



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

December 1, 2022

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ADMINISTRATION



Family Winter Holiday/Cultural Event

There will be a Family Winter Holiday/Cultural Event on Saturday, December 17, 2022 in Visiting. Regular visiting will be closed and only approved children and families will be allowed to attend. You may have up to five children (under 18) and up to two accompanying adults.

Have your family call 503-373-1330 before December 15, 2022 to sign up. Morning session will be from 8:00 am-10:00 am and afternoon from 12:30 pm-3:30pm.

We will have games, treats, giveaways, and more! Families may check the ODOC Social Media pages and Website for more information.

We hope to see you there!

/s/ Stephanie Lane, Exec. Asst. to Superintendent

AIC Risk Assessment



Changes are coming that will impact all adults in custody (AICs) within the Oregon Department of Corrections, and we need your help.

Within the next 12 to 18 months, DOC will be implementing a new AIC custody classification tool. The new tool will pull data from each AIC's risk assessment on file.

Normally, risk assessments are completed at intake by the Intake Counselors. Institution Counselors update the risk assessments for all AICs assigned to a high/moderate caseload. AICs assigned to a low Automated Criminal Risk Score (ACRS) caseload (also referred to as case bank), do not receive updated assessments as they are not eligible for counseling services.

A small percentage of you do not have a current assessment on file. You will be called out for an assessment in the near future. It is important AICs watch their callouts on a regular basis, but it is even more critical now as DOC has a limited time to conduct these assessments. If you have a question or conflict, talk to the Officer on your unit.

Thank you for your cooperation.

Se avecinan cambios que afectarán a todos los adultos bajo custodia (AIC) dentro del Departamento de Correcciones de Oregon, y necesitamos su ayuda.

Dentro de los próximos 12 a 18 meses, el DOC implementará una nueva herramienta de clasificación de custodia AIC. La nueva herramienta extraerá datos de la evaluación de riesgos de cada AIC en el archivo.

Normalmente, las evaluaciones de riesgos son completadas en la admisión por los consejeros de admisión. Los consejeros de la institución actualizan las evaluaciones de riesgo para todos los AIC asignados a un número de casos alto/moderado. Los

AIC asignados a una baja carga de casos de Puntaje de Riesgo Penal Automatizado (ACRS) (también conocido como banco de casos), no reciben

evaluaciones actualizadas ya que no son elegibles para servicios de asesoramiento.

Un pequeño porcentaje de ustedes no tiene una evaluación actual en el archivo. Se le llamará para una evaluación en un futuro próximo. Es importante que los AIC vigilen sus llamadas regularmente, pero es aún más crítico ahora que el DOC tiene un tiempo limitado para realizar estas evaluaciones. Si tiene alguna pregunta o conflicto, hable con el oficial de su unidad.

Gracias por su ayuda.

/s/ Correctional Services Division,
Correctional Case Management Team

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 Oregon (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
Salem, Oregon 97301

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 AIC en 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, Group Living Captain

Notice Of Scheduled PREA Audit

The Oregon State Penitentiary will be undergoing an audit for compliance with the United States Department of Justice's National Standards to Prevent, Detect, and Respond to Prison Rape under the Prison Rape Elimination Act (PREA) for Adult Prisons & Jails from December 6-8, 2022.

Any person with information relevant to this compliance audit may confidentially* correspond with the auditor via the following address:

John Katavich
Attn: PREA Unit
P.O. Box 942883
Sacramento, CA 94283-0001



*CONFIDENTIALITY – All correspondence and disclosures during interviews with the designated auditor are confidential and will not be disclosed unless required by law. There are exceptions when confidentiality must be legally broken. Exceptions include, but are not limited to the following:

- if the person is an immediate danger to her/himself or others (e.g. suicide or homicide);
- allegations of suspected of child abuse, neglect or maltreatment;
- in legal proceedings where information has been subpoenaed by a court of appropriate jurisdiction.

AVISO AUDITORIA DE PREA

La Penitenciaría Estatal de Oregón estará sujeto a una auditoría de cumplimiento con los Estándares Nacionales del Departamento de Justicia de los Estados Unidos para Prevenir, Detectar, y Responder a la Violencia Sexual bajo la Ley para la Eliminación de la Violencia Sexual en Prisiones y cárceles para adultos (PREA, por sus siglas en inglés), del 6 al 8 de diciembre de 2022.

Cualquier persona que posea información relevante para esta auditoría de cumplimiento puede contactar a la Auditora confidencialmente*, por correo, a la siguiente dirección:

John Katavich
Attn: PREA Unit
P.O. Box 942883
Sacramento, CA 94283-0001



*CONFIDENCIALIDAD – Toda correspondencia y divulgaciones durante entrevistas con la Auditora designada son confidenciales y no serán divulgadas, a menos que sea requerido por ley. Hay excepciones que requieren que legalmente se rompa la confidencialidad. Estas excepciones incluyen, pero no se limitan, a las siguientes situaciones:

- Cuando la persona representa un riesgo inminente hacia sí o hacia otras personas (por ejemplo, suicidio u homicidio);
- Cuando surgen alegaciones sobre sospechas de abuso, negligencia o maltrato de menores;
- En procesos judiciales para los cuáles la información es requerida mediante orden de un tribunal con jurisdicción.

/s/ B. Gaither, Group Living Captain

GROUP LIVING



Prison Rape Elimination Act Questions and Answers

Here are the most asked questions when it comes to PREA:

1. How can I report a PREA allegation?
 Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, AIC communication and by third party.

2. If I use the PREA hotline or advocacy hotline are my calls confidential?
 Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a victim advocate, the phone system will not record the conversation or log that number was called.

3. What is the buzzer sound I hear in all the housing blocks, units, and infirmary?
 Answer: That buzzer sound is to make sure all AICs are aware that a staff member of the opposite gender has entered the area.

4. Is there a resource outside of the institution I can talk to about PREA confidentially?
 Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7. The role of the advocate is to

- a. Amplify the victim voice
- b. Redirect victim blaming
- c. Provide emotional support
- d. Explain options for reporting
- e. Help victims process decision (not guide, recommend, or suggest what is right)
- f. Provide resources and referrals
- g. Sit through forensic exam/investigatory interview if desired by the victim
- h. Support family and friends of the victim

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.

/s/ B. Gaither, Group Living Captain

A Point to Ponder

“Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.”

~Golda Meir

HEALTH SERVICES



Preventative Health Care Screening

DOC Medical Services is interested in partnering with you to promote healthy behaviors and ensure you are as healthy as possible. If you are interested in discussing your health risk factors and ways you can maintain and improve your health, please send an AIC Health Communication to Medical Services and request a “preventative health care screening” appointment.

Los Servicios de Salud del Departamento de Correccionales esta interesado en asociarse con usted para promover comportamientos saludables y garantizar que este lo mas saludable posible. Si esta interesado en hablar sobre los factores de riesgo de su salud y las formas en que puede mantener y mejorar su salud, envíe una Comunicacion de Salud Medica No-Urgente a Los Servicios de Salud y solicita una “cita de evaluacion de atencion medical preventiva.”

Thank you

/s/ Katherine A. Ross, Nurse Manager

RELIGIOUS SERVICES

Prophecy Calendar for 2023

If you would like a free 2023 16-month prophecy calendar, please write to:

Bible Belt for Oneseimus
 P.O. Box 76834
 Oklahoma City, OK 73147

/s/ I. Witcraft, Chaplain



Latter-day Saints Christmas

The Church of Jesus Christ of the Latter-day Saints invites you to our 35th annual OSP Christmas program on Saturday morning, December 10, 2022, 8:00 am in the Chapel.

This year the choir will not be able to come in; however, we will watch a recording of a televised Christmas program that includes singing and messages of Jesus Christ’s birth. Come and join us during this special time of the year.

To attend, please send an AIC Communication Form to Chapel.

/s/ I. Witcraft, Chaplain



To: All Adults in Custody (AIC)

From: PRAS Audit Workgroup Co-chairs
Nathan Cantlin, DOC Operations Programs Manager
Barbara Cannard, Oregon Corrections Enterprises General Manager

Subject: Performance Recognition Award System (PRAS) Revisions

Status of PRAS revisions: In 2014, the Department of Corrections (DOC) received a petition from an AIC to amend the PRAS Rule (OAR 291-077) so monetary awards align with costs of living. While the petition was denied as it was too complex, DOC formed a PRAS Audit Workgroup to address the petition and other concerns. These included points assigned for work and programming, and improving the work and training history letter AICs receive at release.

The good news: The DOC Executive Team approved Workgroup recommendations to satisfy the petition as well as eliminate several discrepancies in the PRAS rule. These changes create PRAS consistency throughout the department.

The bad news: Change takes time. Making the improvements required new PRAS system technologies, databases, and tracking systems to replace outdated originals. Due to several high-priority challenges (COVID-19, staffing issues, etc.), the necessary changes were nearly impossible. In addition, the consumer price index (CPI) caught up with the routine increases of average PRAS points, and canteen prices increased due to supply chain issues.

The best news: The Workgroup has been steadily making progress. In 2019, DOC eliminated the 120-day wait period to earn PRAS. The Workgroup is now ready to implement more changes.

What does this mean to you? Over the next few months, you will see the following changes:

- The PRAS matrix will be adjusted to create a more even point spread in the first three levels. Also, two more levels will be added to reduce the chance of “maxing out.” In addition, there will be an overall 25% increase in the dollar value of each level of the PRAS matrix to counteract the effects of the CPI and canteen increases. This will be accomplished through temporary rule adoption, effective 01/01/2023.
- The number of PRAS points awarded per position will be consistent at all DOC institutions. AICs will earn the same number of PRAS points for the same work, regardless of location. This will not happen all at once, as there are over 15,000 assignment possibilities.
Start date: 12/01/2022. Estimated completion date: 06/30/2023.
- Improvements to the Work and Training History document you receive upon release will be implemented when the position realignment is completed.
Estimated start date: 06/30/2023. Estimated completion date: 07/31/2023.

Current PRAS Schedule		
Number of Points Earned	Monetary Award	Total After 5% Reduction*
16 thru 75	\$8.00	\$7.60
76 thru 79	\$24.00	\$22.80
80 thru 85	\$26.00	\$24.70
86 thru 106	\$30.00	\$28.50
107 thru 127	\$34.00	\$32.30
128 thru 148	\$38.00	\$36.10
149 thru 169	\$42.00	\$39.90
170 thru 190	\$46.00	\$43.70
191 thru 211	\$50.00	\$47.50
212 thru 232	\$54.00	\$51.30
233 thru 253	\$58.00	\$55.10
254 thru 274	\$62.00	\$58.90
275 thru 295	\$66.00	\$62.70
296 thru 316	\$70.00	\$66.50
317 thru 337	\$74.00	\$70.30
338 thru 358	\$78.00	\$74.10
359 thru 9999	\$82.00	\$77.90

New PRAS Schedule		
Number of Points Earned	Monetary Award	Total After 5% Reduction*
16 thru 45	\$12.50	\$11.80
46 thru 65	\$22.50	\$21.30
66 thru 85	\$32.50	\$30.80
86 thru 106	\$37.50	\$35.60
107 thru 127	\$42.50	\$40.30
128 thru 148	\$47.50	\$45.10
149 thru 169	\$52.50	\$49.80
170 thru 190	\$57.50	\$54.60
191 thru 211	\$62.50	\$59.30
212 thru 232	\$67.50	\$64.10
233 thru 253	\$72.50	\$68.80
254 thru 274	\$77.50	\$73.60
275 thru 295	\$82.50	\$78.30
296 thru 316	\$87.50	\$83.10
317 thru 337	\$92.50	\$87.80
338 thru 358	\$97.50	\$92.60
359 thru 379	\$102.50	\$97.30
380 thru 400	\$107.50	\$102.10
401 thru 9999	\$112.50	\$106.80

* The PRAS rule states, "The department will deduct a fixed percentage of each performance award made to adults in custody under these rules, to be credited to a general victims assistance fund. The department will credit the remainder of any monetary award to each recipient's trust account."

Effective 01/01/2023

Para: Todos los adultos en custodia (AIC)

De: Copresidentes del grupo de trabajo de auditoría de PRAS
Nathan Cantlin, Gerente de Programas de Operaciones del DOC
Barbara Cannard, Gerente General de Empresas Correccionales de Oregón

Asunto: Revisiones del sistema de premios de reconocimiento de desempeño (PRAS)

Estado de las revisiones de PRAS: En 2014, el Departamento Correccional (DOC) recibió una petición de un AIC para enmendar la Regla de PRAS (OAR 291-077) para que las recompensas monetarias se alineen con los costos de vida. Si bien la petición fue denegada porque era demasiado compleja, el DOC formó un grupo de trabajo de auditoría de PRAS para abordar la petición y otras inquietudes. Estos incluyeron puntos asignados por trabajo y programación, y mejorar la carta de historial de trabajo y capacitación que reciben los AIC al momento de la liberación.

La buena noticia: El equipo ejecutivo del DOC aprobó las recomendaciones del grupo de trabajo para satisfacer la petición y eliminar varias discrepancias en la regla PRAS. Estos cambios crean coherencia PRAS en todo el departamento.

La mala noticia: El cambio lleva tiempo. Hacer las mejoras requirió nuevas tecnologías, bases de datos y sistemas de seguimiento del sistema PRAS para reemplazar los originales obsoletos. Debido a varios desafíos de alta prioridad (COVID-19, problemas de personal, etc.), los cambios necesarios fueron casi imposibles. Además, el índice de precios al consumidor (IPC) se puso al día con los aumentos habituales de los puntos PRAS promedio y los precios de las cantinas aumentaron debido a problemas en la cadena de suministro.

La mejor noticia: El grupo de trabajo ha ido progresando constantemente. En 2019, DOC eliminó el período de espera de 120 días para obtener PRAS. El grupo de trabajo ahora está listo para implementar más cambios.

¿Qué significa esto para usted? Durante los próximos meses, verá los siguientes cambios

- La matriz PRAS se ajustará para crear una distribución de puntos más uniforme en los tres primeros niveles. Además, se agregarán dos niveles más para reducir la posibilidad de "llegar al máximo". Además, habrá un aumento general del 25 % en el valor en dólares de cada nivel de la matriz PRAS para contrarrestar los efectos del IPC y los aumentos de cantina. Esto se logrará mediante la adopción de una regla temporal, a partir del 01/01/2023.
- La cantidad de puntos PRAS otorgados por puesto será consistente en todas las instituciones del DOC. Los AIC obtendrán la misma cantidad de puntos PRAS por el mismo trabajo, independientemente de la ubicación. Esto no sucederá de una sola vez, ya que hay más de 15 000 posibilidades de asignación. Fecha de inicio: 01/12/2022. Fecha estimada de finalización: 30/06/2023.
- Las mejoras en el documento Historial de trabajo y capacitación que reciba al ser liberado se implementarán cuando se complete la realineación del puesto. Fecha estimada de inicio: 30/06/2023. Fecha estimada de finalización: 31/07/2023.

Current PRAS Schedule		
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16 thru 75	\$8.00	\$7.60
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*La regla PRAS establece: "El departamento deducirá un porcentaje fijo de cada premio por desempeño otorgado a adultos bajo custodia bajo estas reglas, para ser acreditado a un fondo general de asistencia a las víctimas. El departamento acreditará el resto de cualquier dinero a la cuenta fiduciaria de cada destinatario."

Effective 01/01/2023

OSP MAILROOM NEWSLETTER
HOLIDAY EDITION ❄️ WINTER 2022



*Hello OSP residents... it's that time of year again.
We don't enjoy violating anyone's cards or gifts, so here are a few reminders.*

THE BASICS:

- ◆ Family, friends, and anyone else on the outside may send letters and photos directly to AICs.
- ◆ Books, magazines, and calendars must come from a 3rd party warehouse such as Amazon, Edward Hamilton, Powell Books, etc.
- ◆ All others require a package authorization prior to sending and will be refused without one.

GREETING CARDS:

- ◆ Keep glitter to a minimum.
- ◆ Avoid pop-up cards as they cannot be searched without destroying the cards themselves.
- ◆ Cards made/sold by AICs with photos adhered to cardstock will be confiscated if sent to another AIC, or sent outside and then returned to sender.

REMINDERS:

- ◆ Name & SID# must be on the front of the envelope.
- ◆ A return address, including name, must be on the front of the envelope.
Grandma, Mom, etc are not sufficient. A name is required.
International mail may have the return address on the back.
- ◆ No lipstick, perfume, stickers, crayon, glue, etc.

IT HAS COME TO OUR ATTENTION THAT AMAZON IS SELLING "INMATE PACKAGES"

These packages contain items that are not permitted and will be violated and returned.

Please warn friends and family against purchasing them.

If you have mail questions, please don't hesitate to kyte the mailroom.

We respond daily M-F and will gladly answer your questions.



Mainline		Week at a Glance						
Monday 12/15/2022		Tuesday 12/16/2022	Wednesday 12/17/2022	Thursday 12/18/2022	Friday 12/19/2022	Saturday 12/10/2022	Sunday 12/11/2022	
Week 3	BREAKFAST	Pancakes Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa, Chl) - 1.00 EA Pancakes (Sod, Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Vegetable Scramble Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Vegetable Scramble (Chl) - 0.50 CP Hashbrowns (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Hobo Breakfast Farina - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP Ground Beef (Sfa, Chl) - 1.00 OZ Shredded Cheese (Sfa, Chl) - 2.00 TBS Fried Potatoes (Sfa) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	French Toast Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod, Chl, Sfa) - 4.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Egg & Cheese Biscuit Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa, Chl) - 1.00 EA Sliced Cheese (Sfa) - 1.00 SLC Biscuit (Sfa, Sod) - 1.00 EA Fried Potatoes (Sfa) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Sausage, Egg & Cheese Canned Fruit - 0.50 CP Fried Eggs (Sfa, Chl) - 0.33 CP Poultry Sausage (Chl, Chl) - 1.00 EA Wheat Potatoes (Sfa) - 0.75 CP Fried Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal, Egg & Breakfast Pastry Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
	LUNCH	Beef & Broccoli w/Rice Asian Cabbage Salad - 0.75 CP Beef & Broccoli (Sod, Chl, Sfa) - 0.75 CP White Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Deli Sandwich & Soup Soup of the Day (Sod, Chl) - 10.00 FLOZ *Meat & 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 *Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA	Hot Turkey Sandwich w/Gravy Coleslaw (Sod) - 0.75 CP Hot Turkey Sandwich (Chl) - 1.00 SV Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Blended Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Chicken Lettuce Salad Potato Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl, Sfa) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa, Chl) - 2.00 TBS Salad Dressing (Sfa, Sod) - 2.00 FLOZ Broccoli - 0.75 CP Breakstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Tuna Noodle Casserole Lentil Soup - 10.00 FLOZ Tuna Noodle Casserole (Chl, Sfa) - 1.25 CP Peas and Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Chicken Salad Sandwich w/ Soup of the Day *Soup of the Day (Sod, Chl) - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Baked Chicken Quarter Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl, Sfa) - 1.00 EA Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
Week 3	DINNER	Beef Stroganoff Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stroganoff (Chl, Sfa) - 0.75 CP Pasta - 0.75 CP Peas - 0.75 CP Breadstick - 1.00 EA Pudding - 0.50 CP Tea - 8.00 FLOZ	Breakfast for Dinner Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZCKD Fried Egg (Sfa, Chl) - 2.00 EA O'Brien Potatoes - 0.75 CP Biscuit (Sfa, Sod) - 1.00 EA Margarine (Sfa) - 1.00 TBS Coffee - 8.00 FLOZ	Pizza Night Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Brownie (Sfa, Chl) 1.00 EA Tea - 8.00 FLOZ	Chili Dogs Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Hot Dog (Sod, Chl) - 2.00 EA Chili with Beans - 6.00 FLOZ Shredded Cheese (Sfa, Chl) - 2.00 TBS Wheat Hoagie Roll - 1.00 EA Cauliflower - 0.75 CP Cookie (Sfa, Chl) - 1.00 EA Tea - 8.00 FLOZ	Cheeseburger w/Tater Tots Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl, Sfa) - 1.00 EA Sliced Cheese (Sfa) - 1.00 SLC Wheat Burger Bun (Sfa, Chl) - 1.00 EA Blended Vegetables - 0.75 CP Tater Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Ham Au Gratin Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Ham Au Gratin (Sod, Chl, Sfa) - 1.25 CP Carrots - 0.75 CP Breadstick - 1.00 EA 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 Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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