



SECURITY



Property Reduction Update

Property reduction is an ongoing issue and concern. The Fire Marshall will be returning to OSP in February. His primary focus at this time will be on the housing units and in-cell property. Per his previous requirements, the following still applies:

Items authorized to be on the floor:

- 2 pairs of shoes per person
- 1 musical instrument
- Approved medical device (CPAP, prosthetic, walker, etc.)

This means that no boxes or plastic totes can be stored on the floor (we are not including legal boxes at this time). Any plastic totes that you purchased must be able to fit on your desk or shelves within the cell. Please remember that items stored on your shelves cannot exceed 12 inches in height. Legal property limits will be determined by DOJ soon.

No items are to be adhered to the walls, ceilings, windows, doors or bars of the cell. This includes calendars, pictures, posters, sheets and towels etc. You are not authorized to utilize blanket, prayer rugs, or any other item as a floor mat or rug.

Your property shall not exceed the capacity of storage space located in your assigned housing area and designated by the functional unit manager/designee for the storage of your personal property. Designated storage space includes, but is not limited to, drawers, storage box(es), cabinet(s), shelf/shelves, clothing hook(s), or under the bunk. We are still working on a solution for creating a television stand that will allow you to safely secure them in your cell.

Each unit is equipped with containers that are equivalent to the amount of property that is authorized. These containers may be utilized by unit staff to verify that there is not excessive property in the cell. Anytime you move cells these containers will be utilized to verify that your property does not exceed the approved storage capacity for the cell. You will be asked to place your property into the containers. Any property that cannot fit in the container will be considered excessive.

AICs that have excessive property will be required to decide to send their property out of the facility (at your expense) or dispose of the items.

Actualización de reducción de propiedad

La reducción de la propiedad es un problema y una preocupación constantes. El jefe de Bomberos regresará a OSP en febrero. Su enfoque principal en momento será en las unidades de vivienda y en la propiedad de la celda. Según sus requisitos anteriores, lo siguiente todavía se aplica: Artículos autorizados para estar en el piso:

- 2 pares de zapatos por persona
- 1 instrumento musical
- Dispositivo médico aprobado (CPAP, prótesis, andador, etc.)

Esto significa que no se pueden almacenar cajas o bolsas de plástico en el suelo (no incluimos cajas legales en este momento). Cualquier bolsa de plástico que haya comprado debe poder caber en su escritorio o estantes dentro de la celda. Recuerde que los artículos almacenados en sus estantes no pueden exceder los 12 "de altura. Los límites de propiedad legal serán determinados por el DOJ pronto.

No se deben adherir artículos a las paredes, techos, ventanas, puertas o rejas de la celda. Esto incluye calendarios, fotos, carteles, sábanas y toallas, etc. Usted no está autorizado a utilizar mantas, alfombras de oración o cualquier otro artículo como alfombra o tapete. Su propiedad no excederá la capacidad del espacio de almacenamiento ubicado en su área de vivienda asignada y designado por el gerente de la unidad funcional / designado para el almacenamiento de su propiedad personal. El espacio de almacenamiento designado incluye, pero no se limita a, cajones, caja(s) de almacenamiento, gabinete(s), estantes / estantes, gancho(s) de ropa o debajo de la litera.

Todavía estamos trabajando en una solución para crear un soporte de televisión que le permita asegurarlos de forma segura en su celda. Cada unidad está equipada con contenedores que equivalen a la cantidad de propiedad que se autoriza. Estos contenedores pueden ser utilizados por el personal de la unidad para verificar que no haya propiedades

excesivas en la celda. Cada vez que mueva celdas, estos contenedores se utilizarán para verificar que su le permita asegurarlos de forma segura en su celda. Cada unidad está equipada con contenedores que equivalen a la cantidad de propiedad que se autoriza. Estos contenedores pueden ser utilizados por el personal de la unidad para verificar que no haya propiedades excesivas en la celda. Cada vez que mueva celdas, estos contenedores se utilizarán para verificar que su propiedad no exceda la capacidad de almacenamiento aprobada para la celda. Se le pedirá que coloque su propiedad en los contenedores. Cualquier propiedad que no pueda caber en el contenedor se considerará excesiva. Los AIC que tienen una propiedad excesiva deberán decidir enviar su propiedad fuera de la instalación (a su cargo) o deshacerse de los artículos.

/s/ C. Porter, Group Living Captain

Blanket Exchange



Attention E-Block Dwellers:

E-Block Blanket Exchange will start Monday, January 2, 2024, ending on Tuesday, January 31, 2023, 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

GENERAL SERVICES



Plumbing Work/Repair Requests

For timely processing of work/repair requests for plumbing in your housing cell or at your work location, please follow the procedure outlined below:

For housing cell:

Notify your tier officer or block sergeant as soon as an issue arises. Provide a brief but detailed explanation. An electronic work order request will be submitted to the Physical Plant Office for processing.

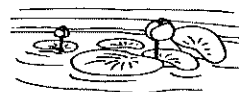
For work location (i.e., OCE, Food Services, Yard):

Notify your staff supervisor as soon as an issue arises. Provide a brief but detailed explanation. An electronic work order request will be submitted to the Physical Plant Office for processing.

All work order requests are prioritized based on the nature of the request and the current workload of the Plumbing Shop. Lower priority items such as a dripping cell faucet will be addressed as the workload allows.

/s/ J. Ellertson, Physical Plant Manager

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

COMMISSARY

Commissary News, Updates and Reminders

News:

The below item will be added to the commissary order form:

Highland Gouda Spread 8 oz for only \$2.05

Price Reduced - while supplies last:

Funyunns now \$1.25

Discontinued items:

Atomic Fireballs

Banana Chips

Raw Almonds, Mr. Natural



Discontinued-Replacement items:

Crest Toothpaste discontinued and replaced with Colgate Toothpaste with Baking soda 6 oz \$4.36

The following items will be discontinued once inventory is depleted:

- Almond Joy Candy Bar
- Skor Candy Bar
- Urban Street Lotion

Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC communication form requesting a credit from the Commissary where the soda tickets were purchased. You must include the unused soda ticket(s) and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of the request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda. The use of the soda machine is at your own risk.

/s/ S. Jurgensmeier, Dist. Services NWC Manager

HEALTH SERVICES



Get your COVID Vaccination and Booster

COVID vaccines are safe and effective.

The Food and Drug Administration (FDA) requires rigorous safety testing before it will authorize any vaccine for emergency use. The COVID-19 vaccines ODOC offers from Moderna and Johnson & Johnson were tested in tens of thousands of study participants and generated enough data to convince the FDA that the vaccines were safe and effective.

Mass vaccination will help slow the spread of COVID-19.

Safe and effective vaccines are the key to achieving community immunity from COVID-19 and returning to normal life as soon as possible.

The COVID-19 vaccine is free.

The vaccines will be provided at no cost to you.

Please send an AIC Communication to OSP Medical Services ATTN "VACC" to request your COVID vaccination or booster.

Thank you for helping keep our OSP Community Healthy.

/s/ C. Coffey, Medical Services Manager

COUNSELING SERVICES

ICH Unit Peer Companion Position Announcement

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 has one Peer Companion position open on the Intermediate Care Housing (ICH) unit. The Individual selected for this position will report to the ICH unit, yard, and/or treatment lounge for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with both our elderly and special needs population. 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.

ICH Unit Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHPs and treatment staff in ensuring that identified AICs housed on the ICH 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 escorting individuals to appointments, assisting individuals in groups, guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities in the day room, treatment lounge, or out for ICH yard time.

Please submit an application AIC Communication Form to Tyann Etzel, ICH Program Manager, if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 2 or higher and have clear conduct for at least one year; it is preferred that you have one or more years left on your sentence.

/s/ T. Etzel, BHS Manager

EDUCATION



Federal Student Aid (FAFSA) Information

Free Application for Federal Student Aid (FAFSA) is available to take effect on July 1, 2023.

- You can apply for FAFSA in July 2023.
- FAFSA will consist of 36 questions.
- All incarcerated individuals who meet the general eligibility requirements are eligible regardless of conviction or sentence length.
- FAFSA funds will cover tuition, textbooks, and fees.

More information on FAFSA will appear in AIC newsletters as July 1 gets closer.

/s/ K. Arrington, DOC Education

JOB ANNOUNCEMENT



Physical Plant Electronics Shop Position

The Electronics Shop is accepting applications from 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.

The desired candidate will embody the following list of personal traits:

- Self-motivated with a desire to learn new skills and perfect their trade.
- Willingness to take direction, constructive criticism, and work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Reliable, maintaining regular attendance with a steady behavior.
- Willing to work off hours when necessary.

All applicants are required to have close to five years left on their sentence or more, must have a year of clear conduct with a level 3 NCI, and must have the desire to be able to be a productive member of society when released.

Send applications with Resume to Palmer/Schaeffer Physical Plant Electronics Shop. Good Luck!

/s/ S. Palmer, Physical Plant

RELIGIOUS SERVICES

Memorial Service Announcement

There will be a Memorial Service in the Chapel for Charles Williams on Wednesday, January 25, 2023, at 1:15 pm. If you would like to come up and pay your respects, send us an AIC Communication and we will place you on a callout. There are already about 40 men who have indicated that they would like to attend.

/s/ D. Stahlnecker, Chaplain



Weekly Chapel Schedule

Saturday, January 21

8:00 am LDS
Sweat Lodge
JW
1:00 pm Jewish
SDA
6:00 pm Calvary Chapel

Sunday, January 22

8:00 am Spanish Protestant
Spanish JW
1:00 pm Lutheran (1st/3rd/5th Sundays)
Urantia Study (1st/3rd Sundays)
6:00 pm Catholic

Tuesday, January 24

1:00 pm Agape
Orthodox Christianity
(2nd/4th Tuesdays)
6:00 pm Buddhist (1st/3rd Tuesdays)

Thursday, January 26

1:00 pm TUMI
6:00 pm Gospel Worship

Friday, January 27

1:00 pm Nation of Islam
Sunni Jumma prayer

A Point to Ponder

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do . . . keep moving forward.”

Martin Luther King Jr.

HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called “hazardous medicines.”

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.

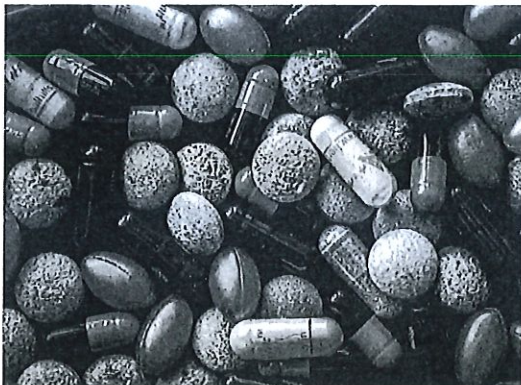


Photo by Raimond Klavins, Unsplash

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.

SERVICIOS DE SALUD



MEDICINA PELIGROSA

Servicios de Salud desea informarle de los cambios que estamos haciendo a la forma en que proporcionamos ciertos medicamentos.

Algunos medicamentos necesitan manejo porque pueden dañar a la persona que los da.

Estos se llaman "peligrosos medicinas".

Los estudios han encontrado que el personal de atención médica que está expuesto a estos medicamentos puede tener efectos secundarios.

El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.

QUE ESPERAR

Es posible que vea al personal de atención médica usando guantes, batas o máscaras faciales. Esto es para ayudar a limitar su Contacto con medicamentos peligrosos.

Algunos miembros del personal pueden usar más prendas protectoras que otros. Esto podría deberse al tipo de medicamentos que están manejando o cómo lo están dispensando. No todos los medicamentos peligrosos llevan lo mismo riesgo. ¡También podría ser su preferencia personal!

Si está tomando un medicamento peligroso, ya no podrá guardarlo en su celda. Esto es para ayudar a limitar la exposición a los demás, no porque haya hecho algo malo.



P: ¿ES SEGURO PARA MÍ TOMAR UN MEDICAMENTO PELIGROSO?

R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona que tiene cáncer. Pero, debido a que es tan fuerte, también puede lastimar al personal de atención médica que lo manipula. ¡Al usar prendas protectoras, el personal puede asegurarse de que estén lo suficientemente saludables como para seguir cuidando a sus pacientes!

Hable con su médico o envíe un kyte a la farmacia si tiene más preguntas sobre medicamentos peligrosos.



Foto por Raimond Klavins, Unsplash



Mainline

Week at a Glance						
Monday 1/23/23	Tuesday 1/24/23	Wednesday 1/25/23	Thursday 1/26/23	Friday 1/27/23	Saturday 1/28/23	Sunday 1/29/23
BREAKFAST						
Week 5 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	Egg & Cheese Muffin Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Sliced Cheese (Sfa) - 1.00 SLC English Muffin (Sfa, Chl) - 1.00 EA Fried Potatoes (Sfa) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Biscuit w/Sausage Gravy Farina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy - 0.75 CP Biscuit (Sfa, Sod) - 1.00 EA Hashbrowns (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	Vegetable Scramble Oatmeal - 1.00 CP Canned Fruit - 0.50 CP 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	Scrambled Eggs & Bacon Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP Turkey Bacon (Sfa, Sod, Chl) - 3.00 SLC 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	Hot Cereal, 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						
Week 5 Chicken Fajitas Texas Slaw - 0.75 CP Chicken Fajita Mix (Chl) - 0.50 CP Onions & Bell Peppers - 0.50 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Brown Rice - 0.75 CP Salsa (Sod) - 0.25 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Tuna Salad Sandwich *Soup of the Day (Sod, Chl) - 10.00 FLOZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 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	Chef Salad w/Turkey Potato Soup - 10.00 FLOZ Chef Salad with Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sfa, Chl) - 1.00 EA Shredded Cheese (Sfa, Chl) - 2.00 TBS Salad Dressing (Sfa, Sod) - 2.00 FLOZ Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA	Chicken Salad Split Pea Soup - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Broccoli - 0.75 CP Chips - 1.00 BAG Onions & Bell Peppers - 0.50 CP Wheat Hoagie Roll - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Philly Cheese Steak Sandwich *Soup of the Day (Sod, Chl) - 10.00 FLOZ Philly Beef (Sod, Chl) - 3.00 OZCKD Cheese Sauce (Sfa, Chl) - 2.00 FLOZ Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Nachos Nacho Meat - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa, Chl) - 2.00 FLOZ Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Roast Turkey & Gravy Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Frosted Cake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
DINNER						
Week 5 Macaroni & Cheese Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Macaroni & Cheese (Chl, Sfa) - 1.25 CP Green Beans - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Sloppy Joe Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Sloppy Joe (Sod, Chl, Sfa) - 0.75 CP Wheat Burger Bun (Sfa, Chl) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Zucchini - 0.75 CP Pudding - 0.50 CP Tea - 8.00 FLOZ	Chicken Enchilada Casserole Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Enchilada Casserole (Chl, Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sfa, Chl) - 2.00 TBS Tea - 8.00 FLOZ	Pizza Night Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Cookie (Sfa, Chl) - 1.00 EA Tea - 8.00 FLOZ	Loco Moco Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Loco Moco Patty (Chl, Sfa) - 1.00 SV Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FLOZ White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Chisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FLOZ	Turkey Noodle Casserole Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Noodle Casserole (Sod, Chl) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Black Bean Burger Colelaw (Sod) - 0.75 CP Black Bean Burger - 1.00 EA Salsa (Sod) - 0.25 CP Wheat Burger Bun (Sfa, Chl) - 1.00 EA Carrots - 0.75 CP Tater Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 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 Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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