, LEAD WORKER—OSP MAILROOM

1000 BIRDS BIRDY 2023

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	A/D	AM	C/E	AM	A/D	AM	C/E	AM	A/D	AM	C/E
PM	D	PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D
EVE	D	EVE	A/C	EVE	E	EVE	D	EVE	A/C	EVE	E	EVE	D
A-BLOCK OPENS													
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	A/D	AM	C/E	AM	A/D	AM	C/E	AM	A/D	AM	C/E	AM	A/D
PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E
EVE	A/C	EVE	E	EVE	D	EVE	A/C	EVE	E	EVE	D	EVE	A/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	A/D	AM	C/E	AM	A/D	AM	C/E	AM	A/D	AM	C/E
PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D
EVE	E	EVE	D	EVE	A/C	EVE	E	EVE	D	EVE	A/C	EVE	E
FEBRUARY													
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	A/D	AM	C/E	AM	A/D	AM	C/E	AM	A/D	AM	C/E	AM	A/D
PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E
EVE	D	EVE	A/C	EVE	E	EVE	D	EVE	A/C	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	A/D	AM	C/E	AM	A/D	AM	C/E	AM	A/D	AM	C/E
PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D
EVE	A/C	EVE	E	EVE	D	EVE	A/C	EVE	E	EVE	D	EVE	A/C
FLAG DAY (MEXICO)													
FIRST OF RAMADAN													
MORNING YARD - 7:45AM TO 9:45AM													
AFTERNOON YARD - 1:00PM TO 3:30PM													
EVENING ACTIVITIES (BARN) 7:00P.M TO 9:00PM													



Mainline

Monday 2/24/2025		Tuesday 2/25/2025		Wednesday 2/26/2025		Thursday 2/27/2025		Friday 2/28/2025		Saturday 3/1/2025		Sunday 3/2/2025	
BREAKFAST													
Week 4	Oatmeal - 1.00 CP Canned Fruit 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA Cheese Slice (Sfa,Chl) - 1.00 SLC English Muffin - 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 Veggie & Cheese Scramble (Chl,Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy - 0.75 CP Biscuit (Sfa,Sod) - 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 Waffles (Sod) - 2.00 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	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.50 CP Scone (Sfa,Sod,Chl) - 1.00 EA Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Scrambled Eggs (Sfa,Chl) - 0.33 CP Pork Bacon (Sfa,Sod,Chl) - 3.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa,Chl) - 0.33 CP Pork Bacon (Sfa,Sod,Chl) - 3.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Yogurt (Sug) - 0.75 CP Cinnamon Roll (Sfa,Chl,Sug) - 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 Yogurt (Sug) - 0.75 CP Cinnamon Roll (Sfa,Chl,Sug) - 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 Yogurt (Sug) - 0.75 CP Cinnamon Roll (Sfa,Chl,Sug) - 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 Yogurt (Sug) - 0.75 CP Cinnamon Roll (Sfa,Chl,Sug) - 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 Yogurt (Sug) - 0.75 CP Cinnamon Roll (Sfa,Chl,Sug) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	
LUNCH													
Week 4	Coleslaw (Sod) - 0.75 CP Barbecue Beef (Sod,Chl,Sfa) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Roast Beef & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Shredded Lettuce - 0.25 EA 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	Minstrelle Soup - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 EA 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	Taco Salad with Meat (Chl,Sfa) - 1.00 SY Seasoned Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS 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 Hot Dog (Sod,Chl) - 2.00 EA Chili with Beans - 6.00 FLOZ Shredded Cheese (Sfa,Chl) - 2.00 TBS Wheat Hoagie Roll - 1.00 EA Carrots - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Breaded Fish (Chl) - 10.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sfa,Sod,Chl) - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Breaded Fish (Chl) - 10.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sfa,Chl) - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Breaded Fish (Chl) - 10.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sfa,Chl) - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Breaded Fish (Chl) - 10.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sfa,Chl) - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Breaded Fish (Chl) - 10.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sfa,Chl) - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Breaded Fish (Chl) - 10.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sfa,Chl) - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Breaded Fish (Chl) - 10.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sfa,Chl) - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	
DINNER													
Week 4	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Noodle Casserole (Sod,Chl) - 1.25 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Tortilla Stew (Chl) - 10.00 FLOZ Brown Rice - 0.75 CP Carrots - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sfa,Sod,Chl,Sug) - 1.00 EA Fruit Bar (Sfa,Sod,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl,Sfa) - 0.75 CP Spaghetti - 0.75 CP Broccoli - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Teriyaki (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Peanut Butter Cookie (Sfa,Chl,Sug) - 1.00 EA Gelatin & Whip Topping (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Teriyaki (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Milk Roll - 1.00 EA Gelatin & Whip Topping (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Wheat Burger Bun (Sfa,Chl) - 1.00 EA Peas - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Spanish Rice - 0.75 CP Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Spanish Rice - 0.75 CP Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Spanish Rice - 0.75 CP Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Spanish Rice - 0.75 CP Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Spanish Rice - 0.75 CP Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Spanish Rice - 0.75 CP 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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