



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

April 10, 2025,

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GROUP LIVING

Oregon State Penitentiary Internal PREA Audit April 16th-18th

In 2003 the federal government enacted the Prison Rape Elimination Act (PREA). In May 2012, the US Department of Justice released its final rule in accordance with PREA. The purpose of this law is to reduce sexual abuse and sexual harassment in confinement settings by focusing on prevention, detection, and response.

The Oregon Department of Corrections fully supports the guidelines set forth in this law and remains committed to a zero-tolerance policy for sexual abuse and sexual harassment and retaliation for reporting an incident. Sexual abuse or harassment from other AICs or staff is never okay and never your fault.

There are some key things you can do to protect yourself from being a victim.

- Avoid isolated or secluded areas
- Be aware of your body language
- Never share personal information
- Never borrow canteen items
- Never accept gifts from another AIC
- Be cautious of AICs offering to protect you
- Report all acts of violence against you

If you are the victim of sexual abuse or sexual harassment, your best defense is to report the incident as quickly as possible. There are multiple ways to report, including reporting anonymously.

- In person to any staff
- Through an AIC communication
- Through the grievance system
- Call the Inspector General's Hotline (Pick up handset, make language selection and dial "91")
- Write the Governor's Office (State Capitol, Room Suite 254, 900 Court St., Salem, Oregon 97301), and you can request to remain anonymous
- Friends or family can report on your behalf (877- 831-0389)

You can be assured that the information will be received in a confidential manner.

If you have been victimized, it is important to remember not to wash away the evidence.

- Don't shower
- Don't remove or wash your clothes
- Don't brush your teeth

The Department of Corrections rules prohibit any form of sexual activity. Beyond rules, forced or coerced sexual behavior is a criminal offense and the department will take every action possible to hold perpetrators accountable, including prosecution resulting in additional time in prison.

You need to be aware that it is against the law for staff, contractors, or volunteers to engage in any type of sexual activity with an AIC. By law, an incarcerated person is unable to legally consent to sexual activity of any kind with a staff member. This type of activity is referred to as Staff Sexual Misconduct and is punishable up to and including loss of employment, or imprisonment. Any reports of such incidents will be investigated thoroughly by State Police, and the employee will be held accountable if found guilty.

AICs who allege sexual misconduct by staff or other AICs, and whose allegations are proven by investigators to be false, or who through investigation have been determined to have engaged in sexual solicitation of staff or AICs, will be held accountable through all means available to the DOC. That said, if you make a report that is investigated, but cannot be proven, you will not be punished for making the report.

As part of the PREA standards, staff must announce their presents when they enter a housing unit where there are AIC's of the opposite gender as themselves. This must be done any time the status quo of the gender supervision on a housing unit changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). These opposite gender announcements are done utilizing a doorbell system. When you hear

the doorbell, opposite gender staff will be entering the housing unit.

It is also important you undress in the appropriate locations. There are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments.

/s/ S. Brown, Correctional Lieutenant

LEGAL LIBRARY

Law Library Closure: Week of April 28-May 2, 2025

DOC Law Libraries will be closed across the state for all-staff training during the last week of April. Annual training allows us to keep Library Coordinators up-to-date and increase the quality of services provided within institutions and to AICs. We appreciate your understanding and look forward to resuming regular services after this event.

Please plan to make law library requests around these closures. If you have a deadline during this time, please plan to have all work completed prior as we will be unable to provide services during our planned closure.

Institution-specific information is posted in the facility library.

/s/ J. Janis, Legal & Library Services Manager

HEALTH SERVICES

Health Service would appreciate your understanding regarding kypes for medical records. Due to several changes within medical records, there is a backlog of kypes. The new records specialist will get them caught up as fast as they can while also doing other requests. Thank you and we appreciate your understanding.

/s/ K. Ross RN, Medical Service Manager

JOB ANNOUNCEMENTS

OSP Call Center Clerk-

PRAS Points: 14 to 17 After 6mo.

REQUIREMENTS: INC Level 3, Apply by 4/30/25, 2 Years Remaining in DOC custody

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.

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 main 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.

To apply – Sent application to OCE Call Center – Rick Masterson or provide to any OCE staff member

/s/ R. Masterson, Production Supervisor

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 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

Weekly Chapel Schedule

Saturday, April 12th:

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, April 13th:

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, April 14th:

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

Tuesday, April 15th:

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

6:00 pm Buddhist (1st and 3rd Tuesdays)

Wednesday, April 16th:

1:00 pm Justice issues

Native drumming

6:00 pm Most Excellent way chapel

Thursday, April 17th:

12:30 pm Biblical Hebrew class

1:00 pm TUMI

6:00 pm Gospel service

Friday, April 18th:

1:00 pm NOI Jumma Prayer

Sunni Jumma prayer

6:00 pm Anger and the Bible (2nd and 4th)

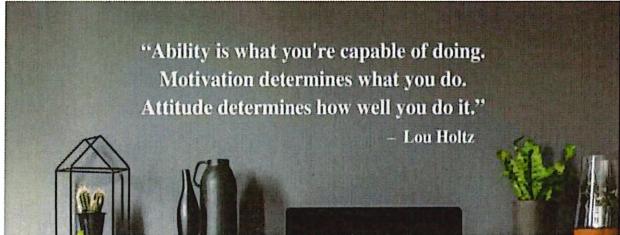
POINT TO PONDER

“Ability is what you're capable of doing.

Motivation determines what you do.

Attitude determines how well you do it.”

— Lou Holtz



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

ATTENTION: NEW MAIL RULE UPDATE

On March 26, 2025, Chief of Security, Mr. Brian Stephen, sent this message to all Mailroom Staff:

The mail rule was recently changed in an effort to mitigate known methods of contraband introduction via mail. One of the changes is here:

Incoming Mail

(4) Authorized Envelopes:

- (a) Except for mail that is addressed and received directly from the Corrections Ombudsman, a government entity, an approved vendor, publisher, treatment facility, health care provider, or is properly marked as "legal" or "official" mail, 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".
- (b) Examples of envelopes that will not be accepted include, but are not limited to, the following:
 - (A) Any non-white envelope.
 - (B) Envelopes larger than 9" by 12" (except as provided in subsection (4)(a) of this rule).
 - (C) Envelopes that are not commercially produced.
 - (D) Envelopes made of cardboard, padded, corrugated, or tear-resistant material.
 - (E) Envelopes constructed of heavy weight paper (that is, greater than 20 pound) or **with security screening features.**

An unintended consequence of this rule change has been discovered:

It was not, and is not, the intention of the ODOC to prevent AICs from receiving banking, other financial, or stock information. Some of this information is important for AICs to receive to allow them to file tax information correctly. Envelopes from businesses who deal with this information are predominantly "security" envelopes. It is a policy decision to allow these envelopes, coming from financial institutions into the facilities. These are not "legal mail" or "official mail" so can still be searched as normal, but this mail should be allowed in the facility despite the coloring or security features on the envelope. If there are other violations or concerns, they can be addressed individually and dealt with accordingly.

Acting LIO/PIO, Sandra Curtiss



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 TO VIEW THE NEW RULES

EMAIL QUESTIONS TO 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/
FINANCIAL INSTITUTIONS



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.



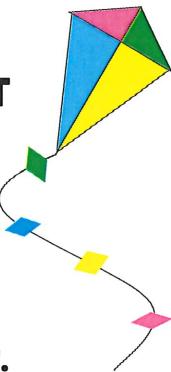
INMATE COMMUNICATION FORMS

“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.**

Date: April 4, 2025

To: All Adults in Custody

From: DOC Health Services Division

Beginning May 1st, aspirin will no longer be offered at medline. For those patients who are suffering from mild to moderate pain from headaches, muscle aches, menstrual periods, colds and sore throats, backaches and other associated symptoms, ibuprofen and acetaminophen are available at the housing unit. In addition to calcium carbonate (Tums®) for acid indigestion, heartburn and upset stomach, these products are available for self-use. If your health care needs are of a greater need, please see your medical provider.

Fecha: 4 de abril de 2025

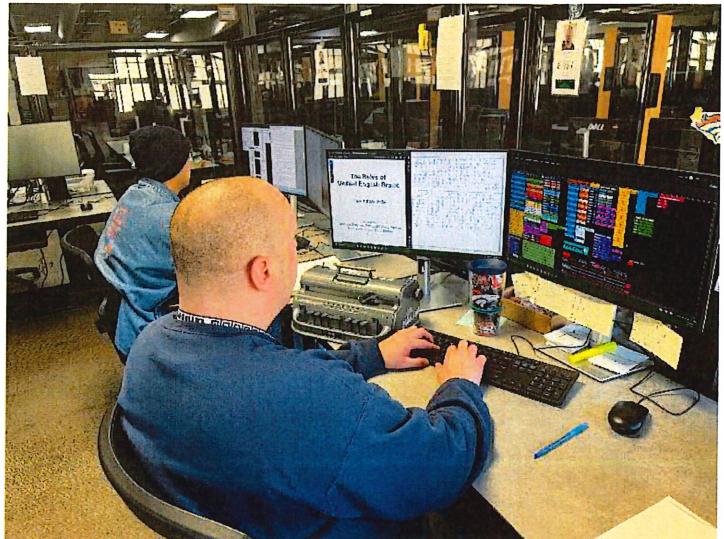
Para: Todos los adultos en custodia

De: División de Servicios Salud

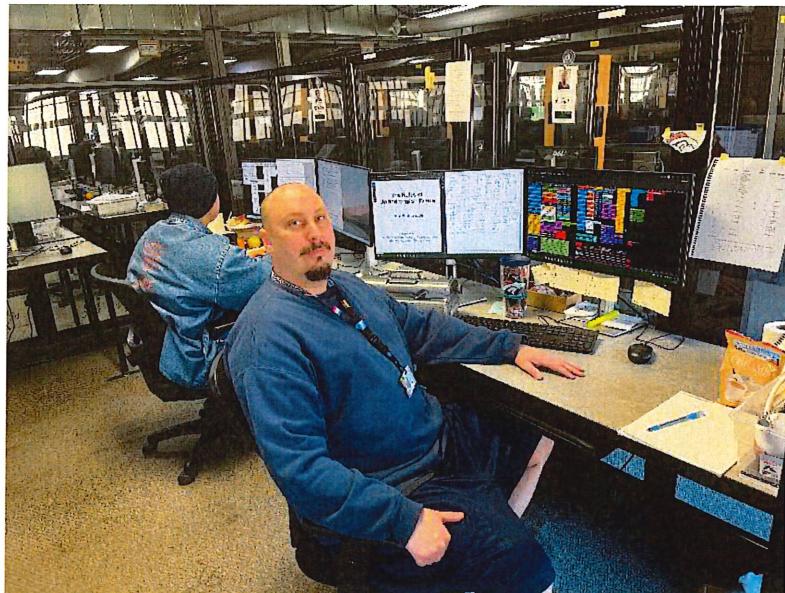
Comenzando el 1 de mayo, la aspirina ya no se ofrecerá en medline. Para esos pacientes que padecen dolor leve a moderado de dolor de cabeza, dolores musculares, periodo menstrual, resfriado y dolor de garganta, dolor de espalda y otros síntomas asociados, ibuprofeno y paracetamol están disponible en la unidad de Vivienda. Además del carbonato de calcio (Tums®) para indigestión acida, acidez y malestar estomacal, estos productos estarán disponibles para uso propio. Si sus necesidades de atención medica son mayores, por favor vea a su proveedor médico.

'The Braille Cell' Through the Eyes of an AIC at OSP

Hello, my name is Jason Cizek, and I work in The OCE Braille Program at OSP. I am currently halfway through the NLS UEB Literary Braille Certification Course through the National Federation for the Blind, where I'm learning how to transcribe Braille for the visually impaired community. Having been incarcerated for 13 years, this is the first time I've ever felt that I've been given a real opportunity to learn a new skill that will truly change my future for the better. Upon my release from prison, I will be 54 years old, and I will have a trade I can take with me that will translate into job opportunities. After spending most of my life as a mechanic and welder, I'll have the chance to work at a desk for those later years of my life.



This job has not only taught me valuable skills, but I also plan to start my own business. My goal, after my release, is to hire a few fellow AICs from this program once they are released. I aim to help them transition into productive members of society by offering employment and supporting them through appointments like meetings with parole officers, AA, NA, food stamps, or any other required classes. I truly believe in the power of this program, and I hope OCE. will offer more job skills training



programs like this one to give us all a real chance at a productive life upon release.

My coworkers and I have come up with the name "The Braille Cell." Be sure to share it with everyone you know!

Application submission process: If you are interested in applying, complete a DOC Work Application referencing the OCE Braille Program C/O La'Shasta Kellogg and send it to the OSP Contact Center. We will continue accepting applications for future openings.

APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30-MAR	31-MAR	1	2	3	4	5
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
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 EARTH DAY						
27	28	29	30	1-MAY	2-MAY	3-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
HOLOCAUST REM. 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
AFTERNOON YARD - 1:00PM TO 3:30PM
EVENING YARD 4:30PM TO SUNSET



Mainline

Monday 4/14/2025		Tuesday 4/15/2025		Wednesday 4/16/2025		Thursday 4/17/2025		Friday 4/18/2025		Saturday 4/19/2025		Sunday 4/20/2025	
BREAKFAST													
Week 1	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Peanut Butter (Sfa) - 2.00 TBS Pancakes (Sod Chl) - 3.00 EA 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 EA English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 1.75 CP Skim Milk - 16.00 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 EA Skin 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,Sfa) - 0.75 CP 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 Coffee - 8.00 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 Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Peanut Butter (Sfa,Chl) - 2.00 TBS Hard Boiled Egg (Sfa,Chl) - 1.00 EA Breakfast Pastry (Sfa,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA						
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 Pork (Sod,Chl,Sfa) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sfa,Sod,Chl) - 0.75 CP Green Beans - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Potato Soup - 10.00 FLOZ Tuna Salad (Chl) - 0.75 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 Shredded 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 "Meat & Cheese Sandwich on Wheat (Sod Chl,Sfa) - 1.00 EA Sliced Onions - 2.00 TBS 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 "Pizza - Ground Beef, Onion, Bell Pepper (Sod,Chl,Sfa) - 10.00 FLOZ Baked Potato - 1.00 EA Sour Cream (Sfa,Chl) - 2.00 TBS Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Margarine (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Pot Pie (Chl) - 0.75 CP Brown Rice - 0.75 CP Cauliflower - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Pasta (Sod) - 1.00 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 Fortified Drink - 8.00 FLOZ				
Week 1	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Beef Patty - 1.00 EA Scalloped Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Brown Rice - 0.75 CP 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,Chl) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ "Pizza - Ground Beef, Onion, Bell Pepper (Sod,Chl,Sfa) - 10.00 FLOZ Baked Potato - 1.00 EA Sour Cream (Sfa,Chl) - 2.00 TBS Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Chicken Marinara (1 CP) (Chl) - 1.00 CP Pasta (Sod) - 1.00 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Chicken Pot Pie (Chl) - 0.75 CP Brown Rice - 0.75 CP Cauliflower - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Pasta (Sod) - 1.00 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ								

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

כונינגן גריי גראינן פולס:

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

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