

# WALLED STREET BULLETIN

## OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

## HEALTH SERVICES

### Access to Medical Care

If you are not feeling well or have a problem that requires medical attention, please attend Triage during morning chow. Prior to attending Triage, complete an AIC Communication Form outlining your concerns.

Your AIC Communication Form will need the following: full name, SID number, cell number, date, and description of your need, with an explanation of your signs and symptoms. Please fill out the form completely to help us better meet your health care needs.

At your triage encounter, the nurse will discuss your concerns with you and determine appropriate follow-up. Follow-up can include a same-day sick call encounter, a scheduled sick call encounter, or a follow-up appointment with your primary care provider (PCP).

If a medical appointment is necessary, an appointment will be scheduled, and a call pass will be issued. It is important that you keep your appointment and report promptly to Medical Services area at the time shown on the call pass.

Should you become ill or otherwise need medical attention during other times of the day, consult your supervisor, or housing unit officer. Your housing unit officer will call Nursing Services and triage your medical concerns awaiting further direction by Nursing Staff. All emergency medical situations will be handled when they arise.

/s/ K. Ross, Registered Nurse

## JOB ANNOUNCEMENTS

### 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,



March 27, 2025,

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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

### OSP Call Center Clerk

**REQUIREMENTS:** INC Level 3, Apply by 3/30/25, 2 Years Remaining

### INTRODUCTION:

This Call Center Provides outside contractors the infrastructure and AIC phone agents to make outbound calls for lead generation, prospecting cold call sales, surveys, polls, and questionnaires. The work location is the OSP Call Center. PRAS Points: 14 to 17 After 6mo.

**QUALIFICATIONS:**

To be considered for an OCE Clerk assignment you must meet the following criteria: A strong work ethic and clerical experience is preferred. Upon a successful interview, the OCE Clerk selected must meet the approval of the Call Center Manager. OCE clerks must be able to take direction and perform their duties in a professional and timely manner while working in an office setting with other AIC's, DOC, OCE, and customer staff. OCE clerk positions require the AIC to be able to demonstrate a positive attitude towards the Call Center in all aspects of behavior.

**DUTIES & RESPONSIBILITIES:**

The focus of the OCE clerk is to act as OCE staff support by being able to perform all duties and responsibilities with efficient professionalism and a sense of dedication to the call center, Braille, and DDT; that involves, and is not limited to: The maintaining of office files, daily information tracking, generating reports, and accurate data entry. In addition to basic clerical duties, the OCE clerk will perform a wide variety of tasks as directed by OCE staff. The OCE clerk helps maintain office equipment while communicating with phone agents, trainers, and OCE Staff.

**Additional Skills/ Knowledge Needed:**

- Knowledge of the structure and content of the English language: Spelling, definition, composition, and grammar.
- Knowledge of Microsoft word, Excel, PowerPoint, and Outlook.
- Knowledge of administrative and clerical procedure systems such as word processing, filling/record management, formatting design, and clerical terminology.
- Proficiency in writing, proofreading, and editing.
- Prioritizing work while utilizing time management techniques.
- Strong verbal and written communication skills.
- Must be detail oriented.
- Must be adaptable to a high pace work environment.

/s/ R. Masterson, Production Supervisor, Call Center OSP

**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, Facilities Energy Tech, Physical Plant

**Visiting Room Orderly**

**Qualifications:** Applicants must have a basic understanding of janitorial equipment and be familiar with the proper use of cleaning chemicals. Applicants also need to be misconduct free for at least 1 year, be NCI Level 2 or 3 and be on privilege visiting status.

**Duties And Responsibilities:**

Selected applicant will be charged with maintaining a clean, safe, and sanitary area for AIC's and their visitors, which will include, but not limited to wiping down tables and chairs, cleaning visitor restrooms, taking out trash and vacuuming.

The selected applicant must be able to work well with AIC's, their visitors, and staff from all lifestyles. We will also ask that you be reliable, self-motivated and willingness to take criticism and direction.

If you are interested in this position, please send a completed application to Andrea Fugate, IWP Coordinator on the Group Living Floor.

/s/ A. Fugate, IWP Coordinator on the Group Living Floor

# RELIGIOUS SERVICES

## Read music? Play piano?

You're our person!

We need someone who can play the piano and read music. Are you that fellow? This is a volunteer position for Sunday afternoons in the Chapel. We meet in the Chapel between 12:30 and 3:15 pm on Sunday afternoons. The Catholics have various songs throughout Mass as well as singing a hymn before and after service.

If you feel the call to give us some assistance, you do not have to be a Catholic to fill this position. Please join us to try out. We look forward to meeting you.



/s/ C. Kyle, Volunteer

## 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.

- The group consists of 13 weeks and will be facilitated by outside volunteers.
- 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 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 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 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, March 29<sup>th</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, March 30<sup>th</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, March 31<sup>st</sup>:

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

### Tuesday, April 1<sup>st</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, April 2<sup>nd</sup>:**

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

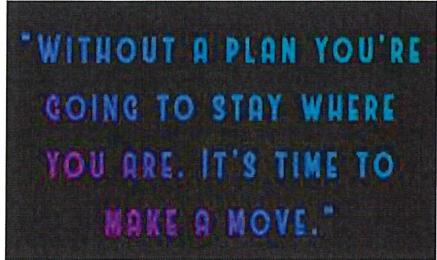
**Thursday, April 3<sup>rd</sup>:**

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

**Friday, April 4<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



# Changes to the Mail Rule

## Effective 1/13/2025

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

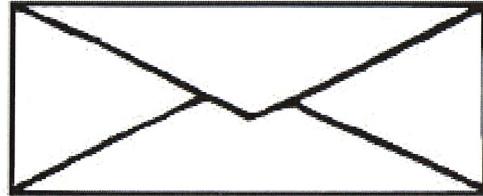
Effective January 13, 2025, the Mail Rule has been revised to address concerns regarding safety, security, and the well-being of both Adults in Custody (AICs) and staff. Mail postmarked after this date will be subject to the revised rule.

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**

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.



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.**

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



# OSP MAILROOM NEWSLETTER

ISSUE 15

APRIL 2025

## REGARDING THE NEW MAIL RULES EFFECTIVE 1/13/2025

AICs WITH QUESTIONS ABOUT THE NEW RULES MAY SEND AN INMATE COMMUNICATION FORM TO C. TOOMBS, LEAD WORKER, OSP MAILROOM

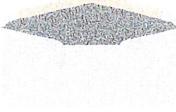
EXCEPTIONS CANNOT BE ADDRESSED AT THE INSTITUTION LEVEL  
BRIAN STEPHEN, DOC CHIEF OF SECURITY at DOCHQ OVERSEES THE MAIL RULE

### ♦ RESOURCES FOR FRIENDS AND FAMILY

**VISIT [WWW.OREGON.GOV/DOC](http://WWW.OREGON.GOV/DOC) TO VIEW THE NEW RULES**

**EMAIL QUESTIONS TO [DOC.MAILROOM.QUESTIONS@WWW.OREGON.GOV](mailto:DOC.MAILROOM.QUESTIONS@WWW.OREGON.GOV)**

**SOME ARE NOT FAMILIAR WITH THE TERM “SECURITY FEATURES” REGARDING ENVELOPES. THIS IS THE PRINTING ON THE INSIDE OF THE ENVELOPE USED TO CONCEAL THE CONTENTS, SUCH AS CHECKS**



**THESE ENVELOPES ARE NO LONGER PERMITTED  
EXCEPTION: GOVERNMENT AGENCIES**



### ♦ PUBLICATIONS - BOTH BOOKS AND MAGAZINES

**BOOKS & MAGAZINES MUST COME FROM A PUBLISHER OR DISTRIBUTOR**

**BOOKS FROM RESIDENTIAL ADDRESSES ARE NOT PERMITTED**

**FOR EXAMPLE:**

**YES AMAZON**

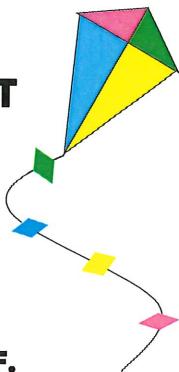
**NO AMAZON MARKETPLACE /PRIVATE SELLER ADDRESS**

**UNFORTUNATELY WE DON'T HAVE A STATEWIDE LIST OF AUTHORIZED SELLERS AT THIS TIME, BUT WE HOPE FOR ONE TO BE AVAILABLE IN THE FUTURE.**



## INMATE COMMUNICATION FORMS

### “KYTES”



**KYTES NEED TO HAVE A DEPARTMENT LISTED ON THE FRONT**

♦ **DESCRIPTIONS SUCH AS “PROGRAMS” ARE NOT SUFFICIENT**

**THERE ARE MANY PROGRAMS PROVIDED BY MANY DEPARTMENTS.**

♦ **JUST A STAFF NAME IS NOT SUFFICIENT**

**NEW STAFF JOIN OSP REGULARLY AND ARE UNKNOWN TO MAILROOM STAFF.**

**KYTES LACKING SUFFICIENT INFORMATION WILL BE RETURNED TO SENDER.**



## OUTGOING MAIL

**THE NEW RULES AFFECT AIC TO AIC MAIL**

**IF AN AIC SENDS AN ITEM NO LONGER ALLOWED IN INCOMING MAIL TO ANOTHER AIC, THE RECEIVING INSTITUTION WILL VIOLATE/CONFISCATE. EXAMPLES: NON WHITE PAPER, NON WHITE ENVELOPES, COLORED PENCIL, ETC.**

## ENVELOPE WEIGHT LIMITS AND POSTAGE

**ENVELOPE WEIGHT LIMITS ARE AVAILABLE FROM CANTEEN**

**POSTAGE SCALES ARE AVAILABLE IN THE BLOCKS.**

**USPS WILL RETURN MAIL THAT EXCEEDS THE WEIGHT LIMIT.**

# Summer Night Yard Procedures

## 2025

Summer evening yard will begin on March 30, 2025 with C/E Blocks, **This will be a Sunday night.** The following procedures will be in effect for the duration:

1. AIC's whose block has summer evening yard may go to yard at the 4:30 p.m. optional yard line or after their block is released for the evening meal. They may eat and then go directly to the yard. (**This does not apply to NCI Level 1's on the weekends**)
2. NCI Level 3 AIC's will be allowed to attend summer night yard, in their chow rotation. There will not be a special line movement from the housing units. They will enter the yard through the turnstile either directly from the housing unit when released for chow, or after completing their meal.
3. Any AIC's who returns to his housing unit from the dining room will not be permitted to go to the yard.
4. No turnouts will be run from the recreation yard. The only exception will be AIC's on education turnouts. These AIC's will be called off of the yard by the yard sergeant and they will exit the yard through Gate 3 and pass through the security gate. Once released from the yard, they will immediately go to their callout destination.
5. AIC'S leaving the porch area of the dining room for the recreation yard will go to the yard and will not be permitted to loiter by the yard fence.
6. AIC's who shower in the Clothing Room at 7:00 p.m. will be permitted to go to the yard after their shower; or go directly to the yard from work. AIC's that return to their housing unit after showering may not be allowed to go to the yard.
7. A pill line is run after yard comes in, if yard comes in before 8:00p.m. During long yard periods (lasting until **after** 8:00 p.m.) an optional cell line will be called at 7:30p.m. AIC's needing medication would come in with the optional cell line and **will** be allowed to return to the yard.
8. Showers on the yard will start at 6:00p.m. and will stop 45 minutes before yard is recalled.
9. Ice and/or beverages cannot be taken off the yard. The OIC has latitude to make adjustments regarding ice during extreme weather.
10. Yard recall will be determined by the Officer-in-Charge.
11. When the yard is recalled, all AIC's will leave promptly and in an orderly manner. Equipment is called approximately 15 minutes prior to yard recall. Take this time to say your goodbyes on the telephone, to gather items and prepare to leave.
12. The Recreation Building, with the exception of the Card Room, will not be open during the evening yard regardless of the weather conditions. The Card Room will open at the conclusion of the evening meal.
13. During softball season, players and officials will normally be afforded 20 minutes to shower at the conclusion of a game. If the evening meal is running quickly, players may be called to dinner before being given time to shower. They will then be required to leave the yard **unless** it is their housing unit's normal night for evening yard.
14. NCI Level 1 AIC's will not be authorized to attend the evening weekend yard (Saturday and Sunday).

Captain B. Gaither  
Group Living Captain, OSP

# APRIL 2020

| SUNDAY  | MONDAY  | TUESDAY    | WEDNESDAY | THURSDAY | FRIDAY     | SATURDAY |
|---|---------|------------|-----------|----------|------------|----------|
| 30-MAR  | 31-MAR  |            |           |          |            |          |
| AM C/E  | AM A/D  | AM SHOWERS | AM A/D    | AM C/E   | AM SHOWERS | 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 C/E   | EVE A/D | EVE C/E    | EVE A/D   | EVE C/E  | EVE A/D    | EVE C/E  |
| EVENING YARD BEGINS   |         |            |           |          |            |          |
| 6   | 7       | 8          | 9         | 10       | 11         | 12       |
| AM A/D  | AM C/E  | AM SHOWERS | AM C/E    | AM A/D   | AM SHOWERS | 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/D   | EVE C/E | EVE A/D    | EVE C/E   | EVE A/D  | EVE C/E    | EVE A/D  |
| APRIL FOOLS DAY   |         |            |           |          |            |          |
| 13  | 14      | 15         | 16        | 17       | 18         | 19       |
| AM C/E  | AM A/D  | AM SHOWERS | AM A/D    | AM C/E   | AM SHOWERS | 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 C/E   | EVE A/D | EVE C/E    | EVE A/D   | EVE C/E  | EVE A/D    | EVE C/E  |
| PASSOVER BEGINS   |         |            |           |          |            |          |
| 20  | 21      | 22         | 23        | 24       | 25         | 26       |
| AM A/D  | AM C/E  | AM SHOWERS | AM C/E    | AM A/D   | AM SHOWERS | 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/D   | EVE C/E | EVE A/D    | EVE C/E   | EVE A/D  | EVE C/E    | EVE A/D  |
| EASTER  |         |            |           |          |            |          |
| 27  | 28      | 29         | 30        | 31-MAY   | 31-MAY     | 31-MAY   |
| AM C/E  | AM A/D  | AM SHOWERS | AM A/D    | AM C/E   | AM SHOWERS | 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 C/E   | EVE A/D | EVE C/E    | EVE A/D   | EVE C/E  | EVE A/D    | EVE C/E  |
| EARTH DAY   |         |            |           |          |            |          |
| 4-MAY   | 5-MAY   |            |           |          |            |          |
| AM A/D  | AM C/E  |            |           |          |            |          |
| PM C/E  | PM A/D  |            |           |          |            |          |
| EVE A/D   | EVE C/E |            |           |          |            |          |
| MORNING YARD - 7:45AM TO 9:45AM<br>AFTERNOON YARD - 1:00PM TO 3:30PM<br>EVENING YARD 4:30PM TO SUNSET |         |            |           |          |            |          |

REVISED 3/24/20



## Mainline

|                  |   | Week at a Glance  |  |   |  |   |  |  |   |
|------------------|---|---|--|---|--|---|--|--|---|
|                  |   | Monday 3/1/2025   | Tuesday 4/1/2025   | Wednesday 4/2/2025  | Thursday 4/3/2025  | Friday 4/4/2025   | Saturday 4/5/2025  | Sunday 4/6/2025  |   |
| <b>BREAKFAST</b> |   |   |  |   |  |   |  |  |   |
| Week 4           | Oatmeal - 1.00 CP<br>Canned Fruit - 0.50 CP<br>Fried Egg (Sfa,Chl) - 1.00 EA<br>Cheese Slice (Sfa,Chl) - 1.00 SLC<br>English Muffin - 1.00 EA<br>Fried Potatoes - 0.75 CP<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA | Dry Cereal - 1.00 CP<br>Fresh Fruit - 1.00 EA<br>Veggie & Cheese Scramble (Chl,Sfa) - 0.75 CP<br>Wheat Toast - 2.00 SLC<br>Margarine (Sfa) - 1.00 TBS<br>Skin Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA   | Farina - 1.00 CP<br>Canned Fruit - 0.50 CP<br>Sausage Gravy - 0.75 CP<br>Biscuit (Sfa,Sod) - 1.00 EA<br>Fried Potatoes - 0.75 CP<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA   | Dry Cereal - 1.00 CP<br>Fresh Fruit - 1.00 EA<br>Waffles (Sod) - 2.00 EA<br>Peanut Butter (Sfa) - 3.00 TBS<br>Maple Syrup - 2.00 FLOZ<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA   | Oatmeal - 1.00 CP<br>Canned Fruit - 0.50 CP<br>Scrambled Eggs (Sfa,Chl) - 0.50 CP<br>Scone (Sfa,Sod,Chl) - 1.00 EA<br>Jelly (Sug) - 2.00 TBS<br>Margarine (Sfa) - 1.00 TBS<br>Skin Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA   | Fresh Fruit - 1.00 EA<br>Scrambled Eggs (Sfa,Chl) - 0.33 CP<br>*Pork Bacon (Sfa,Sod,Chl) - 3.00 SLC<br>Fried Potatoes - 0.75 CP<br>Wheat Toast - 2.00 SLC<br>Jelly (Sug) - 2.00 TBS<br>Margarine (Sfa) - 1.00 TBS<br>Skin Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA | Fresh Fruit - 1.00 EA<br>Scrambled Eggs (Sfa,Chl) - 0.33 CP<br>*Pork Bacon (Sfa,Sod,Chl) - 3.00 SLC<br>Fried Potatoes - 0.75 CP<br>Wheat Toast - 2.00 SLC<br>Jelly (Sug) - 2.00 TBS<br>Margarine (Sfa) - 1.00 TBS<br>Skin Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA                  | Fresh Fruit - 1.00 EA<br>Scrambled Eggs (Sfa,Chl) - 0.33 CP<br>*Pork Bacon (Sfa,Sod,Chl) - 3.00 SLC<br>Fried Potatoes - 0.75 CP<br>Wheat Toast - 2.00 SLC<br>Jelly (Sug) - 2.00 TBS<br>Margarine (Sfa) - 1.00 TBS<br>Skin Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA                  |   |
| <b>LUNCH</b>     |   |   |  |   |  |   |  |  |   |
| Week 4           | Coleslaw (Sod) - 0.75 CP<br>Barbeque Beef (Sod,Chl,Sfa) - 0.50 CP<br>Wheat Hoagie Roll - 1.00 EA<br>Green Beans - 0.75 CP<br>Seasoned Potatoes - 0.75 CP<br>Ketchup - 1.00 TBS<br>Fresh Fruit - 1.00 EA<br>Fortified Drink - 8.00 FLOZ          | *Soup of the Day (Sod,Chl) - 10.00 FL OZ<br>Roast Beef & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA<br>Shredded Lettuce - 0.25 CP<br>Wheat Hoagie Roll - 1.00 EA<br>Blended Vegetables - 0.75 CP<br>Chips - 1.00 BAG<br>Fresh Fruit - 1.00 EA<br>Fortified Drink - 8.00 FL OZ | Minestrone Soup - 10.00 FL OZ<br>Chicken Salad (Chl) - 0.50 CP<br>Shredded Lettuce - 0.25 CP<br>Wheat Hoagie Roll - 1.00 EA<br>Shredded Cheese (Sfa,Chl) - 2.00 TBS<br>Salsa (Sod) - 0.25 CP<br>Salad Dressing (Sfa,Sod) - 2.00 FL OZ<br>Spanish Rice - 0.75 CP<br>Tortilla Chips - 2.00 OZ<br>Fresh Fruit - 1.00 EA<br>Fortified Drink - 8.00 FL OZ | Taco Salad with Meat (Chl,Sfa) - 1.00 SV<br>Seasoned Beans - 0.75 CP<br>Shredded Cheese (Sfa,Chl) - 2.00 TBS<br>Tartar Sauce (Sfa) - 2.00 EA<br>Hot Dog (Sod,Chl) - 2.00 EA<br>Chili with Beans - 6.00 FL OZ<br>Shredded Cheese (Sfa,Chl) - 2.00 TBS<br>Salsa (Sod,Chl) - 0.75 CP<br>Cauliflower - 0.75 CP<br>Breadstick - 1.00 EA<br>Fresh Fruit - 1.00 EA<br>Fortified Drink - 8.00 FL OZ | *Soup of the Day (Sod,Chl) - 10.00 FL OZ<br>Breaded Fish (Chl) - 2.00 EA<br>Tartar Sauce (Sfa) - 2.00 EA<br>Macaroni & Cheese (Sfa,Sod,Chl) - 2.00 EA<br>Poultry Gravy - 2.00 FL OZ<br>Mashed Potatoes - 0.75 CP<br>Green Beans - 0.75 CP<br>Wheat Bread - 2.00 SLC<br>Margarine (Sfa) - 1.00 TBS<br>Frosted Cake (Sfa,Sod,Sug) - 1.00 PIECE<br>Fortified Drink - 8.00 FL OZ | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Chicken Teriyaki (Chl) - 0.50 CP<br>Brown Rice - 0.75 CP<br>Stir-Fry Vegetables - 0.75 CP<br>Milk Roll - 1.00 EA<br>Gelatin & Whip Topping (Sfa) - 0.50 CP<br>Tea - 8.00 FL OZ  | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Cheese Pizza (Sod,Chl,Sfa) - 1.00 EA<br>Blended Vegetables - 0.75 CP<br>Peanut Butter Cookie (Sfa,Chl,Sug) - 1.00 EA<br>Tea - 8.00 FL OZ   | Texas Slaw - 0.75 CP<br>Burrito Beans - 0.75 CP<br>Shredded Cheese (Sfa,Chl) - 2.00 TBS<br>Salsa (Sod) - 0.25 CP<br>Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA<br>Spanish Rice - 0.75 CP<br>Fresh Fruit - 1.00 EA<br>Tea - 8.00 FL OZ  | Texas Slaw - 0.75 CP<br>Burrito Beans - 0.75 CP<br>Shredded Cheese (Sfa,Chl) - 2.00 TBS<br>Salsa (Sod) - 0.25 CP<br>Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA<br>Spanish Rice - 0.75 CP<br>Fresh Fruit - 1.00 EA<br>Tea - 8.00 FL OZ |
| <b>DINNER</b>    |   |   |  |   |  |   |  |  |   |
| Week 4           | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Turkey Noodle Casserole (Sod,Chl) - 1.25 CP<br>Broccoli - 0.75 CP<br>Wheat Bread - 2.00 SLC<br>Margarine (Sfa) - 1.00 TBS<br>Tea - 8.00 FL OZ   | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Chicken Tortilla Slew (Chl) - 10.00 FL OZ<br>Brown Rice - 0.75 CP<br>Carrots - 0.75 CP<br>Tortilla Chips - 1.00 OZ<br>Sour Cream (Sfa,Sod,Chl,Sug) - 1.00 EA<br>Fruit Bar (Sfa,Sod,Chl,Sug) - 1.00 EA<br>Tea - 8.00 FL OZ | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Meat Sauce (Chl,Sfa) - 0.75 CP<br>Spaghetti - 0.75 CP<br>Broccoli - 0.75 CP<br>Focaccia Bread (Sod) - 1.00 EA<br>Tea - 8.00 FL OZ  | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Chicken Teriyaki (Chl) - 0.50 CP<br>Brown Rice - 0.75 CP<br>Stir-Fry Vegetables - 0.75 CP<br>Milk Roll - 1.00 EA<br>Gelatin & Whip Topping (Sfa) - 0.50 CP<br>Tea - 8.00 FL OZ  | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Beef Patty (Chl,Sfa) - 0.50 CP<br>Onions & Pickles (Sod) - 0.25 CP<br>Mayo & Mustard (Sod) - 2.00 TBS<br>Wheat Burger Bun (Sfa,Chl) - 1.00 EA<br>Peas - 0.75 CP<br>Seasoned Potatoes - 0.75 CP<br>Ketchup (Sod) - 2.00 TBS<br>Tea - 8.00 FL OZ   | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Cheese Pizza (Sod,Chl,Sfa) - 1.00 EA<br>Blended Vegetables - 0.75 CP<br>Peanut Butter Cookie (Sfa,Chl,Sug) - 1.00 EA<br>Tea - 8.00 FL OZ  | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Beef Patty (Chl,Sfa) - 0.50 CP<br>Onions & Pickles (Sod) - 0.25 CP<br>Mayo & Mustard (Sod) - 2.00 TBS<br>Wheat Burger Bun (Sfa,Chl) - 1.00 EA<br>Peas - 0.75 CP<br>Seasoned Potatoes - 0.75 CP<br>Ketchup (Sod) - 2.00 TBS<br>Tea - 8.00 FL OZ | Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FL OZ<br>Beef Patty (Chl,Sfa) - 0.50 CP<br>Onions & Pickles (Sod) - 0.25 CP<br>Mayo & Mustard (Sod) - 2.00 TBS<br>Wheat Burger Bun (Sfa,Chl) - 1.00 EA<br>Peas - 0.75 CP<br>Seasoned Potatoes - 0.75 CP<br>Ketchup (Sod) - 2.00 TBS<br>Tea - 8.00 FL OZ |   |

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