



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

GROUP LIVING

Summer Night Yard Procedures

Summer evening yard will begin on April 3, 2023 with C/E Blocks. This will be a Monday night. The following procedures will be in effect for the duration:

1. AICs whose block has summer evening yard may go to yard at the 4:30 pm optional yard line or after their block is released for the evening meal. They may eat and then go directly to the yard. (This does not apply to NCI Level 1s on the weekends.)
2. NCI Level 3 AICs will be allowed to attend summer night yard in their chow rotation. There will not be a special line movement from the housing units. They will enter the yard through the turnstile either directly from the housing unit

when released for chow or after completing their meal.

3. Any AIC who returns to his housing unit from the dining room will not be permitted to go to the yard.
4. No turnouts will be run from the recreation yard. The only exception will be AICs on education turnouts. These AICs will be called off of the yard by the yard sergeant and they will exit the yard through Gate 3 and pass through the security gate. Once released from the yard, they will immediately go to their callout destination.
5. AICs leaving the porch area of the dining room for the recreation yard will go to the yard and will not be permitted to loiter by the yard fence.
6. AICs who shower in the Clothing Room at 7:00 pm will be permitted to go to the yard after their shower or go directly to the yard from work. AICs that return to their housing unit after showering may not be allowed to go to the yard.
7. A pill line is run after yard comes in if yard comes in before 8:00 pm. During long yard periods (lasting until after 8:00 pm), an optional cell line will be called at 7:30 pm. AICs needing medication would come in with the optional cell line and will be allowed to return to the yard.
8. Showers on the yard will start at 6:00 pm and will stop 45 minutes before yard is recalled.
9. Ice and/or beverages cannot be taken off the yard. The OIC has latitude to make adjustments regarding ice during extreme weather.
10. Yard recall will be determined by the Officer-in-Charge.
11. When the yard is recalled, all AICs will leave promptly and in an orderly manner. Equipment is called approximately 15 minutes prior to yard recall. Take this time to say your goodbyes on the telephone, to gather items and prepare to leave.



12. The Recreation Building, with the exception of the Card Room, will not be open during the evening yard regardless of the weather conditions. The Card Room will open at the conclusion of the evening meal.
13. During softball season, players and officials will normally be afforded 20 minutes to shower at the conclusion of a game. If the evening meal is running quickly, players may be called to dinner before being given time to shower. They will then be required to leave the yard unless it is their housing unit's normal night for evening yard.
14. NCI Level 1 AICs will not be authorized to attend the evening weekend yard (Saturday and Sunday).

/s/ C. Porter, Group Living Captain

HEALTH SERVICES

Diabetes Prevention: Tips for Taking Control

Information provided by the Mayo Clinic.

When it comes to type 2 diabetes — the most common type of diabetes — prevention is a big deal. It is especially important to make diabetes prevention a priority if you are at increased risk of diabetes; for example, if you are overweight or have a family history of the disease. In the United States alone, experts at the Centers for Disease Control and Prevention expect diabetes to affect more than 48 million people by 2050.

Tweaking your lifestyle could be a big step toward diabetes prevention — and it is never too late to start. Diabetes prevention is as basic as losing extra weight and eating healthier. Consider the latest diabetes prevention tips from the American Diabetes Association.

Tip 1: Get more physical activity

There are many benefits to regular physical activity. It can help you lose weight but even if it does not, it is still important to get off the couch. Whether you lose weight or not, physical activity lowers blood sugar and boosts your sensitivity to insulin — which helps keep your blood sugar within a normal range.

Research shows that both aerobic exercise and resistance training can help control diabetes, but the greatest benefits come from a fitness program that includes both.

Tip 2: Get plenty of fiber

It is rough, it is tough — and it may reduce the risk of diabetes by improving your blood sugar control. Fiber intake is also associated with a lower risk of heart disease. It may even promote weight loss by helping

you feel full. Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.

Tip 3: Lose extra weight

If you are overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health. And you may be surprised by how much. In one study, overweight adults who lost a modest amount of weight—5 percent to 10 percent of initial body weight—and exercised regularly, reduced the risk of developing diabetes by 58 percent over three years.

Tip 4: Skip fad diets and make healthier choices

Low-carb, low-glycemic load or other fad diets may help you lose weight at first, but their effectiveness at preventing diabetes is not known; nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, think variety and portion control as part of an overall healthy-eating plan.

/s/ C. Coffey, Medical Services Manager

JOB ANNOUNCEMENTS

Transition Program Job Opportunity

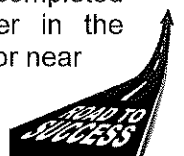
The Transition Program (Road to Success) is currently accepting applications for a Transitions Clerk position. This position assists Adults in Custody transition from incarceration back into their communities.

The ideal candidate will be a motivated individual who is a self-starter and is proficient in Microsoft Word (including mail merge functions) and Excel worksheet and data entry. The applicant must be capable of interacting with a wide range of personalities while performing various job duties, such as conducting résumé labs and tutoring participants of the Road to Success classes. The chosen applicant will receive training for this position.

The hours for the Transition Clerk are Monday through Friday 7:15 am to 10:00 am and 12:00 pm to 3:00 pm. The work site location is primarily on the Counselor Services Floor (CSF). However, all class-related duties are in the Transition Classroom located on the Activities Floor.

To apply for this position, send a completed application, along with a cover letter explaining why you are the ideal candidate for the clerk position. This should be sent to C. Syhabout, Transition Coordinator, no later than March 30, 2023. Place the completed application with the attached cover letter in the "Counselors" box located on the Control Floor near C-Block.

/s/ C. Syhabout, Transition Coordinator



Physical Plant Electrical Shop Opening



The Electrical Shop is currently accepting applications for the Plant Journeyman Electrical Apprenticeship.

This position will give someone the opportunity to learn a skilled trade and at the end give them the chance to earn a desirable state license that when released would benefit them greatly.

The desired candidate will embody this 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 that communicates well with all types of personalities.
- * Reliable maintaining regular attendance with a steady behavior.
- * Willing to work off hours when necessary.
- * Ability to lift up to 50 pounds on a regular basis.
- * Good math skills with High School diploma or GED.

All applicants are required to have at least five years left and must have a year of clear conduct with a level 3 NCI.

Please send applications with resume to Smith/Perkins, Physical Plant Electric Shop.

Applications will not be accepted without resume. Handwritten resumes will be accepted.

(Send an AIC Communication to Brittany Roach, AIC Work Coordinator, for assistance with making a resume if needed.)

Applications will be accepted through March 31, 2023.

/s/ A. Smith, Physical Plant Electric Shop

Physical Plant Gen. Maintenance Shop Opening

Do you have one year clear conduct? Are you able to lift 50 pounds and carry heavy objects up and down stairs? Are you able to work in both high and confined spaces? Do you have a maintenance background? If yes, the General Maintenance Shop needs you! This is your opportunity to be part of the General Maintenance team.

Please send a completed application with resume and cover letter to Physical Plant Rains. Applications will be accepted through March 31, 2023. Handwritten resumes and cover letters will be accepted.

/s/ S. Rains, Phys. Plant Gen. Maint. Shop



A Point to Ponder

“Television is not real life. In real life, people actually have to leave the coffee shop and go to jobs.”

~ Bill Gates

RELIGIOUS SERVICES

New Chapel Program

The OSP Chapel will be offering a new chapel program on March 29, 2023 called “The Most Excellent Way”.

Do you struggle with addiction and substance abuse? Do you struggle with addiction to pornography or gambling? Does someone in your family struggle with addiction? “The Most Excellent Way” applies Biblical principles, camaraderie and prayer to the affliction of addiction. Many of the volunteers involved with The Most Excellent Way are in recovery themselves.

This chapel group will meet Wednesday nights from 6:00 pm to 8:00 pm in the Chapel. If you are interested, please send an AIC communication to the OSP Chapel, and we will place you on the call out.

/s/ I. Witcraft and D. Stahlnecker, Chaplains

Memorial Service Announcement

There will be a memorial service in the Chapel for George Ardizzone on Wednesday, March 29, 2023, at 1:15 pm. If you would like to come up and pay your respects, send an AIC Communication and we will place you on a call out. Thank you.

/s/ I. Witcraft, Chaplain



Weekly Chapel Schedule

Saturday, March 25

8:00 am LDS
Sweat Lodge/Smudge
Jehovah's Witness
1:00 pm Jewish Service
Seventh Day Adventist
6:00 pm Calvary Chapel

Sunday, March 26

8:00 am Spanish Protestant
Spanish Jehovah's Witness
1:00 pm Catholic
Urantia Study

Tuesday, March 28

1:00 pm Agape
Orthodox Christianity
6:00 pm Buddhist

Wednesday, March 29

1:00 pm Restorative Justice

Thursday, March 30

1:00 pm TUMI
6:00 pm Gospel Worship

Friday, March 31

1:00 pm Nation of Islam Prayer
Sunni Jumma Prayer



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.

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.

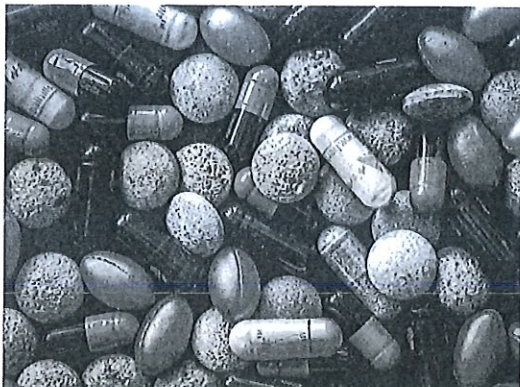


Photo by Raimond Klavins, Unsplash

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.

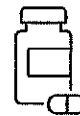
El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.

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?

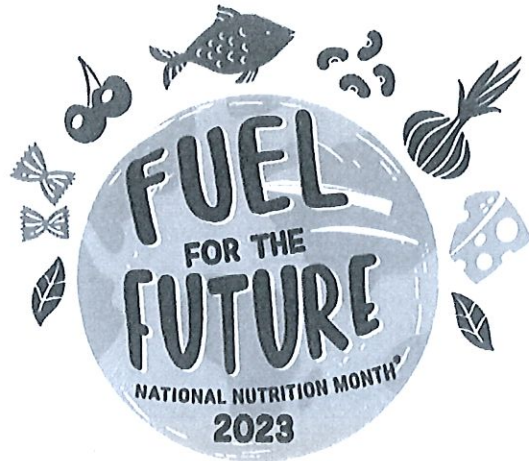
R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona 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

Healthy diets improve our overall health now and can help us maintain good health as we get older. Meeting your nutrient needs now can help you have a healthier future.



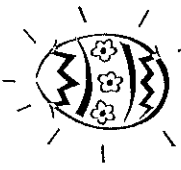
eat right. Academy of Nutrition and Dietetics

Nutrition needs change as we get older, so having good physical health now can make a difference in how healthy we are as we get older. For example, a person’s metabolism usually slows down with age. If you are overweight or obese now, it may be easier to lose weight when you are younger instead of trying to do it when you’re older. If you are not getting regular exercise now, it may be easier to start an exercise program now when your muscle strength is better. If muscles are not exercised regularly, they will lose strength and elasticity, which makes exercise and recovery more difficult.

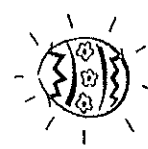
Older adults also need less calories than young adults. It’s easy to over-eat as we get older if we keep eating the same amount of food that we did when we were younger. The chart below shows the recommended calorie intake for adults.

| Age Range | Recommended Daily Calories for Moderately Active Adult Males | Age Range | Recommended Daily Calories for Moderately Active Adult Females |
|-----------|--|-----------|--|
| 19-20 | 2800 | 19-20 | 2200 |
| 21-25 | 2800 | 21-25 | 2200 |
| 26-30 | 2600 | 26-30 | 2000 |
| 31-35 | 2600 | 31-35 | 2000 |
| 36-40 | 2600 | 36-40 | 2000 |
| 41-45 | 2600 | 41-45 | 2000 |
| 46-50 | 2400 | 46-50 | 2000 |
| 51-55 | 2400 | 51-55 | 1800 |
| 56-60 | 2400 | 56-60 | 1800 |
| 61-65 | 2400 | 61-65 | 1800 |
| 66-70 | 2200 | 66-70 | 1800 |
| 71-75 | 2200 | 71-75 | 1800 |
| 76 & up | 2200 | 76 & up | 1800 |

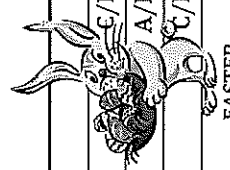
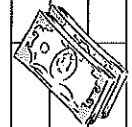
Source: USDA Food and Nutrition Service. www.fns.usda.gov



APRIL 2023



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 1 AM A/D PM C/E EVE E | | | | | | |
| 2 AM C/E PM A/D EVE D | 3 AM C/E PM A/D EVE C/E | 4 AM C/E PM A/D EVE C/E | 5 AM C/E PM A/D EVE C/E | 6 AM A/D PM C/E EVE A/D | 7 AM A/D PM C/E EVE C/E | 8 AM A/D PM C/E EVE A/D |
| 9 AM C/E PM A/D EVE C/E | 10 AM A/D PM C/E EVE A/D | 11 AM A/D PM C/E EVE A/D | 12 AM A/D PM C/E EVE A/D | 13 AM C/E PM A/D EVE C/E | 14 AM C/E PM A/D EVE C/E | 15 AM C/E PM A/D EVE C/E |
| 16 AM A/D PM C/E EVE A/D | 17 AM C/E PM A/D EVE C/E | 18 AM C/E PM A/D EVE C/E | 19 AM C/E PM A/D EVE C/E | 20 AM A/D PM C/E EVE A/D | 21 AM A/D PM C/E EVE C/E | 22 AM A/D PM C/E EVE A/D |
| 23 AM C/E PM A/D EVE C/E | 24 AM A/D PM C/E EVE A/D | 25 AM A/D PM C/E EVE A/D | 26 AM A/D PM C/E EVE A/D | 27 AM A/D PM C/E EVE A/D | 28 AM A/D PM C/E EVE A/D | 29 AM C/E PM A/D EVE C/E |
| 30 AM A/D PM C/E EVE A/D | | | | | | |



PRASPAY

NIGHT YARD STARTS

EASTER



Mainline

| | | Week at a Glance | | | | | | |
|--------|------------------|---|--|---|---|--|---|---|
| | | Monday 3/27/2023 | Tuesday 3/28/2023 | Wednesday 3/29/2023 | Thursday 3/30/2023 | Friday 3/31/2023 | Saturday 4/1/2023 | Sunday 4/2/2023 |
| Week 4 | BREAKFAST | Ham & Cheese Muffin Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZCKD Sliced Cheese (Sfa) - 1.00 SLC English Muffin (Sfa, Chl) - 1.00 EA Hashbrowns (Sfa) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA | Breakfast Burrito Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa, Chl) - 0.33 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ | Beef Hash Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Beef Hash (Sod, Chl) - 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 | Scrambled Eggs w/Cheese Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa, Chl) - 0.50 CP Shredded Cheese (Sfa, Chl) - 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 | Waffles 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 | Bacon & Eggs Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP *Pork Bacon (Sfa, Sod, Chl) - 3.00 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 Faina - 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 SLC |
| | LUNCH | Hot Dogs & Potato Salad Potato Salad (Sfa, Chl) - 0.75 CP Hot Dog (Sod, Chl) - 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 | Fried Egg Sandwich *Soup of the Day (Sod, Chl) - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl, 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 | Delit Sandwich & Soup of the Day Split Pea Soup - 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 Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA | Taco Salad Taco Salad with Meat - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sfa, Chl) - 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 | Grilled Cheese Sandwich & Tomato Soup 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 | Fish Sticks w/Tartar Sauce *Soup of the Day (Sod, Chl) - 10.00 FLOZ Fish Sticks (Chl) - 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 | Roast Pork Loaf Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ *Roast Pork Loaf (Chl, 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 |
| Week 4 | DINNER | Cajun Meatloaf Beet Salad (Sod) - 0.75 CP Cajun Meat Loaf (Chl, 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 | Chicken Bacon Ranch Salad Chicken-Bacon-Ranch Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa, Chl) - 2.00 TBS Salad Dressing (Sfa, Sod) - 2.00 FLOZ Carrots - 0.75 CP Breadstick - 1.00 EA Fruit Bar (Sfa, Sod, Chl) - 1.00 EA Tea - 8.00 FLOZ | Spaghetti w/Meat Sauce Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Meat Sauce (Chl, 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 | 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 | Chicken Teriyaki Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Teriyaki (Chl) - 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 | Hamburger & Tater Totz Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Beef Patty (Chl, Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sfa, Chl) - 1.00 EA Green Beans - 0.75 CP Tater Totz (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ | Burritos Burrito Meat - 1.00 SV Refried Beans - 0.50 CP Shredded Cheese (Sfa, Chl) - 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 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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