

HEALTH SERVICES

Sweatpants Reminder

Health Services is starting to see many requests for sweatpants. There are only conditions for which sweatpants will be CONSIDERED.

If you meet those conditions, please place an AIC communication form (Kyte) into the Health Services box. Please do not go to triage.
Once we receive the kyte, the nurse will schedule you a sick call appointment to be assess for this need.

Conditions:
Deficit to hand or upper limb dexterity
Missing hand/arm
Deficit to abdominal integrity
Colostomy
Alteration to lower extremity
Recent hip/knee operation

/s/ B. Smith MD, Chief Medical Officer

JOB ANNOUNCEMENTS

LOCK SHOP JOB POSTING

Position Overview

The Lock Shop is seeking a dependable and motivated individual to assist with maintenance, repair, and related shop duties. This position provides an opportunity to develop and utilize hands-on skills while working with a variety of tools, equipment, mechanisms, and hardware.

Applicant Requirements

Applicants must meet **all** of the following requirements:

- Be a **Level 3**.
- Have at least **one year of incarceration with clear conduct**.
- Have at least **two years remaining at OSP**.
- Demonstrate dependable and predictable attendance.
- Be able to work effectively with others.
- Be able to follow directions and instructions from the Shop Supervisor(s).
- Be willing and able to learn new skills and perform assigned duties safely and responsibly.

Job Duties

Work will include, but is not limited to, **basic maintenance and repair work in a variety of trades**.
The ideal candidate will be able to work independently and demonstrate the ability to:

- Disassemble faulty mechanisms using hand tools and power tools.
- Identify defective or worn components.
- Replace defective or worn parts.
- Clean and lubricate parts and mechanisms.
- Reassemble mechanisms and devices properly.
- Test repaired devices to ensure they function correctly.
- Follow established procedures and complete tasks without requiring repeated, step-by-step instructions.
- Maintain a clean, organized, and safe work area.
- Assist with other Lock Shop duties as directed by the Shop Supervisor(s).

Physical Requirements

The selected candidate must be physically capable of performing the duties associated with the position, including:

- Reaching overhead while lifting up to **50 pounds** on a semi-regular basis.
- Climbing stairs on a daily basis.
- Using hand tools and power tools as required.
- Standing, walking, bending, reaching, and performing other physical activities necessary to complete assigned work.

Desired Qualities

The ideal candidate will be:

- Dependable and punctual.
- Safety-conscious.
- Willing to learn.
- Able to follow directions.

- Comfortable working independently when appropriate.
- Able to work cooperatively with supervisors and coworkers.
- Detail-oriented and capable of troubleshooting basic mechanical problems.
- Willing to take initiative and complete assigned tasks without constant supervision.

Interested Applicants
Qualified applicants who are interested in working in the Lock Shop should submit their interest through the appropriate process. **A Cover Letter and Resume in addition to the application must be submitted to be considered.** Applicants may be contacted for further information or an interview.

/s/ A. Miller, OSP Lock Shop

🎨 Painting Apprenticeship Opportunity!

Ready to learn a skilled trade, earn valuable experience, and build a career you can be proud of? We're looking for a **motivated and dependable Painter Apprentice** to join our team!
We're seeking someone with a strong work ethic, positive attitude, and willingness to learn. If you take pride in your work, work well with others, and are ready to develop your skills in the painting trade, **we want to hear from you!**
What We're Looking For

- **Apprenticeship Eligibility:** You must have served at least **one year of incarceration with clear conduct** and have **three years remaining on your sentence** to be considered.
- A strong desire to **learn the painting trade** and build a long-term career.
- Ability to **work safely on ladders** and follow workplace safety procedures.
- Willingness to **learn, take direction, and follow instructions**.
- **Positive attitude** and dependable attendance.
- Ability to work effectively as part of a **team**.
- Hardworking, reliable, and committed to doing quality work.

What You Bring Matters
You don't need to know everything on day one. **We're looking for someone who is willing to learn, show up, work hard, and grow.** This is an opportunity to develop a valuable trade, gain hands-on experience, and become part of a team that supports your growth.
Ready to Get Started?
If you're hardworking, dependable, and ready to **turn an opportunity into a career**, we'd love to hear from you!
A cover letter and resume are required for consideration.
Take the first step toward building your future — apply today!

/s/ T. Beyer, OSP Paint Shop

RELIGIOUS SERVICES

Find Freedom and Hope Service
UPCI is offering a renewed service starting in January on the 2nd and 4th Thursdays.
We understand the challenges of feeling locked in and locked out. These services are a time to reflect on how the Lord delivers us from what binds us and brings us into His freedom.
- Hear testimonies of transformation and hope.
- Discover the healing, freeing power of Jesus Christ
- Embrace the joy of living victoriously through Him.
Come as you are and discover true freedom in Jesus Christ.

Please send a kyte to the Chapel to sign up for this service.

Volunteer Ministers Doug Lethin & Dennis Mostyn

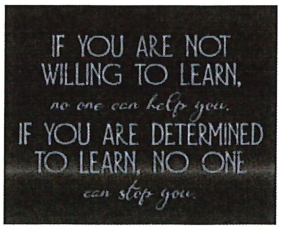
/s/ A. Y. Perlstein, Chaplain

Weekly Chapel Schedule

"Due to the ongoing construction and status of the Chapel/Education floor, the Chapel is operating on a modified schedule. Please monitor the AIC news channel and housing unit bulletin boards for updates to the Chapel Schedule."

/s/ Chaplains Perlstein, Richter, and Witcraft

POINT TO PONDER



On Sale and available starting Thursday 10/1/2026:

Holiday Card single for $3.03
OR
Buy 10 and get 2 free
12 ct for $30.30

(Reminder that the holiday cards do not count against your spending limit)

Thank you,
Commissary

Tablet and Scanned Mail Project Updates – October 2026

Tablet Deployment



- We are still preparing to issue every AIC a tablet.
- The timeline has moved back. We now expect tablets to arrive in late fall or early winter.
- The company making the tablets had delays because of shipping and world-wide resource problems.
- You do not need to do anything right now. We will share more updates as we get closer.
- After all the equipment is here, we will share the list of which facilities switch over first.

Scanned Mail

- Scanned mail will not start until after everyone gets a tablet and the system is working well.
- Until then, physical mail will stay the same.
- When we get closer, we will explain everything clearly so you and your friends and family know what to expect. They can follow the project updates online at https://engage.doc.oregon.gov/

What You Can Expect

- We will keep sharing updates in newsletters and on tablets.
- We will give plenty of notice before any changes happen to physical mail.

Financial Services

Informational Briefing

Processing AIC Financial Transactions
Group Activity Events & Request For Withdrawal of Funds (CD28s/CD28Ps)

This briefing is intended to provide Adults in Custody (AICs) & Department staff with a general overview of what to expect when withdrawal requests are submitted for processing.

Plan Ahead

CD28s/CD28Ps must be submitted for processing two weeks prior to an event per DOC Policy 30.1.6, AIC Revenue Generating Activities and Programs. This ensures appropriate levels of service and time to process the CD28s/CD28Ps and collect funds prior to an event.

Per OAR 291-145, Group Activities, AICs with insufficient funds will not be allowed to take part in a group activity that has a cost associated with participation.

Business Services does not hold CD28/CD28Ps.

CD28s/CD28Ps are processed upon receipt by the Business Office. If the workload is high, processing will typically occur within five business days of receipt.

If a CD28/CD28P needs to be processed on or after a specific date, AICs and facilitating staff should submit their requests accordingly.

Responsible Financial Management

When an AIC provides their signature and submits a CD28/CD28P for processing, the AIC is consenting to the withdrawal of funds from their trust account at the time of submission.

The AIC is responsible for tracking and confirming the availability of sufficient funds in their trust account. This includes accounting for any outstanding or pending financial transactions, including, but not limited to, communications transfers, commissary orders, and check requests.

Failure to account for sufficient available funds and/or pending transactions may result in CD28s/CD28Ps being returned due to insufficient funds.

******IMPORTANT******

AIC Trust Account information is protected information and should only be accessed by authorized Financial Services staff with access to the Department's AIC Banking System.

Questions?

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

Flu and COVID Vaccine Clinics

It is that time again. Beginning in October, we'll be offering influenza (flu) and COVID vaccines to everyone. You will be approached by Health Services and asked if you would like a vaccine. We encourage you to say yes.

Both flu and COVID are highly contagious viruses that can lead to serious health issues. They spread through respiratory droplets and can be passed on even before symptoms appear. Vaccines work by making the body's immune system stronger and helping it to recognize and fight viruses. Vaccines reduce the risk of getting sick, and if you do get sick the symptoms are likely to be much milder and shorter in duration. Getting vaccinated helps to not spread flu or COVID to others.

The side effects of vaccines are usually mild, such as tiredness or a sore arm that generally last a day or two. Receiving a yearly vaccine is important, as protection wanes and viruses change over the course of a year, and so newer vaccines are needed to fight them. Getting vaccinated does not give you the illness, the vaccines use inactivated virus components to train your immune system safely. You can receive both flu and COVID vaccines at the same visit, but they will be given in two separate injections. Getting vaccinated is the single most effective way to avoid becoming sick from flu and COVID viruses.

If you have questions regarding vaccines, you are welcome to ask your health care provider.

Clínicas de Vacunación contra la Influenza y el COVID-19

Ha llegado nuevamente esa época del año. A partir de octubre, ofreceremos vacunas contra la influenza (gripe) y el COVID-19 a todas las personas. El personal de Servicios de Salud se acercará a usted y le preguntará si desea recibir una vacuna. Le recomendamos que diga que sí.

Tanto la influenza como el COVID-19 son virus altamente contagiosos que pueden causar problemas de salud graves. Se transmiten a través de gotitas respiratorias y pueden contagiarse incluso antes de que aparezcan los síntomas. Las vacunas funcionan fortaleciendo el sistema inmunitario del cuerpo y ayudándolo a reconocer y combatir los virus. Las vacunas reducen el riesgo de enfermarse y, si usted se enferma, es probable que los síntomas sean mucho más leves y duren menos tiempo. Vacunarse también ayuda a evitar la propagación de la influenza o el COVID-19 a otras personas.

Los efectos secundarios de las vacunas generalmente son leves, como cansancio o dolor en el brazo, y suelen durar uno o dos días. Recibir una vacuna cada año es importante, ya que la protección disminuye con el tiempo y los virus cambian a lo largo del año, por lo que se necesitan vacunas más nuevas para combatirlos. Vacunarse no le causa la enfermedad; las vacunas utilizan componentes inactivados del virus para entrenar al sistema inmunitario de manera segura.

Puede recibir las vacunas contra la influenza y el COVID-19 durante la misma visita, pero se administrarán mediante dos inyecciones separadas. Vacunarse es la forma más eficaz de evitar enfermarse a causa de los virus de la influenza y el COVID-19.

Si tiene preguntas sobre las vacunas, no dude en consultar con su proveedor de atención médica.

MAILROOM NEWSLETTER



OCTOBER 2026 | OREGON STATE PENITENTIARY | ISSUE 18



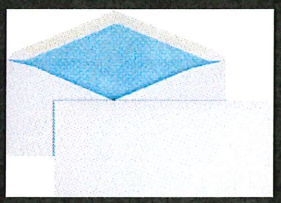
AMAZON

Amazon orders shipped and sold by Amazon are accepted. Amazon Marketplace are private sellers. These are not accepted. Amazon and DOC have an agreement that orders must be shipped by UPS, USPS, or Fedex. Amazon drivers are not allowed at OSP. Amazon drivers are turned away and the orders are not accepted.

Inmate Communication Forms (kytes) to OISC

Do not send kytes for OISC to HQ. There is no OISC at HQ. Please place kytes for OISC in the Records box at the base of the stairs to C Block.

The most common reason for incoming mail to be refused continues to be the use of envelopes with security features. These envelopes have not been permitted since January of 2025. See photo below:



TABLET DEPLOYMENT

Tablet deployment has been delayed. HQ will be updating AICs and the public.

Friends and Family can view the mail rules, and updates on Department of Corrections projects, at www.oregon.gov/doc

Winter Recreation 2026

The Summer Yard schedule will conclude on 9/27/2026. Evening Winter Recreation will begin on 9/28/2026.

The Recreation schedule will be on a rotating basis, in the following order.

- E - Block
- D - Block
- A - Block & C- Block

Blocks rotate every third night starting with E- Block on 9/28/2026; only AICs living in the scheduled block(s) may attend.

The following procedures will apply:

- A line movement will run from the eligible housing units to the Recreation Yard building at approximately 7:00 p.m. This will be the only line movement out.
- AICs will go down the main avenue and enter the Recreation Yard through electric gate # 9, at the southwest corner of the basketball court. Security will not allow anyone to remain outside the Recreation Yard building.
- If a Block has Winter Recreation and Showers on the same night, AICs can go to the Recreation Yard directly after their showers, AICs may not return to their housing unit first. These AICs will go directly to the Recreation Yard Building through the Security Gate and continue through electric gate # 3.
- If an AIC must leave the Recreation Building outside of a line movement, they will be required to have Yard Sergeant approval and must be processed through the Security Gate.
- The Card Room, Basketball Court, Pool Room, and showers will be open.
- The television in the card room is only for movies. The sports television is for sports viewing except on minority viewing nights (Tuesday, Wednesday and Thursday).
- Security calls optional one-way Cell / Medication Line at 8:00 p.m. After this line-in, there will be no further traffic to the recreation yard.
- The evening recreational period will end at 9:00 p.m.

APPROVED

SEP 10 2026

If you have any questions, please direct them to the Officer in Charge.

GROUP LIVING CAPTAIN

INTEROFFICE MEMO

Oregon Department of Corrections
Oregon State Penitentiary
2605 State Street
Salem, OR 97310
503-378-2453

APPROVED

SEP 10 2026

GROUP LIVING CAPTAIN

DATE: 9/10/2026

TO: Adult in Custody (AIC) Population

FROM: Group Living – Captain M. Mullican

Please review the following memorandum which will include some reminders and guidelines regarding housing, dress code, Loss of Privileges, sweatpants, medical shoes and more.

AIC Housing

- Group Living would like to remind the population that there are existing criteria for all cell moves. Single cells, A-Block, and C-Block all have specific criteria that must be met. Additionally, the following requirements apply:
    - NCI Level 1 – One convenience move per 90 days / Max of 4 per year.
    - NCI Level 2 – One convenience move per 60 days / Max of 4 per year.
    - NCI Level 3 – One convenience move per 30 days / Max of 4 per year.
- AICs who are sanctioned to Loss of Privileges will be moved to a designated cell. Once your LOP sanction is complete you will be granted a convenience cell move. This will count as a convenience move. Please kyte Group Living with your request for consideration. If you do not request a move, you will be moved in with someone we find compatible.
- Group Living will prioritize LOP moves before convenience cell moves.
- Recently notification was made stating if you lived in a double cell alone you needed to find a cellmate. This has not changed. Please find a compatible cellmate. Group Living will be conducting moves to free up bed space.
- You are responsible for everything in your cell and or bunk area at all times, even if you are assigned with another AIC.

- Nothing will be placed on or attached to your cell bars. Cell bars will always be kept clean. At no time can you obstruct the view into your cell.

- Cells and bunk areas must be kept clean for sanitary reasons. If you are not in your cell, your bed must be made with blankets tucked in and under your mattress.

- If you need cleaning supplies to clean your cell, communicate with your Tier Officer and or Block Sergeant, they can issue you supplies.

Unauthorized Areas

- Group Living recently added some signage to remind AICs that you are in an Unauthorized Area should you enter Group Living without a call pass. The importance of this is not just for Group Living. Please be mindful that if you are in any area of the institution other than where you are assigned to be you are in an Unauthorized Area.

Adult in Custody Bags

- AICs are only authorized to carry one **(1)** of the small mesh shower bags that are authorized to be utilized in the recreation yard showers and the GP Showers. This bag is to be utilized for personal hygiene/shower items. They should not be utilized to transport miscellaneous AIC property around the institution.

- Those AICs authorized to have laundry bags for medical or special clothing reasons are only allowed to take them to and from the AIC clothing room to be laundered.

- Brown paper bags, plastic garbage bags, and legal totes are not authorized to go out to the yard.

- Cross body and or backpacks purchased through past activities are acceptable. Any bags that appear altered or repaired will be considered contraband.

- Anything that is required for your worksite you should be able to carry in your hands.

INTEROFFICE MEMO

Adult in Custody Dress Code

- All Clothing items are to be worn as intended and not in a way that will cause undue attention, i.e. excessively oversized and or sagging of pants.
- Clothing must be an appropriate size, no more than one size up or down.
- Tank Tops, AIC Purchased Thermals (Blue), State-Issued Thermals (White) will not be worn as outerwear.
    - You may wear thermal tops under your t-shirt; however, State issued thermal tops (White) cannot be visible. Blue thermal tops (AIC purchased) may be worn with a t-shirt with the blue sleeves visible.
    - You can wear your jeans or sweatpants over your thermal bottoms. Your thermal bottoms may not be visible.
    - You may wear shorts over your thermal bottoms but **only to and from the yard, from Winter Yard to medication line, and in your assigned cell.**
- During Summer Yard months, AICs may wear shorts to and from the yard and to meals/showers. Tank tops cannot be worn as outerwear but will be authorized while on the yard.
- During Winter Yard months, AICs must wear jeans or sweatpants and a t-shirt/long sleeve shirt to and from meals and medication lines. Thermal bottoms with shorts are not authorized in the dining room.
- Shorts, tank tops, and thermals are not authorized to be worn during work detail, visitation, or institution call outs. AICs must wear jeans and a t-shirt/long sleeve shirt.
- AIC hats are not authorized to be worn inside the institution. AICs are only authorized to wear hats purchased from canteen (white or blue) and they cannot be altered. AICs can wear hats on the recreation yard. Religious headwear is an exception to the rule.

INTEROFFICE MEMO

Sweatpants, Medical Shoes, and Hygiene Packs

- Group Living does issue Sweatpants and Medical Shoes (Velcro Shoes). Group Living is not the sole authorizer in this process.
- Prior sweatpants authorizations will be honored until either the sweatpants become missing, are confiscated due to property pick up, card expires etc.
- If your card expires, work with medical for continued authorization or please return them to Group Living. Before long we will be generating a list to collect sweatpants.
- To qualify for Sweatpants or Medical Shoes, you must have a legitimate medical need for them.
- Work with Health Services to obtain approval for Sweatpants or Medical Shoes.
- Once you are approved, kyte group living and we will issue you the items along with an authorization card.
- Group Living does have indigent hygiene packs for AICs who qualify. These hygiene packs are limited to one per qualifying AIC per 30 days.
- To request an indigent hygiene pack, send a kyte to Group Living.

Mainline

Week at a Glance

	Monday 10/19/2026	Tuesday 10/20/2026	Wednesday 10/21/2026	Thursday 10/22/2026	Friday 10/23/2026	Saturday 10/24/2026	Sunday 10/25/2026
	BREAKFAST						
Week 1	Oatmeal - 8 OZ Canned Fruit (Sug) - 8 OZ Peanut Butter (Sfa) - 1 OZ Pancakes (Sod,Chl) - 3 EA Maple Syrup - 2 FLOZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Dry Cereal - 8 OZ Fresh Fruit - 1 EA Fried Egg (Sfa,Chl) - 2 EA Refried Beans - 4 OZ Ranchero Sauce (Sod) - 2 OZ White Flour Tortilla (Sfa) - 1 EA Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Multigrain Hot Cereal - 8 OZ Canned Fruit (Sug) - 8 OZ Fried Egg (Sfa,Chl) - 1 EA Cheese Slice (Sfa,Chl) - 1 SLC English Muffin (Sfa,Chl) - 1 EA Fried Potatoes - 6 OZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Dry Cereal - 8 OZ Fresh Fruit - 1 EA Poultry Sausage (Chl) - 1 EA French Toast (Chl) - 2 SLC Maple Syrup - 2 FLOZ Margarine (Sfa) - 0.5 OZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Farina - 8 OZ Canned Fruit (Sug) - 8 OZ *Ham & Cheese Scramble (Chl,Sfa) - 6 OZ Fried Potatoes - 6 OZ Wheat Toast - 2 SLC Jelly (Sug) - 1 OZ Margarine (Sfa) - 0.5 OZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Oatmeal - 8 OZ Fresh Fruit - 1 EA Peanut Butter (Sfa) - 1 OZ Hard Boiled Egg (Sfa,Chl) - 1 EA Breakfast Pastry (Sfa,Chl) - 1 EA Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Canned Fruit (Sug) - 4 OZ Scrambled Eggs (Sfa,Chl) - 3 OZ Poultry Sausage (Chl) - 1 EA Fried Potatoes - 6 OZ Wheat Toast - 2 SLC Jelly (Sug) - 1 OZ Margarine (Sfa) - 0.5 OZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA
	LUNCH						
Week 1	Tomato Soup (Sod) - 10 FLOZ Grilled Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 2 EA Broccoli - 6 OZ Chips - 1 BAG Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Coleslaw (Sod) - 6 OZ *Barbeque Pork (Sod,Chl,Sfa) -4 OZ Wheat Hoagie Roll - 1 EA Macaroni & Cheese (Sfa,Sod,Chl) - 6 OZ Green Beans - 6 OZ Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Potato Soup - 10 FLOZ Tuna Salad (Chl) - 4 OZ Shredded Lettuce - 2 OZ Wheat Hoagie Roll - 1 EA Blended Vegetables - 6 OZ Chips - 1 BAG Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	*Soup of the Day (Sod,Chl) -10 FLOZ Turkey & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1 EA Shredded Lettuce - 2 OZ Mayo & Mustard (Sod) - 1 OZ Zucchini - 6 OZ Chips - 1 BAG Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Asian Cabbage Salad - 6 OZ Beef & Broccoli (Chl,Sfa) - 6 OZ Brown Rice - 6 OZ Stir-Fry Vegetables - 6 OZ Milk Roll - 1 EA Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1 SV Seasoned Beans - 8 OZ Shredded Cheese (Sfa,Chl) - 1 OZ Salsa (Sod) - 2 OZ Salad Dressing (Sfa,Sod) - 2 FLOZ Spanish Rice - 6 OZ Tortilla Chips - 2 OZ Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Chicken Quarter (Chl,Sfa) - 1 EA Mashed Potatoes - 6 OZ Poultry Gravy - 2 FLOZ Carrots - 6 OZ Wheat Dinner Roll - 1 EA Margarine (Sfa) - 0.5 OZ Ice Cream Cup - 1 EA Fortified Drink - 8 FLOZ
	DINNER						
Week 1	Lettuce Salad - 8 OZ Salad Dressing (Sod) - 1 FLOZ Loco Moco Patty (Chl,Sfa) - 1 EA Fried Egg (Sfa,Chl) - 1 EA Beef Gravy - 2 FLOZ White Rice - 6 OZ Peas - 6 OZ Wheat Bread - 2 SLC Margarine (Sfa) - 0.5 OZ Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Chicken & Broccoli Casserole (Chl) - 10 OZ Carrots - 6 OZ Wheat Bread - 2 SLC Margarine (Sfa) - 0.5 OZ Pudding - 4 OZ Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Ranch Style Chili (Chl,Sfa) - 10 FLOZ Baked Potato - 1 EA Sour Cream (Sfa,Chl) - 1 OZ Green Beans - 6 OZ Cornbread (Sod,Chl) - 1 EA Margarine (Sfa) - 0.5 OZ Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Breakfast Pizza (Sod,Chl,Sfa) -1 EA Blended Vegetables- 6 OZ Apple Crisp (Sfa,Chl,Sug) -1 EA Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Chicken Pot Pie (Chl) - 6 OZ Corn - 6 OZ Biscuit (Sfa,Sod) - 1 EA Margarine (Sfa) - 0.5 OZ Sugar Cookie (Sfa,Chl,Sug) - 1 EA Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Pasta (Chl,Sfa) - 8 EA Marinara Sauce (Sod) - 4 OZ Cauliflower - 6 OZ French Bread - 1 SLC Garlic Margarine (Sfa) - 0.5 OZ Tea - 8 FLOZ	Texas Slaw - 6 OZ Burrito Meat (Chl,Sfa) - 4 OZ Refried Beans - 4 OZ Shredded Cheese (Sfa,Chl) - 1 OZ Spanish Rice - 6 OZ Salsa (Sod) - 2 OZ White Flour Tortilla (Sfa,Sod) - 2 EA Fresh Fruit - 1 EA Tea - 8 FLOZ

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OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Sep AM C/E PM A/D EVE C/E LAUNDRY ON MULTI-CARES	28 Sep AM A/D PM C/E EVE E RECREATION SHOWERS	29 Sep AM MAINLINE SHOWERS PM A/D EVE D	30 Sep AM A/D PM C/E EVE A/C	1 AM C/E PM A/D EVE E	2 AM MAINLINE SHOWERS PM C/E EVE D	3 AM C/E PM A/D EVE A/C
4 AM A/D PM C/E EVE E	5 AM C/E PM A/D EVE D	6 AM MAINLINE SHOWERS PM C/E EVE A/C	7 AM C/E PM A/D EVE E	8 AM A/D PM C/E EVE D	9 AM MAINLINE SHOWERS PM A/D EVE A/C	10 AM A/D PM C/E EVE E
11 AM C/E PM A/D EVE D	12 AM A/D PM C/E EVE A/C INDIGENOUS PEOPLE DAY	13 AM MAINLINE SHOWERS PM A/D EVE E	14 AM A/D PM C/E EVE D	15 AM C/E PM A/D EVE A/C	16 AM MAINLINE SHOWERS PM C/E EVE E	17 AM C/E PM A/D EVE D
18 AM A/D PM C/E EVE A/C	19 AM C/E PM A/D EVE E	20 AM MAINLINE SHOWERS PM C/E EVE D	21 AM C/E PM A/D EVE A/C	22 AM A/D PM C/E EVE E	23 AM MAINLINE SHOWERS PM A/D EVE D	24 AM A/D PM C/E EVE A/C
25 AM C/E PM A/D EVE E	26 AM A/D PM C/E EVE D FULL MOON	27 AM MAINLINE SHOWERS PM A/D EVE A/C	28 AM A/D PM C/E EVE E	29 AM C/E PM A/D EVE D	30 AM MAINLINE SHOWERS PM C/E EVE A/C	31 AM C/E PM A/D EVE E HALLOWEEN

AM - MORNING YARD (7:45 am - 9:45 am)
PM - AFTERNOON YARD (1:00 pm - 3:30 pm)
EVE - RECREATION BUILDING (7:00 pm - 9:00 pm)

APPROVED BY:
Capt. Mullins

9/21/2026