



Warner Creek Trails

MAY 2025

WARNER CREEK TRAILS

VOLUME 25 ISSUE 5



Zodiac Signs for

May:

Taurus: April 21 to May

20

Gemini: May 21

WINNING

WORDS:

A dry May and a leaking June
Make the farmer whistle a merry tune.

A snowstorm in May
Is worth a wagonload of hay.

Among the changing months, May stands confessed

The sweetest, and in fairest colors dressed!

—James Thomson,

The Month of May

May is known as a month of transition. If you live in the northern hemisphere, the fresh cold winds are gone, as are the rains of early spring.

By the time May comes around, the spring flowers are blooming, birds are chirping, and life is starting to seem a little more joyful day by day!

If you're on the other side of the world, in the southern hemisphere, then it's a time when summer is long gone. The fall winds have swept by, and the nights are getting colder and darker.

It's a time of change, yet still delightfully warm.

Again, May is a time of change, no matter where in the world you are.

What is it about May that's so significant though? Let's take a look at this a-may-zing month!

The name *May* is the modern-day English adaption of the Latin word *Maius*, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth.

A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word *Maiores*, the Latin for "elders," that the month gained its name.

The word *May* wasn't actually used until the middle ages were on their way out, around the 15th Century AD. Up until then, the Roman word *Maius* was still used.

May used to have a very different name in Old English. Back then, the month was referred to as the “month of three milkings.” Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!

May was once considered an incredibly ill-omened time to get married. There’s an adage for it actually, which goes: “*Marry in May and you’ll rue the day.*” It’s not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!

May isn’t just a bad time to get married, though. There’s the Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn’t wash any blankets either!

May is the month that the Eurovision song contest is held every year. For those not in the know. Eurovision is an international song contest that has been held every year since 1956. Some of the contest winners over the years have gone on to be incredibly successful groups, with the most notable being ABBA!

May is a special time for *Star Wars* fans worldwide and always a good reason to re-watch the movies. May the 4th is celebrated as Star Wars day, due to the way the date sounds similar to “*May the Force.*” We won’t start the debate over whether the old movies are better than the new ones, because we all know the answer to that!

Every year there is a particular meteor shower in May called the Eta Aquariids meteor shower. Discovered in 1870, this meteor shower passes by Earth between April 19 and May 28. It’s easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn. It is said that those born in May have a greater chance of being more successful in life and experience more love. While this may not be scientifically factual, it has been noticed that people born in May understand the importance of love and success more than others.

The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it’s still an awe-inspiring feature of the New York cityscape!

Back in the day in Europe, it wasn’t a good May if you didn’t celebrate it with a maypole. In the UK, at least, they were present since at least 1350 AD. Celebrants would erect a long pole and attach flowers, garlands, and strips of fabric to it, around which certain dances would take place.

May is a pretty good month for US presidents. Every other month of the year, at least one US president has died, but never in May!

May is pretty exclusive when it comes to days of the week. No other month in one single year starts or finishes on the same weekday as May. Basically, if the first of May is on a Friday, and the 31st of May is on a Sunday, no other months in the year will start or end on a Friday or a Sunday!

The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter color. Emeralds are symbols of fertility and rebirth.

May actually has two birth flowers – Lily-of-the-Valley and the Hawthorn. The Hawthorn flower is a symbol of hope, while the Lily-of-the-Valley represents the return of happiness and sweetness.

May also has two Zodiac signs, Taurus and Gemini. People born under the sign of Taurus are said to be ambitious and smart, yet trustworthy. Those born under the sign of Gemini are said to be passionate, adaptable, and smart.

May has some pretty interesting month-long observances. In the U.K., May is National Pet Month and National Smile Month. In the US, May is National Burger Month, Older Americans Month, and National Military Appreciation Month.

May also has some pretty wacky days! Hawaii celebrates Lei Day on the first of May, which also happens to be May Day. Utah celebrates Golden Spike Day on May 10th after the First Transcontinental Railroad was completed. May 29th is celebrated as Put a Pillow on Your Fridge Day!

Many famous people were born in May, such as Mark Zuckerberg, Karl Marx, Clint Eastwood, Wes Anderson, John F. Kennedy, Queen Victoria, and Catherine the Great!



May Calendar

May 1 is May Day. Mark the return of spring by bringing in branches of forsythia, lilacs, or other flowering shrubs from your region. May Day is also “Lei Day” in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers such as plumeria. Nowadays, they are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha.

May 5 is Cinco de Mayo (“The Fifth of May”). This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.

May 11 is Mother’s Day—don’t forget! Do you have something planned to show appreciation for your mother?

May 17 is Armed Forces Day, which honors those who serve in all branches of the United States military.

May 19 is Victoria Day in Canada. This holiday celebrates the birthday of Queen Victoria, who was born on May 24, 1819. The holiday is observed on the penultimate Monday in May.

May 22 is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.

May 26 is Memorial Day—a poignant reminder of the tenacity of life. We honor our fallen soldiers and their ultimate sacrifice. It’s tradition to raise the flag on this day;



“Just for Fun” Days

May is **Get Caught Reading Month** and **National Good Car-Keeping Month**.

Here are some more fun things to celebrate this May:

- **May 1:** School Principals' Day
- **May 2:** World Tuna Day
- **May 8:** No Socks Day
- **May 14 (second Wednesday in May):** Root Canal Appreciation Day
- **May 14:** Dance Like a Chicken Day
- **May 28:** Slugs Return from Capistrano Day

May Full Moon

May's full Moon, called the **Flower Moon**, appears on Monday, May 12, reaching peak illumination at 12:56 P.M. (EDT). It will be below the horizon at this time, so for the best view of this full Moon, step outside on the night of the 12th or the 13th and look for that big, bright, shining lunar disk!

May Birth Symbols

May's **birth flowers** are the Hawthorn and the Lily-of-the-valley. The hawthorn means hope, while the lily-of-the-valley symbolizes sweetness or the return of happiness.

May's **birthstone** is the emerald. Here are a few fun facts about emeralds:

- The emerald is a green type of beryl. Its color ranges from light to rich green; the more saturated hues are more valuable, especially if pure- or blue-green.
- Natural emeralds are flawed, with fractures or other materials mixed in, called inclusions, which may appear as needles, columns, or cubes of minerals or bubbles of gas or liquid. Sometimes, oil or resin is added to fill fractures and improve appearance.
- Some of the best emeralds come from South American mines, although perhaps the oldest known came from Egypt. The emerald was a favorite gem of Cleopatra.

The emerald symbolizes rebirth and fertility and was thought to grant foresight, cure various diseases, soothe nerves, improve memory, and ensure loyalty.

Name: _____

Date: _____

STAR WARS
**MAY THE 4TH BE WITH
 YOU WORD SEARCH**



B	M	I	L	L	E	N	N	I	U	M	F	A	L	C	O	N	L	N	O	B	D
L	P	B	J	J	A	Y	F	P	L	O	B	F	T	M	M	D	P	E	Y	O	V
I	O	A	M	E	U	H	H	B	N	A	B	O	O	A	Y	I	S	F	I	B	W
G	L	F	L	M	T	A	C	E	Z	W	Z	I	H	N	T	K	H	Y	Y	A	D
H	K	P	F	P	V	H	T	R	H	C	T	N	A	D	N	O	H	Q	V	F	A
T	B	R	S	I	A	U	E	M	A	J	L	X	N	A	Y	G	O	Z	X	E	R
S	O	I	G	R	S	T	S	F	F	S	Z	D	S	L	Q	S	K	I	V	T	T
A	B	N	C	E	Q	J	I	L	O	O	F	W	O	O	E	I	U	Y	N	T	H
B	I	C	K	R	F	C	C	N	J	R	R	C	L	R	V	T	U	V	L	E	V
E	W	E	W	P	R	E	Z	R	E	Q	C	C	O	I	A	H	J	O	Y	V	A
R	A	S	C	H	E	W	B	A	C	C	A	E	E	A	K	T	M	E	I	Y	D
M	N	S	Q	A	R	C	V	T	Z	W	J	N	A	N	R	E	S	D	D	C	E
K	K	L	Y	T	A	S	T	K	J	X	P	R	J	W	Z	S	Q	T	I	I	R
J	E	E	W	O	T	S	T	A	R	W	A	R	S	C	A	R	F	E	X	M	L
H	N	I	O	S	D	H	P	Y	J	F	G	P	W	W	G	K	X	W	I	N	G
B	O	A	F	Q	N	A	S	L	A	V	E	I	Q	N	Y	H	E	U	D	F	I
B	B	T	F	P	V	T	I	E	F	I	G	H	T	E	R	D	M	N	I	B	F
H	I	B	H	Q	M	L	U	K	E	S	K	Y	W	A	L	K	E	R	S	V	T

HOTH
 PALPATINE
 EMPIRE
 SITH
 CHEWBACCA
 JEDI

X-WING
 PRINCESS LEIA
 LUKE SKYWALKER
 THE FORCE AWAKENS
 SLAVE I
 YODA

BOBA FETT
 NABOO
 STAR WARS
 LIGHTSABER
 TATOOINE
 OBI WAN KENOBI

FORCE
 HAN SOLO
 MANDALORIAN
 DARTH VADER
 TIE FIGHTER
 MILLENNIUM FALCON



**State of Oregon
Department of Corrections Commissary**

DATE: **TUESDAY, APRIL 08, 2025**
TO: Adults in Custody
FROM: Dustin Hoffman, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

**Due to year-end inventory, sales of the following pre-sale items will be suspended from
May 5th close of business – June 30th ,2025.**

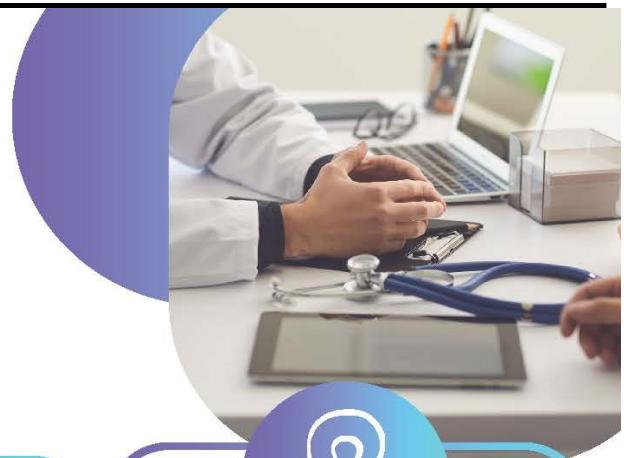
Incentive form

Incentive Order Form	
Please use my Protected Funds for this order	
Signature Required	
SID: _____ Date: _____	
Name _____	
Last Institution	First Block-Unit
Cell-Bunk	
Please allow upto 6 weeks for delivery as we do not carry an inventory of items.	
Your order was processed	
Shoe Order #	
Incentive Order #	
TV Order #	

Any orders submitted for suspended items during this period will be cancelled. Normal
sales of these items will resume beginning June 30, 2025.

ODOC Health Services

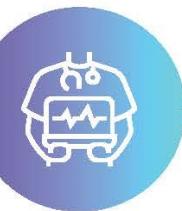
Health Matters: Learn About the New EHR System



Your Health

Taking care of your health is important, and the new Electronic Health Record (EHR) system will help make it easier. This new system stores your healthcare information safely on a computer instead of paper, helping your healthcare team understand your health better. It can:

- Keep your medical history accurate.
- Help healthcare workers share information quickly.



Why You Should be Involved in Your Healthcare

You are an important part of your healthcare! Asking questions and talking to your healthcare team helps them understand your needs. Being involved means:

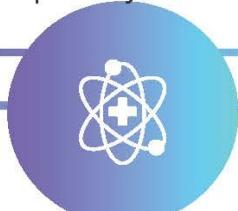
- You can make good choices about your health.
- You can work better with your healthcare providers.
- You stay on track to improve your health.



How to Ask Questions About the EHR System

It's okay to ask about the EHR. Here's how:

- Submit your questions on a Kyte addressed to: ASKEHR.
- Watch for flyers and additional articles in AIC Newsletters.
- Join Info Sessions: Attend Town Hall about the EHR system when offered.



Take Charge of Your Health

The EHR system is here to help you. Asking questions and learning about it lets you stay involved and take charge of your healthcare. Your health is your journey—be an active part of it!

Servicios de salud de ODOC

La salud importa: Conozca el nuevo sistema EHR



Su salud

Cuidar su salud es importante, y el nuevo sistema de Historia Clínica Electrónica (EHR por sus siglas en inglés) le facilitará este proceso. Este nuevo sistema almacena su información médica de forma segura en una computadora en lugar de papel, lo que ayuda a su equipo médico a comprender mejor su salud. Puede:

- Mantener la exactitud de su historial médico.
- Ayudar al personal sanitario a compartir información rápidamente.



Por qué debe participar en su atención médica

Usted es una parte importante de su atención médica. Hacer preguntas y hablar con su equipo de atención médica les ayuda a comprender sus necesidades. Participar significa:

- Podrá tomar buenas decisiones sobre su salud.
- Podrá colaborar mejor con el personal sanitario.
- Podrá seguir mejorando su salud.



Cómo hacer preguntas sobre el sistema EHR

Está bien preguntar sobre EHR. A continuación le explicamos cómo:

- Envía sus preguntas en un Kyste dirigido a: ASKEHR.
- Esté atento a los folletos y artículos adicionales en los boletines de AIC.
- Únase a las sesiones informativas: Asista al ayuntamiento sobre el sistema EHR cuando se ofrezca.

¡Esperamos saber de usted!



Tome el control de su salud

El sistema de EHR está aquí para ayudarle. Hacer preguntas e informarte sobre él te permite mantenerte involucrado y tomar el control de tu atención médica. Tu salud es tu camino: ¡sea parte activa de él!

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.

May

Education Dates

May 2	No school
May 6	GED testing
May 8	GED testing
May 9	No school
May 11	Happy Mother's Day – don't forget to call your mother
May 12-14	No school
May 20	GED testing
May 22	GED testing
May 23	No school
May 26	Memorial Day – No school
May 30	No school



Education Library Book of the Month



213.RIA.01.001 “Pandemic” by A.G. Riddle

A deadly outbreak in Kenya. A conspiracy beyond imagination. And a race to save humanity in its darkest hour. A hundred miles north of Alaska, an American Coast Guard vessel discovers a sunken submarine at the bottom of the Arctic Ocean. Deep within, researchers find evidence of a scientific experiment that will alter our very understanding of the human race. In Atlanta, Dr.

Shaw is the CDC’s leading epidemiologist and is among the first responders to outbreaks around the world. This time, she may have met her match...

Independent Study of the Month

The Entrepreneur’s Toolkit

The course starts with practical approaches to discover great business ideas all around you. Even if you already have a great business idea, these approaches will help you imagine it in a new way and make it even better. You will examine what entrepreneurship is and what entrepreneurs do. The second lecture describes how to create a proof of concept that helps you develop and refine your business idea. Understanding who the *real* customer is and what the *real* problem is forms the basis for creating the proof of concept. Finally, we discuss how to prototype the idea and monetize the concept. Eight lectures examine one of the greatest stumbling blocks for entrepreneurs – building and writing a strong business plan. All the key concepts are covered: how to grab your reader’s attention with an executive summary and a sound business description, how to conduct market research and analysis, how to line up a management team that will win investors over, and how to organize your operations.

Language change over time - LORD'S PRAYER in English



In Modern English:

Our Father who is in heaven, may your name be kept holy. May your kingdom come, and your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. Amen

In "King James" English – first printing 1611:

Our Father which art in heaven, Hallowed by thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us of our trespasses as we forgive those who trespass upon us. And lead us not into temptation but deliver us from evil.

Amen

(Printing press invented about 1500. The Prayer changed less in 400 years after the printing press – above - than it did in 200 years before it - below. All languages change over time, but less so after that language has writing, and then printing. Without writing and reading, sounds changed more. See below.)

In "Middle English" – on parchment, about 1400:

Oure fadir that art in heuenes, halwid be thi name; thi reume come to be. Be thi wille don in herthe as it is dounin heuene. Yeue to us today oure eche dayes bred. And foryeue to us oure dettis that is oure synnys as we foryeuen to oure dettouris that is to men that han synned in us. And lede us not into temptation, but delyuere us from euyl.

Amen

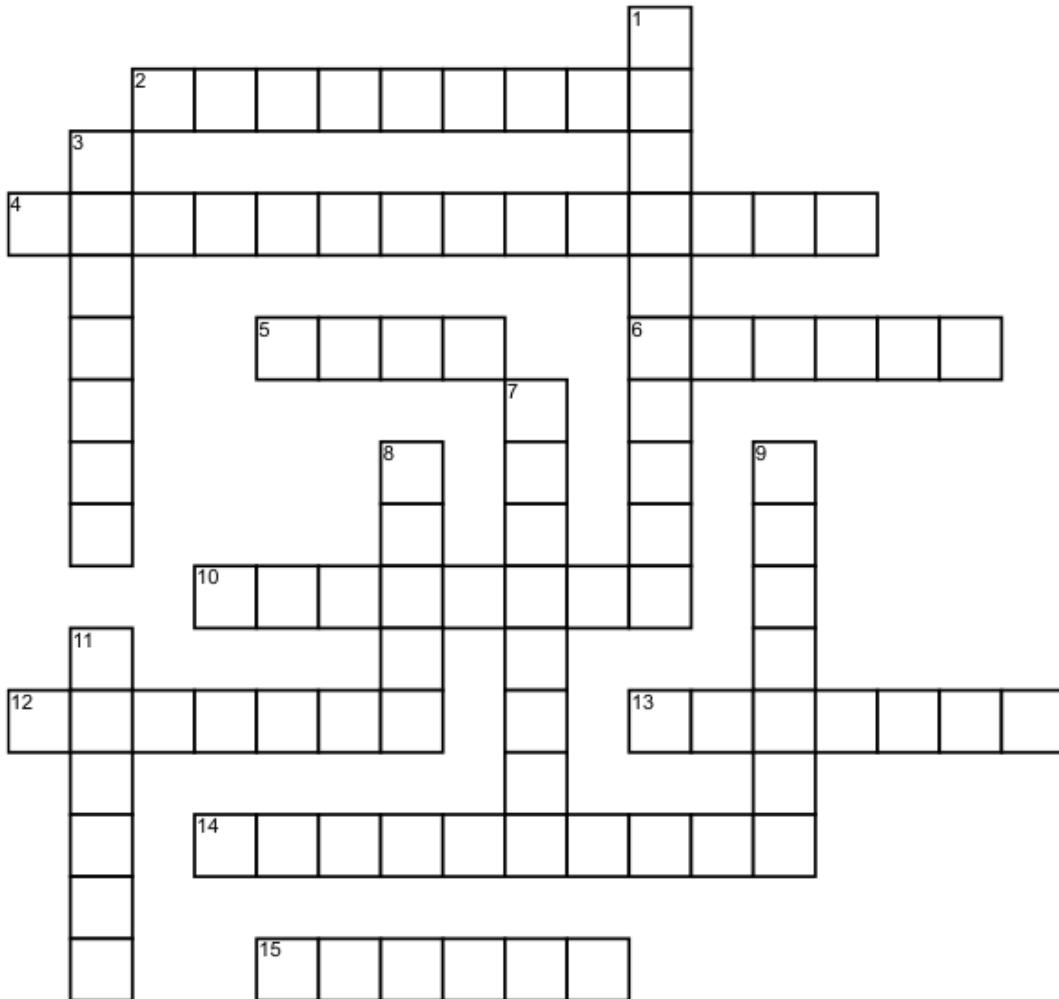
In "Old English" – from a scroll, about 1000:

Fæder ure thu the eart on heofonum, si thin nama gehalgod.

Name: _____

Date: _____

May the force be with you

**Across**

2. The direction of a force is shown by the _____ of the arrow.

4. When an apple is falling through the air the force that opposes gravity is the push force of _____.

5. When an apple is hanging on a tree the type of force that holds it on the branch is the _____ of the branch.

6. On a 'free body diagram' forces are represented by _____.

10. When forces are this an object either does not move, change shape, direction or speed.

12. Weight is measured in this (grams/Newton/litres).

13. A force that pulls everything towards the centre of the Earth (magnetic/gravity)

14. Gravity, magnetism and electricity are this type of force.

15. When an apple is sitting on the ground, the type of force that stops it from falling through the ground is the push force of _____.

Down

1. When an object changes speed, direction or shape or begins to move or stop the forces are said to be this.

3. Our weight on the moon would be _____ than our weight on Earth (lighter/heavier)

7. A force that opposes motion (friction/gravity)

8. Mass can be measured in this.

9. Push, pull, friction, normal and air resistance are this type of force (non-contact/contact/balanced).

11. The size of the force is shown by the _____ of the arrow.

LAW LIBRARY

UPDATES

****ALL MISSED LEGAL CALLOUTS WILL
RESULT IN AN
AUTOMATIC 4-HOUR CELL IN****

THE LAW LIBRARY WILL BE CLOSED
STATE WIDE FOR YEARLY TRAINING FROM

April 28th 2025

Through

May 2nd 2025



VETERANS SERVICES

Mr. Pereyra the Lake County Veterans Service Officer has offered to come in and meet with any veterans in need of help or resources from Veterans Services.

To be added to a call out kyte Ms. B Haveli in the Law Library by the 15th of each month to be added to Mr. Pereyra's next visit day.



Food Handlers

Food handler testing is May 8th. Fire crew season is coming, it would be a good idea for anyone interested to have their food handler card. Seats are limited now. 24 open spots for testing at a time. If you want to participate in fire crew you should sign up for testing now. If you are releasing and want a food handler card or to renew it and have 3 years before expiration, you need to test 8 weeks before your release date.

DOC Headquarters Mail

Just a friendly reminder that when you are sending mail through the US Postal Service to the Department of Corrections Headquarters, you should use the address below:

DOC Headquarters

Name of unit or employee

3723 Fairview Industrial Drive SE, Ste 200

Salem, OR 97302



Indigent Paper

Please contact Ms. Cobian for indigent paper.



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
04/14 05/19 06/23 07/28 09/01	04/15 05/20 06/24 07/29 09/02	04/16 05/21 06/25 07/30 09/03	04/17 05/22 06/26 07/31 09/04	04/18 05/23 06/27 08/01 09/05	04/19 05/28 06/28 08/02 09/06	04/20 05/09 06/29 08/03 09/07	04/21 05/10 06/30 08/04 09/08	04/22 05/11 06/31 08/05 09/09	04/23 05/12 06/30 08/06 09/10	04/24 05/13 06/30 08/07 09/11	04/25 05/14 06/30 08/08 09/12	04/26 05/15 06/30 08/09 09/13	04/27 05/16 06/30 08/10 09/14	
10/06	10/07	10/08	10/09	10/10	10/11	10/12								
BREAKFAST														
1	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Peanut Butter (Sfa,Chl) - 2.00 TBS Pancakes (Sod,Chl) - 3.00 EA Maple Syrup - 2.00 FL OZ Skim Milk - 16.00 FL OZ Coffee - 8.00 FL OZ 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 SLC CP White Flour Tortilla (Sfa) - 1.00 EA EA Skim Milk - 16.00 FL OZ Coffee - 8.00 FL OZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA Cheese Slice (Sfa,Chl) - 1.00 SLC Maple Syrup - 2.00 FL OZ English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skin Milk - 16.00 FL OZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FL OZ Sugar PC - 2.00 EA	Fatima - 1.00 CP Canned Fruit - 0.50 CP *Ham & Cheese Scramble (Chl,Sfa) - 0.75 CP Hard Boiled Egg (Sfa,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 FL OZ Sugar PC - 2.00 EA	Fatima - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast - 2.00 SLC Breakfast Pastry (Sfa,Chl) - 1.00 EA Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FL OZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP Peanut Butter (Sfa) - 2.00 TBS Poultry Sausage (Chl) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Breakfast Pastry (Sfa,Chl) - 1.00 EA Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FL OZ Sugar PC - 2.00 EA							
LUNCH														
1	FL OZ	Tomato Soup (Sod) - 10.00 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 FL OZ	Coleslaw (Sod) - 0.75 CP *Barbeque 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 FL OZ	Potato Soup - 10.00 FL OZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FL OZ	Asian Cabbage Salad - 0.75 CP Beef & Broccoli (Sod,Chl) - 0.75 CP Brown Rice - 0.75 CP Star Fry Vegetables - 0.75 CP Milk Roll - 1.00 EA Salad Dressing (Sfa) - 0.25 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FL OZ	Taco Salad with Meat (Chl,Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Salad Dressing (Sfa,Sod) - 2.00 TBS Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Tortilla - 1.00 EA Fortified Drink - 8.00 FL OZ	*Soup of the Day (Sod,Chl) - 10.00 FL OZ *Meat & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Shredded Cheese (Sfa,Chl) - 2.00 TBS 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 FL OZ	Taco Salad with Meat (Chl,Sfa) - 1.00 SV *Meat & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Shredded Beans - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 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 FL OZ	Texas Slaw - 0.75 CP Burrito Meat (Chl,Sfa) - 0.50 CP Refined Beans - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Lemon Cilantro Rice - 0.75 CP Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FL OZ					
DINNER														
1	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FL OZ Amish Hamburger Bake (Chl) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Pudding - 0.50 CP Margarine (Sfa) - 1.00 TBS Tea - 8.00 FL OZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL OZ Chicken & Broccoli Casserole (Chl) - 1.25 CP Baked Potat - 1.00 EA Sour Cream (Sfa,Chl) - 2.00 TBS Tea - 8.00 FL OZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL OZ *Pizza (choice) (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FL OZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL OZ Chicken PotPie (Chl) - 0.75 CP Cauliflower - 0.75 CP Chicken Marinara (1 CP) (Chl) - 1.00 CP Biscuit (Sfa,Sod) - 1.00 EA Margarine (Sfa) - 1.00 TBS Choice Cookie (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FL OZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL OZ Chicken Quarter (Chl,Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FL OZ Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FL OZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL OZ Chicken Quarter (Chl,Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FL OZ Pears - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FL OZ								

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



Culinary

Mainline		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week at a Glance	
4/21 5/26 6/30 8/4 9/8	4/22 5/27 7/1 8/5 9/9	4/23 5/28 7/2 8/6 9/10	4/24 5/29 7/3 8/7 9/11	4/25 5/30 7/4 8/8 9/12	4/26 5/31 7/5 8/9 9/13	4/27 6/1 7/6 8/10 9/14				
BREAKFAST										
Week 2	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chi) - 1.00 EA Cheese Slice (Sfa,Chi) - 1.00 SLC Bagel - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Farms - 1.00 CP Canned Fruit - 0.50 CP Sausage Gray (Chi) - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farms - 1.00 CP Canned Fruit - 0.50 CP Veggie & Cheese Scramble (Chi, Sfa) - 0.75 CP Waffles - 1.00 EA Peanut Butter (Sfa) - 3.00 TBS Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chi) - 0.50 CP Biscuit (Sfa,Sod) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Breakfast Pastry (Sfa,Chi,Sug) - 1.00 EA Shredded Cheese (Sfa,Chi) - 2.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Waffles - 2.00 EA Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 0.50 EA Yogurt (Sug) - 0.75 CP Breakfast Pastry (Sfa,Chi,Sug) - 3.00 SLC Shredded Cheese (Sfa,Chi) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chi) - 0.33 CP *Pork Bacon (Sfa,Sod,Chi) - 3.00 SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chi) - 0.33 CP *Pork Bacon (Sfa,Sod,Chi) - 3.00 SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	
LUNCH										
Week 2	*Meat & Cheese Sandwich on Wheat (Sod,Chi,Sfa) - 1.00 EA Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Mimestone Soup - 10.00 FLOZ Tuna Salad (Chi) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hamburger Roll - 1.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Corn Chowder (Sod) - 10.00 FLOZ Chicken-Lettuce Salad (Chi) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chi) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Bean Soup - 10.00 FLOZ *Grilled Ham & Cheese Sandwich on Wheat (Sod,Chi,Chi) - 1.00 EA Peaches - 0.75 CP Peach - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Texas Slaw - 0.75 CP Chili Mac (Chi,Sfa) - 1.25 CP Shredded Cheese (Sfa,Chi) - 2.00 TBS Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chi) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chi) - 10.00 FLOZ Chicken Salad (Chi) - 0.50 CP Shredded Lettuce - 0.25 CP Sliced Onions - 2.00 TBS Wheat Hamburger Roll - 1.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG French Bread - 1.00 SLC Garlic Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ MeatSauce (Chi,Sfa) - 0.75 CP Spaghetti - 0.75 CP Gauflower - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Enchiladas Casserole (Sod,Chi,Chi) - 1.00 SV Brown Rice - 0.75 CP Seasoned Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Gelatin & Whip Topping (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Roast Turkey (Chi) - 3.00 OZ/CD BulkyGravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chi) - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Roast Turkey (Chi) - 3.00 OZ/CD BulkyGravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chi) - 1.00 EA Fortified Drink - 8.00 FLOZ
DINNER										
Week 2	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quesadilla (Sod,Chi,Sfa) - 2.00 EA Salsa (Sod) - 0.25 CP Sour Cream (Sfa,Chi) - 2.00 TBS Carrots - 0.75 CP Brown Rice - 0.75 CP Zucchini - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ MeatLoaf (Chi,Sfa) - 1.00 EA Baked Potato - 0.75 EA Sour Cream (Sfa,Chi) - 2.00 TBS Green Beans - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 TBS FruitBar (Sfa,Sod,Chi,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheese Pizza (Sod,Chi,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chi,Sug) - 1.00 EA Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Gelatin & Whip Topping (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken & Rice Casserole (Chi) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Gelatin & Whip Topping (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Enchiladas Casserole (Sod,Chi,Chi) - 1.00 SV Brown Rice - 0.75 CP Seasoned Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Gelatin & Whip Topping (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Roast Turkey (Chi) - 3.00 OZ/CD BulkyGravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chi) - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Roast Turkey (Chi) - 3.00 OZ/CD BulkyGravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chi) - 1.00 EA Fortified Drink - 8.00 FLOZ			

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*Contains or may contain pork.

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



Mainline

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week at a Glance

BREAKFAST		LUNCH		DINNER	
4/28 6/2 7/7 8/11 9/15	4/29 6/3 7/8 8/12/16	4/30 6/4 7/9 8/13 9/7	5/1 6/5 7/10 8/14 9/18	5/2 6/6 7/11 8/16 9/19	5/3 6/7 7/12 8/16 9/20
Week 3					
Breakfast - 1.00 CP Canned Fruit - 0.50 CP Peanut Butter (Sfa) - 3.00 TBS Pancakes (Sod,Chi) - 3.00 EA Maple Syrup - 2.00 FL.OZ Skim Milk - 16.00 FL.OZ Coffee - 8.00 FL.OZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa,Chi) - 2.00 EA Refined Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP White Flour Tortilla (Sfa) - 1.00 EA Skin Milk - 16.00 FL.OZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chi) - 1.00 EA Cheese & Slices (Sfa,Chi) - 1.00 SLC English Muffin (Sfa,Chi) - 1.00 EA Fried Potatoes - 0.75 CP Skin Milk - 16.00 FL.OZ Coffee - 8.00 FL.OZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chi) - 1.00 EA French Toast (Chi) - 2.00 SLC Maple Syrup - 2.00 FL.OZ Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FL.OZ Coffee - 8.00 FL.OZ Sugar PC - 2.00 EA	Faith - 1.00 CP Canned Fruit - 0.50 CP *Ham & Cheese Scramble (Chi,Sta) - 0.75 CP Fried Potatoes - 0.75 CP Skin Milk - 16.00 FL.OZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Peanut Butter (Sfa) - 2.00 TBS Hard Boiled Egg (Sfa,Chi) - 2.00 EA Breakfast Pastry (Sfa,Chi) - 1.00 EA Skin Milk - 16.00 FL.OZ Sugar PC - 2.00 EA
Week 4					
Barbeque Chicken (Chi) - 0.50 CP Wheat/Ham/Grill Roll - 1.00 EA Brown Rice - 0.75 CP Blended Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FL.OZ	*Soup of the Day (Sod,Chi) - 10.00 FL.OZ Tuna Melt Sandwich on Wheat (Sod,Chi,Sta) - 1.00 EA Potato Salad (Sfa,Chi) - 0.75 CP Carrots - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FL.OZ	Coleslaw (Sod) - 0.75 CP Turkey Club Sandwich on Wheat (Sod,Chi) - 1.00 EA Shredded Lettuce - 0.25 CP Mayonnaise - 1.00 TBS Carrots - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FL.OZ	*Soup of the Day (Sod,Chi) - 10.00 FL.OZ "Ham & Cheese Sandwich on Wheat (Sod,Chi,Sta) - 1.00 EA Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Peas - 0.75 CP Carrots - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FL.OZ	Vegetable Soup (Sod) - 10.00 "Ham & Cheese Sandwich on Wheat (Sod,Chi,Sta) - 1.00 EA Sliced Onions 2.00 TBS Shredded Cheese (Sfa,Chi) - 2.00 TBS Salsa (Sod) - 0.25 CP Mayo & Mustard (Sod) - 2.00 EA Spanish Rice - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FL.OZ	Texas Slaw - 0.75 CP Beef Fajita Mix (Sod,Chi,Sfa) - 0.50 CP Onions & Bell Peppers - 0.50 "Ham & Cheese (Sod,Chi,Sta) - 1.25 CP Cauliflower - 0.75 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Spanish Rice - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FL.OZ
Week 5					
Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL.OZ Beef Stroganoff (Chi,Sfa) - 0.75 CP Pasta - 0.75 CP Broccoli - 0.75 CP Wheat/Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FL.OZ	Canned Fruit - 0.50 CP Creamed Ground Beef (Chi,Sfa) - 0.75 CP Chicken & White Bean Chili (Chi) - 10.00 FL.OZ Shredded Cheese (Sfa,Chi) - 2.00 TBS Biscuit (Sfa,Sod) - 1.00 EA Margarine (Sfa) - 1.00 TBS Coffee - 8.00 FL.OZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL.OZ "ambalaya (Sod,Chi,Sta) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat/Burger Bun (Sfa,Chi) - 1.00 EA Tea - 8.00 FL.OZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL.OZ Cheeseburger (Chi,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chi,Sug) - 1.00 EA Wheat/Burger Bun (Sfa,Chi) - 1.00 EA Tea - 8.00 FL.OZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL.OZ "ambalaya (Sod,Chi,Sta) - 1.25 CP Blended Vegetables - 0.75 CP Wheat/Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FL.OZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL.OZ Chicken Quarter (Chi,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FL.OZ Peas - 0.75 CP Wheat/Burger Bun - 1.00 EA Margarine (Sfa) - 1.00 TBS Wheat/Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 EA Kale Cream Cup - 1.00 EA Fortified Drink - 8.00 FL.OZ
Week 6					
Choice Cookies (Sfa,Chi,Sug) - 1.00 EA Tea - 8.00 FL.OZ					Tea - 8.00 FL.OZ

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Mainline

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Week at a Glance

5/5 6/9 7/14 8/18 9/22	5/6 6/10 7/15 8/19 9/23	5/7 6/11 7/16 8/20 9/23	5/8 6/12 7/17 8/21 9/25	5/9 6/13 7/18 8/22 9/26	5/10 6/14 7/19 8/23 9/27	5/11 6/15 7/20 8/24 9/28
BREAKFAST						
Week Oatmeal - 1.00 CP	Dry Cereal - 1.00 CP	Fatna - 1.00 CP	Dry Cereal - 1.00 CP	Oatmeal - 1.00 CP	Multigrain Hot Cereal - 1.00 CP	Canned Fruit - 0.50 CP
Canned Fruit - 0.50 CP	Fresh Fruit - 1.00 EA	Canned Fruit - 0.50 CP	Fresh Fruit - 1.00 EA	Canned Fruit - 0.50 CP	Fresh Fruit - 1.00 EA	Scrambled Eggs (Sta,Chl) - 0.33 CP
Fried Egg (Sta,Chl) - 1.00 EA	Veggie & Cheese Scramble (Chl,Sta) - 0.75 CP	Sausage & Egg (Chl) - 0.75 CP	Waffles (Sod) - 2.00 EA	Scrambled Eggs (Sta,Chl) - 0.50 CP	Yogurt (Sug) - 0.75 CP	*Pork-Bacon (Sta,Sod,Chl) - 3.00 SLC
Cheese Slice (Sta,Chl) - 1.00 SLC	Biscuit (Sta,Sod) - 1.00 EA	Biscuit (Sta,Sod) - 1.00 EA	Peanut Butter (Sta) - 3.00 TBS	Scone (Sta,Sod,Chl) - 1.00 EA	Breakfast Pastry (Sta,Chl,Sug) - 1.00 EA	Fried Potatoes - 0.75 CP
Bagel - 1.00 EA	Fried Potatoes - 0.75 CP	Wheat Toast - 2.00 SLC	Maple Syrup - 2.00 FL0Z	Jelly (Sug) - 2.00 TBS	Jelly (Sug) - 2.00 TBS	Wheat Toast - 2.00 SLC
Skim Milk - 16.00 FL0Z	Skim Milk - 16.00 FL0Z	Skim Milk - 16.00 FL0Z	Skim Milk - 16.00 FL0Z	Margarine (Sta) - 1.00 TBS	Coffee - 8.00 FL0Z	Jelly (Sug) - 2.00 TBS
Coffee - 8.00 FL0Z	Coffee - 8.00 FL0Z	Sugar PC - 2.00 EA	Sugar PC - 2.00 EA	Skim Milk - 16.00 FL0Z	Sugar PC - 2.00 EA	Margarine (Sta) - 1.00 TBS
Sugar PC - 2.00 EA	Sugar PC - 2.00 EA	Sugar PC - 2.00 EA	Sugar PC - 2.00 EA	Skim Milk - 16.00 FL0Z	Skim Milk - 16.00 FL0Z	Coffee - 8.00 FL0Z
LUNCH						
Week Cole Slaw (Sod) - 0.75 CP	*Soup of the Day (Sod,Chl) - 10.00 FL0Z	Mesquite Soup - 10.00 FL0Z	Taco Salad with Meat (Chl,Sta)	Lettuce Salad - 1.00 CP	Texas Slaw - 0.75 CP	-
*Barbeque Pork (Sod,Chl,Sta) - 0.50 CP	*Meat & Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA	Chicken Salad (Chl) - 0.50 CP	Coleslaw (Sod) - 0.75 CP	Hot Dog (Sod,Chl) - 2.00 EA	Burrito Beans - 0.75 CP	-
Wheat-Hoagie Roll - 1.00 EA	Shredded Lettuce - 0.25 CP	Wheat-Hoagie Roll - 1.00 EA	Seasoned Beans - 0.75 CP	Breaded Fish (Chl) - 1.00 EA	Shredded Cheese (Sta,Chl) - 2.00 TBS	-
Green Beans - 0.75 CP	Sliced Onions - 2.00 TBS	Shredded Lettuce - 0.25 CP	Shredded Cheese (Sta,Chl) - 2.00 TBS	Ketchup - 1.00 TBS	Tartar Sauce (Sod) - 2.00 FL0Z	-
Seasoned Potatoes - 0.75 CP	Blended Vegetables - 0.75 CP	Blended Vegetables - 0.75 CP	Mustard - 1.00 TBS	Mustard - 1.00 TBS	Macaroni & Cheese (Sta, Sod,Chl) - 0.75 CP	Salsa (Sod) - 0.25 CP
Ketchup - 1.00 TBS	Chips - 1.00 BAG	Chips - 1.00 BAG	Salsa (Sod) - 0.25 CP	Plain Potato Chips - 1.00 BAG	Cauliflower - 0.75 CP	Whole Wheat Tortilla (Sta,Sod) - 2.00 EA
Fresh Fruit - 1.00 EA	Fresh Fruit - 1.00 EA	Fresh Fruit - 1.00 EA	Salad Dressing (Sta,Sod) - 2.00 FL0Z	Fresh Fruit - 1.00 EA	Breadstick - 1.00 EA	Spanish Rice - 0.75 CP
Fortified Drink - 8.00 FL0Z	Peas - 0.75 CP	Fortified Drink - 8.00 FL0Z	Spanish Rice - 0.75 CP	Fresh Fruit - 1.00 EA	Fresh Fruit - 1.00 EA	Fresh Fruit - 1.00 EA
Chips - 1.00 BAG	Fresh Fruit - 1.00 EA	Fresh Fruit - 1.00 EA	Tortilla Chips - 2.00 OZ	Fresh Fruit - 1.00 EA	Tea - 8.00 FL0Z	Tea - 8.00 FL0Z
Fortified Drink - 8.00 FL0Z	Fortified Drink - 8.00 FL0Z	Fortified Drink - 8.00 FL0Z	Fortified Drink - 8.00 FL0Z	Fortified Drink - 8.00 FL0Z	Fortified Drink - 8.00 FL0Z	Fortified Drink - 8.00 FL0Z
DINNER						
Week Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP	-
Salad Dressing - 1.00 FL0Z	Salad Dressing - 1.00 FL0Z	Salad Dressing - 1.00 FL0Z	Salad Dressing - 1.00 FL0Z	Salad Dressing - 1.00 FL0Z	Salad Dressing (Sod) - 1.00 FL0Z	-
Turkey Noodle Casserole (Sod,Chl) - 1.25 CP	Chicken Tortilla Stew (Chl) - 10.00 FL0Z	Meat Sauce (Chl,Sta) - 0.75 CP	Chicken Teriyaki (Sod,Chl,Sta) - 1.00 CP	Brown Rice - 0.75 CP	Meat Path (Chl,Sta) - 1.00 EA	Roast Turkey (Chl) - 3.00 OZCKD
Broccoli - 0.75 CP	Spaghetti - 0.75 CP	Broccoli - 0.75 CP	Blended Vegetables - 0.75 CP	Blended Vegetables - 0.75 CP	Onions & Pickles (Sod) - 0.25 CP	Poultry Gravy - 2.00 FL0Z
Wheat Bread - 2.00 SLC	Carrots - 0.75 CP	Carrots - 0.75 CP	Choice Dessert (Sta,Chl,Sug) - 1.00 EA	Stir-Fry Vegetables - 0.75 CP	Milk Roll - 1.00 EA	Mashed Potatoes - 0.75 CP
Margarine (Sta) - 1.00 TBS	Tortilla Chips - 1.00 OZ	Tortilla Chips - 1.00 OZ	Tea - 8.00 FL0Z	Gelatin & Whip Topping (Sta) - 0.50 CP	Wheat Burger Bun (Sta,Chl) - 1.00 EA	Green Beans - 0.75 CP
Tea - 8.00 FL0Z	Sour Cream (Sta,Chl) - 2.00 TBS	Sour Cream (Sta,Chl) - 2.00 TBS	Tea - 8.00 FL0Z	Tea - 8.00 FL0Z	Wheat Bread - 2.00 SLC	Wheat Bread - 2.00 SLC
Fruit Bar (Sta,Sod,Chl,Sug) - 1.00 EA	Fruit Bar (Sta,Sod,Chl,Sug) - 1.00 EA	Fruit Bar (Sta,Sod,Chl,Sug) - 1.00 EA	Tea - 8.00 FL0Z	Tea - 8.00 FL0Z	Margarine (Sta) - 1.00 TBS	Margarine (Sta) - 1.00 TBS
Tea - 8.00 FL0Z	Tea - 8.00 FL0Z	Tea - 8.00 FL0Z	Tea - 8.00 FL0Z	Tea - 8.00 FL0Z	Chocolate Cupcake (Chl) - 1.00 EA	Chocolate Cupcake (Chl) - 1.00 EA
						Fortified Drink - 8.00 FL0Z

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



Mainline

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week at a Glance

BREAKFAST		LUNCH		DINNER	
6/12 6/16 7/21 8/25 9/29	5/13 5/17 7/22 8/26 9/30	5/14 6/18 7/23 8/27 10/1	5/15 6/19 7/24 8/28 10/2	5/16 6/20 7/25 8/29 10/3	5/17 6/21 7/26 8/30 10/4
Week 5					
Oatmeal - 1.00 CP	Dry Cereal - 1.00 CP	Multigrain HotCereal - 1.00 CP	Dry Cereal - 1.00 CP	Oatmeal - 1.00 CP	Canned Fruit - 0.50 CP
Canned Fruit - 0.50 CP	Fresh Fruit - 1.00 EA	Canned Fruit - 0.50 CP	Fresh Fruit - 1.00 EA	Canned Fruit - 0.50 CP	Scrambled Eggs (Sta,Chl) - 0.33
Pancakes (Sod,Chl) - 3.00 EA	Scrambled Eggs (Sta,Chl) - 0.33	Hard Boiled Egg (Sta,Chl) - 2.00 EA	Poultry Sausage (Chl) - 1.00 EA	Veggie & Cheese Scramble (Chl,Sta) - 0.75 CP	Peanut Butter (Sta) - 2.00 TBS
Peanut Butter (Sta) - 3.00 TBS	CP	Wheat Toast - 2.00 SLC	French Toast (Chl) - 2.00 EA	Fried Potatoes - 0.75 CP	Maple Syrup - 2.00 FL0Z
Maple Syrup - 2.00 FL0Z	CP	Margarine (Sta) - 1.00 TBS	Maple Syrup - 2.00 FL0Z	Breakfast Pastry (Sta,Chl) - 1.00 EA	Skim Milk - 16.00 FL0Z
Skim Milk - 16.00 FL0Z	CP	Skim Milk - 1.00 FL0Z	Coffee - 8.00 FL0Z	Skim Milk - 16.00 FL0Z	Jelly (Sug) - 2.00 TBS
Coffee - 1.00 FL0Z	CP	Coffee - 8.00 FL0Z	SugarPC - 2.00 EA	Margarine (Sta) - 1.00 TBS	Margarine (Sta) - 1.00 TBS
SugarPC - 2.00 EA	CP	SugarPC - 2.00 EA	Coffee - 8.00 FL0Z	Skim Milk - 16.00 FL0Z	Coffee - 8.00 FL0Z
Skim Milk - 16.00 FL0Z	CP	Coffee - 8.00 FL0Z	SugarPC - 2.00 EA	Coffee - 8.00 FL0Z	SugarPC - 2.00 EA
Coffee - 8.00 FL0Z	CP	SugarPC - 2.00 EA	Coffee - 8.00 FL0Z	Coffee - 8.00 FL0Z	Coffee - 8.00 FL0Z
Fortified Drink - 8.00 EA	CP				
LUNCH					
5					
Coleslaw (Sod) - 0.75 CP	Potato Soup - 10.00 FL0Z	Potato Soup - 10.00 FL0Z	Broccoli Cheese Soup (Sta,Sod)	*Soup of the Day (Sod,Chl) - 10.00 FL0Z	Nacho Meat (Chl,Sta) - 0.50 CP
Ground Beef (Sta,Chl) - 2.00 OZCKD	Tuna Salad (Chl) - 0.50 CP	*Chicken-Bacon-Ranch Salad (Chl,Sta) - 1.00 SV	Fried Egg Sandwich on Wheat	*Meat & Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA	Refried Beans - 0.50 CP
Shredded Cheese (Sta,Chl) - 2.00 TBS	Shredded Lettuce - 0.25 CP	Sliced Onions - 2.00 TBS	Shredded Cheese (Sta,Chl) - 2.00 TBS	French Cheese (Sta) - 2.00 FL0Z	Refried Beans - 0.50 CP
Whole Wheat Tortilla (Sta,Sod) - 2.00 EA	Wheat/Hamie Roll - 1.00 EA	Blended Vegetables - 0.75 CP	Mayonnaise - 1.00 EA	Creamy Chicken (Chl) - 1.00 CP	Creamy Chicken (Chl) - 1.00 CP
Shredded Lettuce - 0.25 CP	Chips - 1.00 BAG	Salad Dressing - 1.00 FL0Z	Green Beans - 0.75 CP	Wheat Rice Pilaf - 0.75 CP	Brown Rice Pilaf - 0.75 CP
Salad Dressing (Sod) - 1.00 FL0Z	Fresh Fruit - 1.00 EA	Carrots - 0.75 CP	Taco (Sod) - 0.25 CP	Peas - 0.75 CP	French Bread - 1.00 SLC
Onions & Pickles (Sod) - 0.25 CP	Fortified Drink - 8.00 FL0Z	Fresh Fruit - 1.00 EA	Tortilla Chips - 2.00 OZ	Margarine (Sta) - 1.00 TBS	Margarine (Sta) - 1.00 TBS
Pears - 0.75 CP	Chips - 1.00 BAG	Breadstick - 1.00 EA	Cauliflower - 0.75 CP	Fresh Fruit - 1.00 EA	Fresh Fruit - 1.00 EA
Chips - 1.00 BAG	Fresh Fruit - 1.00 EA	Fresh Fruit - 1.00 EA	Carrots - 0.75 CP	Fortified Drink - 8.00 FL0Z	Tea - 8.00 FL0Z
Fresh Fruit - 1.00 EA	Fortified Drink - 8.00 FL0Z	Fortified Drink - 8.00 FL0Z	Fresh Fruit - 1.00 EA	Fortified Drink - 8.00 FL0Z	
Fortified Drink - 8.00 FL0Z	CP				
DINNER					
5					
Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP	Lettuce Salad - 1.00 CP
Salad Dressing - 1.00 FL0Z	Salad Dressing - 1.00 FL0Z	Salad Dressing - 1.00 FL0Z	Salad Dressing - 1.00 FL0Z	Salad Dressing - 1.00 FL0Z	Salad Dressing - 1.00 FL0Z
Spicy Rice Casserole (Sod,Chl,Sta) - 1.25 CP	Philly Beef (Sod,Chl) - 3.00 OZCKD	*Pizza (choice) (Sod,Chl,Sta) - 1.00 EA	Chicken Enchilada Casserole (Sod,Chl,Sta) - 1.00 EA	Chicken Alfredo Sauce (Chl,Sta) - 1.00 EA	Roast Pork Loin (Chl,Sta) - 3.00 OZCKD
Green Beans - 0.75 CP	Shredded Cheese (Sta,Chl) - 2.00 TBS	Blended Vegetables - 0.75 CP	Brown Rice - 0.75 CP	Onions & Pickles (Sod) - 0.25 CP	Scalloped Potatoes (Sod) - 0.75 CP
Wheat Bread - 2.00 SLC	Seasoned Beans - 0.75 CP	Seasoned Beans - 0.75 CP	Choice Dessert (Sta,Chl,Sug) - 1.00 EA	Spaghetti - 0.75 CP	Blended Vegetables - 0.75 CP
Margarine (Sta) - 1.00 TBS	Tea - 8.00 FL0Z	Tea - 8.00 FL0Z	Tea - 8.00 FL0Z	WheatBurger Bun (Sta,Chl) - 1.00 EA	Focaccia Bread (Sod) - 1.00 EA
Tea - 8.00 FL0Z				Carrots - 0.75 CP	Tea - 8.00 FL0Z
Broccoli - 0.75 CP					Broccoli - 0.75 CP
Seasoned Potatoes - 0.75 CP					WheatDinner Roll - 1.00 EA
Ketchup - 1.00 TBS					Margarine (Sta) - 1.00 TBS
Pudding - 0.50 CP					Ice Cream Cup - 1.00 EA
Tea - 8.00 FL0Z					Fortified Drink - 8.00 FL0Z

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