



SECURITY

Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by dialing 9 from any AIC phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency. You may write to:

Governor's Office of Constituent Services
900 Court Street NE, Suite 254
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

Role of an Advocate:

- ≈ Provide confidential support and crisis intervention
- ≈ Inform you about the investigation and medical examination process
- ≈ Educate you about healing from sexual abuse
- ≈ Offer resources and referrals

Advocates will:

- ≈ Not tell you what to do
- ≈ Not communicate with the institution unless you request them to do so and sign a release
- ≈ Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

DOC is committed to providing AICs with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St. NE
Salem, Oregon 97301



Ley de Eliminación de la Violación en Prisión (Información PREA)

El Departamento de Correcciones de Oregón (ODOC) tiene una política de tolerancia cero para el abuso sexual, el acoso sexual y las represalias por denunciar un incidente. Puede informar en persona a cualquier personal, a través de una comunicación de AIC, a través del sistema de quejas, llamando a la línea directa de PREA marcando 9 desde cualquier teléfono de AIC.

Presentación de un informe prea anónimo

Si se siente incómodo al presentar una acusación de PREA, puede presentar un informe anónimo ante una agencia externa.

Puede escribir a:

Oficina del Gobernador de Servicios Constituyentes
900 Court Street NE, Suite 254
97301, Salem, Oregón

Indique al principio de su carta que está presentando una denuncia de PREA y que está solicitando permanecer en el anonimato. La Oficina del Gobernador remitirá todas las acusaciones anónimas al Coordinador de DOC PREA para garantizar que se complete una investigación basada en la información que se proporciona.

Programa de Defensa (Apoyo) de PREA Basado en la Comunidad

ODOC se ha asociado con defensores confidenciales y basados en la comunidad de víctimas de abuso sexual para proporcionar servicios a AICs.

Los AICen ODOC que han experimentado abuso sexual pueden comunicarse con un defensor basado en la comunidad marcando los sistemas telefónicos 711 AIC , o pueden solicitar una llamada privada a través del Gerente de Cumplimiento de PREA en la instalación. Los defensores brindan a las víctimas de abuso sexual información sobre sus opciones, recursos, información y apoyo emocional. No hay cargo por llamadas a defensores.

Papel de un defensor:

- ≈ Proporcionar apoyo confidencial e intervención en crisis
- ≈ Informarle sobre el proceso de investigación y examen médico
- ≈ Educarlo sobre la curación del abuso sexual
- ≈ Ofrecer recursos y referencias

Los defensores:

- ≈ No te digo qué hacer
- ≈ No comunicarse con la institución a menos que usted solicite que lo hagan y firmen una liberación
- ≈ No proporcionar asesoramiento legal

Los centros de defensa basados en la comunidad brindan apoyo contra el abuso sexual a personas de todos los géneros. Los defensores basados en la comunidad no informarán a menos que usted les solicite que lo hagan y si usted firma una divulgación de información.

El DOC se compromete a proporcionar a los reclusos vías para buscar ayuda. A continuación se presentan recursos adicionales:

Sede internacional de Just Detention
3325 Wilshire Blvd., Suite 340
Los Ángeles, CA 90010

La línea de crisis de defensa basada en la comunidad es para personas que necesitan asistencia para hacer frente a problemas relacionados con el abuso sexual y no debe usarse para otros fines.

Las llamadas telefónicas y el correo con centros de defensa basados en la comunidad se consideran una comunicación privilegiada y se manejarán de manera similar a las llamadas legales / correo oficial.

Si tiene alguna otra pregunta con respecto a PREA, puede preguntarle a cualquier miembro del personal, escribir al Gerente de Cumplimiento de PREA en su institución, o puede escribir:

E. Sage, Coordinador de TOO
Departamento de Correcciones de Oregón
2575 Centro St.NE
97301, Salem, Oregón

/s/ B. Gaither, Correctional Lieutenant

ACTIVITIES



OSP FLU Clinic on the Activities Floor

The Activities Floor will be closed to all AIC activities from 7:00 am until 10:00 am on the following days:

Tuesday, October 25, 2022
Wednesday, October 26, 2022
Thursday, October 27, 2022

Only AICs with a Medical call pass for the shot clinic will be allowed on the floor during the above periods on the above days. Any other AICs will be in an unauthorized area and subject to progressive discipline.

/s/ W. Bellman, Operations Captain

GROUP LIVING

A Message From Group Living

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

AIC Communications:

Capt. Porter – Group Living Captain
Lt. Gaither – Group Living Lieutenant
Cpl. Weber – Group Living Corporal
Ofc. Curry – Substance Abuse Officer
Ms. Roach – Measure 17 Work Programs



Or questions related to:

- Housing
- Haircut Requests
- Work Programs – M17

The Group Living Box is not for:

- Grievances
- Visiting Applications
- Incentive Level Increases
- STM related Issues
- Counselors (Correctional/BHS)

If you put the items listed above in the Group Living Mailbox, they will eventually make it to their final destination; however, it will take more time. To insure your communication makes it to its correct destination in a timely manner, please place it in the correct mailbox for routing.

Haircuts:



Haircuts are available upon request. Group Living haircuts are available to all AICs. This is a barbering school as such and someone in training may cut your hair and they may struggle to do exactly what you request, but they will do their best. Please do not wait for a particular barber; all of our barbers need to practice and learn to cut hair for all types and styles. We have lead barbers to assist if the barber cutting your hair struggles. Please limit your request to once per month to allow everyone an equal opportunity.

Curling Irons and/or Flat Irons:



Curling irons and flat irons are available for use in Group Living. If you wish to use this service, please send an AIC Communication Form to Group Living/curling iron to be scheduled on the next available day. AICs are authorized to use this service twice per week. You may bring and use your own hair styling products. Hairstyles that bring undue attention to an individual are not allowed.

Housing:

Convenience Moves: To qualify for a convenience move, you are expected to participate in acceptable work/program assignment and demonstrate appropriate acceptable institution conduct. Requests for cell changes must be submitted to the Group Living Captain and all AICs involved must sign the request. All requests will be reviewed and considered for approval. The safety, security, and orderly operation of the institution is our first priority and will be considered before an approval is made.

NCI levels 1 and 2 are authorized to move every 90 days.

NCI level 3 is authorized to move every 30 days.

AICs are authorized 4 moves per year.



When completing a Cell Assignment Request Form or an AIC Communication Form, please make sure to include your full name, SID#, and your current block and cell number. (Example: D-201A not 201A)

Safety and Wellness:

Sanitation throughout the institution and your personal hygiene determines your health and the health of the general population by reducing pest infestation and the transmission of communicable disease. Practicing sanitation on a daily basis will benefit you for the rest of your life.

Cell sanitation is an important part of good hygienic practice. Your sink, toilet, floor and all other areas of your cell need to be kept clean at all times; your trash should be emptied daily. These practices will help reduce infestation and fire hazards and makes for more tolerable living conditions.

- /s/ C. Porter, Group Living Captain
- /s/ R. Holmes, Group Living Corporal



Evening Winter Activities 2022

The Evening winter activities will begin Monday October 3, 2022.

Scheduling will be in three groups on a rotating basis:

1. E-Block
2. D-Block
3. A-Block and C-Block

Blocks rotate every third night starting with E-Block on Monday October 3, 2022. Only AICs living in the scheduled block(s) may attend.

The following procedures will be in effect:

1. A line for the evening activities will be ran from the eligible housing units to the Recreation Yard Building at 7:00 p.m. This will be the only line out. Evening yard ends at 9:00 p.m.
2. 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.
3. If a block has Winter Evening Activities and Evening Showers on the same night, those AICs can go to the Recreation Yard directly after their showers (you may not return to your housing unit first). These persons go directly to the Recreation Yard Building through the Security Gate and continue through electric gate # 3.
4. The Card Room, Basketball Court, Pool Room, and showers will be open.
5. The television in the Card Room is only for movies. The sports television is for sports viewing except

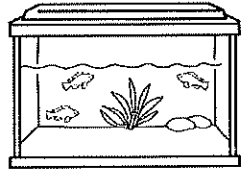
on minority viewing nights (Tuesday, Wednesday, and Thursday).

- 6. Security calls optional one-way Cell/Pill Line at 8:00 p.m. There will be no returning to the yard from this line.

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

/s/ C. Porter, Group Living Captain

CORRECTIONAL REHABILITATION



Visiting Room

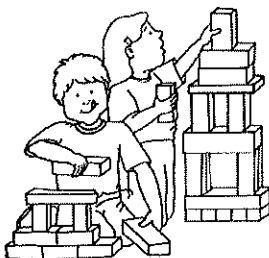
If you have been in the Visiting Room in the last week, you have probably seen the new addition of an aquarium. You will notice this is not your usual fish tank. The Oregon State Penitentiary has been blessed to have the opportunity to be part of the Oregon Department of Fish and Wildlife's Salmon and Trout Enhancement Program (STEP)- Fish Eggs to Fry Program.

On Wednesday, 220 Spring Chinook Salmon "eyed eggs" were gently placed in their new gravel environment to incubate. Some of the program's goals are to show how sensitive the fish are to ecological changes, the difficulties they face in the wild and biological/physiological development of the species.

In the weeks ahead, you will see AICs taking daily temperature readings that will be used to calculate temperature units (TU). Temperature units are used to predict when eggs will hatch and how long it will be until the fish are mature. You and your children will have the opportunity to learn firsthand about the life cycle of fish while observing the eggs hatch and transforming into "sac fry" before becoming tiny salmon. There will be lots of fun facts and activities to participate in.

Salmon are not the only new things for the Visiting Room. A variety of toys, games, books, and educational materials have been purchased. Prior to the conclusion of the visiting session, please take the time to properly put away and return the items you are using during your visits, so others have the chance to enjoy them.

/s/ C. Lenex, Correctional Rehabilitation Manager



COUNSELING SERVICES

Inside/Out Dads Program

Being a parent is one of the most challenging, and rewarding, experiences of our lives. With that said, I am very pleased to finally be able to offer the Inside/Out Dads program at OSP. The Inside/Out Dads program seeks to achieve the following:

Increase in pro-fathering knowledge, attitudes, and skills.

Increase in frequency of healthy interactions with your children.

Increase in healthy interactions with the mother(s) of your children.

Increase in the likelihood of family reunification.

Increase in the likelihood of reentry success.

This is a twelve-week program that will meet on Mondays in the afternoon on the Education Floor beginning October 24, 2022. If you are interested in this opportunity, send an AIC communication form to your Correctional Counselor stating your interest.

/s/ J. Rumney, Correctional Counselor



JOB ANNOUNCEMENTS

Apprenticeship Program – Physical Plant Painter

The Physical Plant is now accepting applications for an open apprentice position in the Paint Shop. Eligibility requirements:

- Four years or more left until release.
- High School Diploma or GED equivalent.
- \$300 per year for three years (contract of \$25 per month or you may pay in full for one year).
- 12 months clear conduct minimum (longer clear conduct the better).
- Working at least 40 hours per week. Overtime is mandatory for apprentices.

Recommended or desired skills:

- Able to lift 50-75 pounds frequently.
- Reliable attendance (6000 on-the-job training hours required for program completion).
- Experience using hand tools, paint brushes, rollers, and knowledge of simple power tools.
- Self-motivated individual who exhibits self accountability and willingness to accept constructive criticism from all supervisors.
- Team-oriented individual.



Applicants are expected to submit a completed AIC Work Application and resume that includes the name

of a staff member willing to provide a positive work/character reference. Please address to Physical Plant J. Trevino. The applicant selected for this role will complete a three-month trial service period before being indentured into the program and making a financial commitment. This opening is immediate. Applications will be accepted through October 28, 2022.

/s/ J. Trevino, Paint Shop Supervisor

Paint Shop Airbrush Artist

The Paint Shop is accepting applications for an experienced airbrush artist. Your application must be in by October 27, 2022 and interviews will begin in November.

Job Requirements:

- Experience cleaning, maintaining, and using all equipment related to airbrushing.
- Able to train and mentor others in developing airbrushing techniques.
- Be able to work collaboratively in a team environment.
- 1-year clear conduct.
- Ability to take constructive criticism and feedback.
- Have a strong desire to help the OSP community through art projects.



If you feel that these requirements match your traits and abilities, send an application to J. Trevino, Physical Plant Paint Shop. Your completed application must include two additional items: One completed drawing of a nature scene and one letter that describes why you want this position. Neither the drawing nor the letter will be returned to you. All interviewees will be expected to showcase their skills on the airbrush during the interview process.

/s/ J. Trevino, Paint Shop Supervisor



MHI Unit ADL/Peer Companion Position

We believe that AICs who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing is now hiring for two, full-time ADL/Peer Companions on the Mental Health Infirmity (MHI) unit. The Individuals selected for this position will report to the MHI unit for their shifts. We are looking for motivated, responsible individuals who

have the willingness to work with individuals unable to care for their own ADLs as well as individuals experiencing significant mental health symptoms. It is important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest, modeling patience, respectful communication, and the following of all unit and institution rules.

MHI Unit ADL/Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHPs and treatment staff in ensuring that identified AICs housed on MHI are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Duties may also include assisting individuals around ADL coaching and skill building, increasing social interactions, and guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities on the unit, during day room, or out for MHI yard time.

Please submit an application AIC communication form to Kirsan Leep, MHI Program Manager, if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year; it is preferred that you have one or more years left on your sentence.

/s/ K. Leep, MHI Manager



OSP/IM Photo Job Opportunity

With the influx of new work being placed on the Photo program, two new clerk positions in the AIC Photo Program have become available.

If you are interested, please send a job application to T. Olsen in Activities.

You must be NCI Level 3 to qualify. You can obtain applications from your tier officer. Complete one and drop it into the Activities mailbox at the bottom of the Activities stairs.

/s/ T. Olsen, Activities Rec. Specialist Lead

A Point to Ponder

“There are three constants in life... change, choice and principles.”

~ Stephen Covey

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AM-MORNING YARD (7:45-9:45 AM)
 PM-AFTERNOON YARD (1:00-3:30 PM)
 EVE- BARN YARD (7:00-9:00 PM) REC.BLDG.ONLY



COSTUME CONTEST

1	AM		A/E
	PM		C/D
	EVE		A/E



2	AM	C/D	AM	A/E	4	AM	SHOWERS	5	AM	A/E	6	AM	C/D	AM	C/E	7	AM	SHOWERS	8	AM	C/D
	PM	A/E	PM	C/D			A/E		PM	C/D			PM	A/E			PM	C/D		PM	C/D
	EVE	C/D	EVE	E			D		EVE	A/C			EVE	E			EVE	D		EVE	A/C

9	AM	C/E	AM	A/D	11	AM	SHOWERS	12	AM	A/D	13	AM	C/E	14	AM	SHOWERS	15	AM	SHOWERS		
	PM	A/D	PM	C/E			A/D		PM	C/E			PM	A/D			PM	C/E		PM	A/D
	EVE	E	EVE	D			A/C		EVE	E			EVE	D			EVE	A/C		EVE	E

Barn Starts

PRAS

16	AM	A/E	AM	C/E	18	AM	SHOWERS	19	AM	C/E	20	AM	A/D	21	AM	SHOWERS	22	AM	SHOWERS		
	PM	C/E	PM	A/D			C/E		PM	A/D			PM	A/D			PM	A/D		PM	C/E
	EVE	D	EVE	A/C			E		EVE	D			EVE	A/C			EVE	E		EVE	D



OCE TGA

23	AM	C/E	AM	A/D	25	AM	SHOWERS	26	AM	A/D	27	AM	C/E	28	AM	SHOWERS	29	AM	SHOWERS		
	PM	A/D	PM	C/E			A/D		PM	C/E			PM	A/D			PM	C/E		PM	A/D
	EVE	A/C	EVE	E			D		EVE	A/C			EVE	E			EVE	D		EVE	A/C

30	AM	C/E	AM	A/D	31	AM	A/D
	PM	A/D	PM	C/E			C/E
	EVE	E	EVE	D			D



HALLOWEEN

AM-MORNING YARD (7:45-9:45 AM)
 PM-AFTERNOON YARD (1:00-3:30 PM)
 EVE- BARN YARD (7:00-9:00 PM) REC.BLDG.ONLY
NO LEVEL 3 NIGHT YARD



Oregon State Penitentiary
Oregon State Penitentiary

Mainline

Week at a Glance

	Monday 10/24/2022	Tuesday 10/25/2022	Wednesday 10/26/2022	Thursday 10/27/2022	Friday 10/28/2022	Saturday 10/29/2022	Sunday 10/30/2022
Week 2	BREAKFAST Cantal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sta, Chl) - 1.00 EA Pancakes (Sod, Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	BREAKFAST Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sta, Chl) - 0.33 CP Refried Beans - 0.50 CP Shredded Cheese (Sta, Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	BREAKFAST Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sta) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	BREAKFAST Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sta, Chl) - 1.00 EA Sliced Cheese (Sta, Chl) - 1.00 SLC English Muffin (Sta, Chl) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	BREAKFAST Fairina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy - 0.75 CP Biscuit (Sta, Sod) - 1.00 EA Hashbrowns (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	BREAKFAST Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.33 CP Pork Bacon (Sta, Sod, Chl) - 3.00 SLC Fried Potatoes (Sta) - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	BREAKFAST Cantal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sta, Chl) - 1.00 EA Breakfast Pastry (Sta, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
Week 2	LUNCH Vegetable Soup (Sod) - 10.00 FLOZ Barbeque Beef (Sod, Chl) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	LUNCH *Soup of the Day (Sod, Chl) - 10.00 FLOZ Chef Salad with Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sta, Chl) - 1.00 EA Shredded Cheese (Sta, Chl) - 2.00 TBS Salad Dressing (Sta, Sod) - 2.00 FLOZ Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	LUNCH Minestone Soup - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl, Sta) - 1.00 EA Mayonnaise - 1.00 TBS Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	LUNCH *Soup of the Day (Sod, Chl) - 10.00 FLOZ Wheat & Cheese Sandwich on Wheat (Sod, Chl) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	LUNCH Coleslaw (Sod) - 0.75 CP Chicken Tortilla Stew (Chl) - 10.00 FLOZ Brown Rice - 0.75 CP Broccoli - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sta, Chl) - 2.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	LUNCH Texas Slaw - 0.75 CP Pork Fajita Mix (Sod, Chl, Sta) - 0.50 CP Onions & Bell Peppers - 0.50 CP Wheat Tortillas (Sta, Sod) - 2.00 EA Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	LUNCH Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Frosted Cake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
Week 2	DINNER Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Stir-Fry (Chl) - 0.50 CP White Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	DINNER Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Baked Chicken (Chl) - 3.00 OZCKD Creole Sauce - 2.00 FLOZ Brown Rice Pilaf - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fruit Bar (Sta, Sod, Chl) - 1.00 EA Tea - 8.00 FLOZ	DINNER Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Chili Mac (Chl, Sta) - 1.25 CP Green Beans - 0.75 CP Cornbread (Sod, Chl) - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	DINNER Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ Pizza (Chole) (Sod, Chl, Sta) - 1.00 EA Chocolate Brownie (Sta, Chl) - 1.00 EA Tea - 8.00 FLOZ	DINNER Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Philly Beef (Sod, Chl) - 3.00 OZCKD Cheese Sauce (Sta, Chl) - 2.00 FLOZ Onions & Bell Peppers - 0.50 CP Wheat Hoagie Roll - 1.00 EA Peas and Carrots - 0.75 CP Galañ & Whip Topping - 0.50 CP Tea - 8.00 FLOZ	DINNER Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sta) - 1.00 EA Barbeque Sauce - 1.00 FLOZ Wheat Burger Bun (Sta, Chl) - 1.00 EA Cauliflower - 0.75 CP Tailor Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	DINNER Lettuce Salad - 1.00 CP Salad Dressing (Chl, Sta) - 0.75 CP Meat Sauce - 0.75 CP Spaghetti - 0.75 CP Blended Vegetables - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu is subject to change without notice. Appropriate food substitutions are approved by a Dietitian. Items contain or may contain pork. Meat-Alternative Trays are available at lunch and dinner only.

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

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