



## ADMINISTRATION



### Scheduling Visits Through IC Solutions

Late arrivals: Effective December 11, 2022, late arrivals will no longer be reserved. Utilizing IC Solutions to schedule a visit has been a great tool for friends and family to make sure they are able to visit at a reserved time. As we are moving away from the days of Covid, more loved ones are coming back into the institution. It is imperative when making a reservation to arrive at the time scheduled. For example, if an appointment is made at 12:15 pm but the visitor does not arrive until 1:15 pm, that is an entire hour that someone else was not able to visit. Moving forward, visitors will need to check in no later than 15 minutes after their appointment time. If a visitor has not arrived within that time frame, the space will be opened for walk-ins. The visiting desk will process those with scheduled appointments first. This will go into effect December 11, 2022.

Children Visits: Effective now through January 8, 2023, only one child will have points deducted. Only one child per visit, 17 and under, will be deducted visiting points per session. This is a pilot that will run until January 8, 2023.

Homework: Effective December 11, 2022, bringing homework into visiting room will be allowed. Children ages 17 and under will be allowed to bring in their homework when they visit. Homework will be limited to five (5) worksheets/pages. Textbooks are not authorized. Pencils are available in the visiting room. All items will be searched by staff and must be declared at the visiting desk. All pages entering the visiting room will be accounted for and must exit at the conclusion of visiting. This will go into effect December 11, 2022.

/s/ C. Lenex, Correctional Rehabilitation Manager

### Information About Ballot Measure 112



This month Oregon voters passed Ballot Measure (BM) 112, which amends Article 1, Section 34 of the Oregon Constitution. BM 112 removes language from Oregon's Constitution that permitted the state to

impose involuntary servitude as a punishment for persons convicted of crime.

Passage of BM 112 does not change the constitutional requirement that adults in custody (AICs) work, and it does not entitle AICs to minimum wage. Adults in custody are still required under Article 1, Section 41 of the Oregon Constitution to actively engage in full-time work or on-the-job training, which may include education.

Este mes, los votantes de Oregon aprobaron la Medida electoral (BM) 112, que modifica el Artículo 1, Sección 34 de la Constitución de Oregon. BM 112 elimina el lenguaje de la Constitución de Oregon que permitía al estado imponer la servidumbre involuntaria como castigo para las personas condenadas por un delito.

La aprobación de la BM 112 no cambia el requisito constitucional de que los adultos bajo custodia (AIC) trabajen, y no da derecho a los AIC al salario mínimo. Los adultos bajo custodia todavía están obligados bajo el Artículo 1, Sección 41 de la Constitución de Oregon a participar activamente en un trabajo de tiempo completo o capacitación en el trabajo, que puede incluir educación.

/s/ B. Bernt, DOC Communications Manager

### 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

# SECURITY



## D-Block Blanket Exchange

Attention D-Block dwellers:

D-Block blanket exchange will start Thursday, December 1, 2022, ending on Friday, December 30, 2022, and will go as follows:

For those AICs with jobs, blankets can be exchanged during scheduled shower times only, and for AICs without jobs, blankets can be exchanged during mainline showers on Tuesdays and Fridays only.

Again, this is a one-for-one blanket exchange, so bring your dirty blankets with you to get clean ones.

/s/ J. Hernandez, Clothing Room Sergeant

## 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, Oregón 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 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

**NO  
ES  
NO.**

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

## GENERAL SERVICES



### Food Theft

Food theft from Culinary is a major problem for the Institution. It impacts our ability to ensure adequate portions of the published menu are available, jeopardizes the health of individuals taking perishable food that is not being properly stored or cooked. It also has a significant effect on our ability to work within our food service budget.

This notice constitutes a direct order that you are not to take any food items from the Kitchen other than uncut fruit in the quantity served (per your AIC Handbook). The following plan was designed to address this issue in a reasonable, consistent way.

1. If an AIC is caught stealing, or attempting to steal food, the food will be confiscated and disposed of accordingly. If the value of the food is less than \$20, the AIC will be issued a minor misconduct report. The minor misconduct report will be for disobedience of an Order III and will include the cost of all food items that must be disposed of due to the theft/attempted theft or misuse. If the value of the food is \$20 or more, the AIC will receive a major misconduct for Contraband II, and will also be charged for the cost of food that must be disposed of.

2. If the AIC stealing the food is assigned to the Kitchen or Dining Room, they will receive a program failure along with the Misconduct Report.
3. This process will be used for foodstuff found outside the Culinary Section (for example cell searches, etc.) if the items can reasonably be determined to have been taken from the Food Services.

Note: This does not prevent a staff member from issuing a misconduct report for a higher level charge (Contraband II) in the event the AIC has received a recent minor misconduct previously for the same conduct.

/s/ C. Wagner, Asst. Supt. General Services

## ACTIVITIES



### Memorial Healing Garden Visiting/Photos

The Asian Pacific Family Club proudly informs the OSP community of the process available to schedule visits and photos in the Memorial Healing Garden. Please send an AIC communication form to the APFC to schedule visits in the Memorial Healing Garden. When submitting a request, please be sure that your work hours and schedule does not conflict. All visiting/photo requests will be submitted to staff for processing every Tuesday; therefore, call passes will be issued for the following week.

Due to programs being held in the Memorial Healing Garden, visiting slots are limited to the following schedule listed below. The cost of a 4X6 photo is \$1.50 each; all proceeds raised from the Memorial Healing Garden Photo Program goes toward the care, sustainability and maintenance of the koi pond. Please anticipate that photo prints take approximately a month for processing.

Sunday 7:45-9:45am and 1:30-3:30pm

Monday 12:00-2:45pm

Tuesday 12:00-2:45pm

Wednesdays closed for maintenance

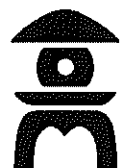
Thursday 7:45-9:45am-12:00-2:45pm

Friday 1:30-2:45pm

Saturday 12:00-2:45PM

Please see information channel 1.1 for continuous updates. Thank you.

/s/ A. Powers, Activities Manager



# 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

# COMMISSARY



## Holiday Item Size Change

Kind Bar Caramel Almond Sea Salt is 1.4 oz., not 2.12 oz.

LD Vanilla Christmas Tree Cakes are a 5 count, not a 6 count.

/s/ S. Jackson, DOC Commissary

# 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

# COUNSELING SERVICES

## Clemency Denial Support Group



OSP is offering a voluntary group for AICs who have received clemency denials and are seeking a supportive space for discussion and improving their ability to manage the associated emotions of being denied. Topics will include navigating feelings of grief and loss, radical acceptance, and distress tolerance. The group will be offered Tuesdays from 1:00 pm to 3:00 pm on the CSF floor. Interested AICs should send an AIC communication form to Counselor J. Letourneau to be placed on callout.

/s/ J. Letourneau, Correctional Counselor

# JOB ANNOUNCEMENTS

## Physical Plant Electronics Shop Position



The Electronics Shop is accepting applications for AICs interested in a career as a low voltage electrician.

This position will give someone an opportunity to go through an apprenticeship program, learn a trade, and earn a LEB Electrical License, giving you the skills and license to succeed outside with a good-paying job when released.

Applicants should have good math skills, the ability to learn to use a variety of hand and power tools, have a

good work ethic, and a drive to learn. Applicants will be subject to a written test and a dexterity test to assess their skills and will have random drug screens to ensure the safety of the shop.

Send applications and resume to Palmer/Schaeffer Physical Plant Electronics Shop. Good Luck!

/s/ S. Palmer, Electronics Shop



**Physical Plant Office Assistant Position**

The Physical Plant Office has a rare job opening for a fulltime Outdoor/In-Office Assistant! Qualified candidates will have a willingness to learn and perform outdoor custodial tasks in all types of weather, indoor office and building janitorial duties, and the desire to learn/apply office-related skills in support of the Physical Plant Office Staff. The successful applicant will demonstrate an eagerness to accept and meet challenges, the ability to work with a wide variety of personalities, and a proven ability to maintain regular attendance.

Your completed job application form and an accompanying cover letter must be received in the Physical Plant Office on or before December 21, 2022 for interview consideration. Please send your materials to: Physical Plant Office/Attention Karla Shuholm.

/s/ J. Ellertson, Physical Plant Manager



**A Point to Ponder**

*“How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?”*

*~ Dr. Seuss*

**RELIGIOUS SERVICES**

*Weekly Chapel Schedule*

**Saturday, December 10**

- 8:00 am LDS
- Sweat Lodge
- JW
- 1:00 pm Jewish
- SDA
- 2:00 pm Meditation/silent prayer
- 6:00 pm Calvary Chapel

**Sunday, December 11**

- 8:00 am Spanish protestant
- Spanish JW
- 1:00 pm Lutheran
- 2:00 pm Meditation/silent prayer
- 6:00 pm Catholic

**Monday, December 12**

- 2:00 pm Meditation/silent prayer

**Tuesday, December 13**

- 7:15 am U self mentoring
- 1:00 pm Agape
- 1:00 pm Orthodox Christianity
- 2:00 pm Meditation group
- 6:00 pm Buddhist

**Wednesday, December 14**

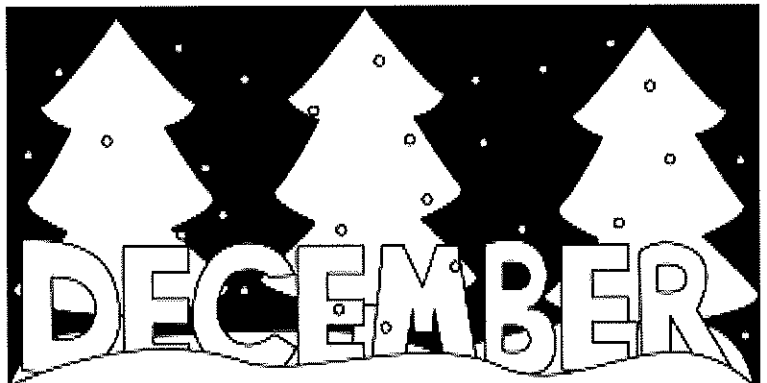
- 2:00 pm Meditation/silent prayer

**Thursday, December 15**

- 1:00 pm TUMI
- 2:00 pm Meditation silent prayer
- 6:00 pm Emmanuel Gospel service

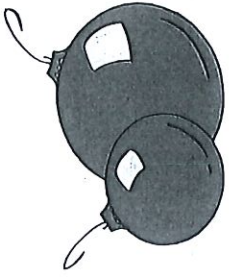
**Friday, December 16**

- 1:00 pm Nation of Islam
- Sunni Jumma prayer
- 2:00 pm Meditation





# DECEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AM-MORNING YARD (7:45-9:45 AM)			1 AM	2 AM	3 AM
	PM-AFTERNOON YARD (1:00-3:30 PM)			PM	PM	PM
	EVE-EVENING YARD (7-9 PM) REC. BLDG.			EVE	EVE	EVE
				A/C	E	D
4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM
C/E	A/D	MAINLINE SHOWERS	A/D	A/D	MAINLINE SHOWERS	MAINLINE SHOWERS
PM	PM	A/D	PM	PM	PM	PM
EVE	EVE	D	EVE	EVE	EVE	EVE
				E	D	A/C
				PRAS PAY		
11 AM	12 AM	13 AM	14 AM	15 AM	16 AM	17 AM
A/D	C/E	MAINLINE SHOWERS	C/E	A/D	MAINLINE SHOWERS	MAINLINE SHOWERS
PM	PM	C/E	PM	PM	PM	PM
EVE	EVE	A/C	EVE	EVE	EVE	EVE
				D	A/C	E
18 AM	19 AM	20 AM	21 AM	22 AM	23 AM	24 AM
C/E	A/D	MAINLINE SHOWERS	A/D	C/E	MAINLINE SHOWERS	MAINLINE SHOWERS
PM	PM	A/D	PM	PM	PM	PM
EVE	EVE	E	EVE	EVE	EVE	EVE
				A/C	E	D
				OCE TGA		
25 AM	26 AM	27 AM	28 AM	29 AM	30 AM	31 AM
A/D	C/E	MAINLINE SHOWERS	C/E	MAINLINE SHOWERS	C/E	MAINLINE SHOWERS
PM	PM	C/E	PM	PM	PM	PM
EVE	EVE	D	EVE	EVE	EVE	EVE
				E	D	D
CHRISTMAS					CHRISTMAS EVE	
						NEW YEARS EVE





Mainline Monday

Week at a Glance

Week	12/12/2022	Tuesday 12/13/2022	Wednesday 12/14/2022	Thursday 12/15/2022	Friday 12/16/2022	Saturday 12/17/2022	Sunday 12/18/2022
4	<b>BREAKFAST</b> <u>Ham &amp; Cheese Muffin</u> Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod, Chi) - 2.00 OZCKD Sliced Cheese (Sfa) - 1.00 SLC English Muffin (Sfa, Chi) - 1.00 EA Hashbrowns (Sfa) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	<u>Breakfast Burrito</u> Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa, Chi) - 0.33 CP OZCKD Refried Beans - 0.50 CP Shredded Cheese (Sfa, Chi) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ	<u>Beef Hash</u> Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Beef Hash (Sod, Chi) - 1.00 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Ketchup - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	<u>Scrambled Eggs w/Cheese</u> Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa, Chi) - 0.50 CP Wheat Toast - 2.00 SLC Shredded Cheese (Sfa, Chi) - 2.00 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	<u>Waffles</u> Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sfa) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	<u>Bacon &amp; Eggs</u> Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chi) - 0.33 CP *Pork Bacon (Sfa, Sod, Chi) - 3.00 EA Fried Potatoes (Sfa) - 0.75 CP Wheat 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	<u>Hot Cereal, Egg &amp; Breakfast Pastry</u> Fanning - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chi) - 1.00 EA Breakfast Pastry (Sfa, Chi) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA SLC
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
4	<u>Hot Dogs &amp; Potato Salad</u> Potato Salad (Sfa, Chi) - 0.75 CP Hot Dog (Sod, Chi) - 2.00 EA Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Ketchup - 1.00 TBS Mustard - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Fried Egg Sandwich</u> *Soup of the Day (Sod, Chi) - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chi, Sfa) - 1.00 EA Mayonnaise - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Delif Sandwich &amp; Soup of the Day</u> Split Pea Soup - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod, Chi) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA	<u>Taco Salad</u> Taco Salad with Meat - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sfa, Chi) - 2.00 TBS Salsa (Sod) - 0.25 CP Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Grilled Cheese Sandwich &amp; Tomato Soup</u> Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod, Sfa) - 2.00 EA Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Fish Sticks w/Tartar Sauce</u> *Soup of the Day (Sod, Chi) - 10.00 FLOZ Fish Sticks (Chi) - 4.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni Salad (Sod) - 0.75 CP Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Roast Pork Loaf</u> Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ *Roast Pork Loaf (Chi, Sfa) - 3.00 OZCKD Scalloped Potatoes (Sod) - 0.75 CP Broccoli - 0.75 CP Breadstick - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
4	<b>DINNER</b> <u>Cajun Meatloaf</u> Beet Salad (Sod) - 0.75 CP Cajun Meat Loaf (Chi, Sfa) - 1.00 EA Brown Rice - 0.75 CP Cauliflower - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	<u>Chicken Bacon Ranch Salad</u> Chicken-Bacon-Ranch Salad (Chi) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa, Chi) - 2.00 TBS Salad Dressing (Sfa, Sod) - 2.00 FLOZ Carrots - 0.75 CP Breadstick - 1.00 EA Fruit Bar (Sfa, Sod, Chi) - 1.00 EA Tea - 8.00 FLOZ	<u>Spaghetti w/Meat Sauce</u> Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Meat Sauce (Chi, Sfa) - 0.75 CP Spaghetti - 0.75 CP Broccoli - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	<u>Pizza Night</u> Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ Pizza (Choice) (Sod, Chi, Sfa) - 1.00 EA Brownie (Sfa, Chi) - 1.00 EA Tea - 8.00 FLOZ	<u>Chicken Teriyaki</u> Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Teriyaki (Chi) - 0.50 CP White Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Japanese Milk Roll - 1.00 EA Gelatin & Whip Topping - 0.50 CP Tea - 8.00 FLOZ	<u>Hamburger &amp; Tater Tots</u> Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Beef Patty (Chi, Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sfa, Chi) - 1.00 EA Green Beans - 0.75 CP Tater Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	<u>Burritos</u> Burrito Meat - 1.00 SV Refried Beans - 0.50 CP Shredded Cheese (Sfa, Chi) - 2.00 TBS Lettuce Salad - 1.00 CP Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

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

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

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