



SECURITY



Change of Regular Operations

Monday, October 2, 2023, between 1:00 pm and 4:00 pm.

OSP leadership is hosting an event on Monday, October 2, 2023. The event will start at 1:00 pm and be over at 4:00 pm. This event will impact Alpha Block, the Yard, and showers. AICs from Alpha Block will not have out-of-cell time on the block, which includes showers, phones, tables, and the dayroom. I am closing the Yard and showers to facilitate the event.

The OIC will resume normal operations in both areas after the 4:00 pm count clears.

This event will not have a significant impact on other areas of the facility, and we will have regularly scheduled activities such as visits, callouts, and work.

/s/ C. Borden, EP Captain

GENERAL SERVICES



TV Studio

Thank you all for your patience as we revamp and reorganize the TV studio. We should be fully staffed and finished with some of our studio upgrades and station adjustments by the end of October. As some of you already know, we have most of the regular music stations back and have added a few more in rotation for the enjoyment of everyone.

Please continue to be patient with our technicians as they work very hard at keeping this institution running. Thank you.

/s/ S. Palmer, Physical Plant Electronics Shop



GROUP LIVING



Evening Winter Activities 2023

Summer night yard activities will conclude on Sunday, October 1, 2023. The evening winter activities will begin Monday, October 2, 2023.

We will have three rotating groups:

1. E Block
2. D Block
3. C Block

The Dorm will be allowed to attend each evening. Every third night, the blocks will rotate. The first in line is E Block on October 4, 2023.

Note: Only AICs residing in the scheduled block(s) are allowed to participate.

Procedures to follow:

1. Line-up Timing: A line for evening activities will form at 7:00 pm from eligible housing units heading to the Recreation Yard building. This is the only time to join. Activities conclude by 9:00 pm.
2. Entry Path: AICs must proceed down the main avenue, entering the Recreation Yard via electric gate #9, located at the basketball court's southwest corner. No one is permitted to stay outside the Recreation Yard building.
3. Showers and Activities: If a block has both evening activities and showers scheduled on the same evening, AICs can head straight to the Recreation Yard after their showers without returning to their housing units. Go through Security Gate, then continue through electric gate #3.
4. Open Facilities: The card room, basketball court, pool room, and showers will be accessible.
5. TV Rules: The card room television is reserved for movie viewing only. The designated sports television is specifically for sports, except for minority viewing nights (Tuesdays, Wednesdays, and Thursdays).

- 6. 8:00 pm Line: Security will announce an optional one-way cell/pill line at 8:00 pm. After joining this line, you will not be allowed back in the yard.

For any questions or clarifications, please consult the Officer in Charge.

/s/ C. Porter, Group Living Captain

COMMISSARY



News, Updates and Reminders

News:

Due to rising cost of goods, our vendors have increased prices on some of the products we carry in commissary. The new prices go into effect on September 23, 2023. We apologize for the short notice. We are updating the commissary order forms as quickly as possible.

/s/ A. Jorajuria, DSS Operations Manager

Canteen News



Shredded beef in broth / Idahoan potatoes:
New pallets just arrived; there is no limit on them, and they will not go against your spending limit.

shredded beef in broth \$2.86
Idahoan potatoes .89 cents
(Write them in.)

National Shortage of Keeffe mini marshmallow cocoa and CA Nachos: NWC has ordered heavy on the Whipper and the Swiss Miss.

Honey Nut Scooters: Discontinued and selling fast.

Lots of vibration watches in stock.

/s/ J. Rude, Canteen Supply Specialist

LEGAL LIBRARY



Legal Library Thumb Drives

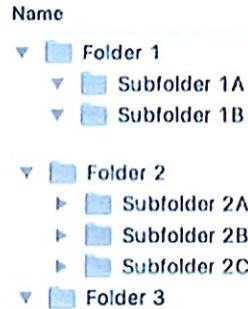
Over the next few months, every AIC with an assigned legal thumb drive will be placed on a mandatory call out to review their saved files, and a library coordinator will transfer the files to a brand-new, unused thumb drive.

If you do not approve the transfer of your files to a new legal thumb drive, you will not be allowed access to a legal thumb drive until you accept a new one or release from DOC Custody, whichever comes first.

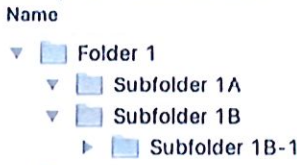
AICs will now be limited to two levels of folders on the legal thumb drive. (See example below.) You will be

expected to reorganize your existing folders when transferring to the new thumb drive. This will aid you in organization of your files and assist library coordinators in auditing your thumb drive each quarter.

Example of 2 folder levels - Authorized:



Example of 3 folder levels – NOT authorized:



Library Request Form Reminder

All Legal Library Request Forms (CD1714) need to be filled out completely before schedule processing takes place.

Section A – Case Information (Required)

Deadline Date: _____ Jurisdiction/Court: _____
Examples: Multnomah County/County Circuit Court/Court of Appeals/3rd District Court

Case Number: _____ Case Name: _____
Example: 12-345678-90123 Example: State v. Joe Cool here

Type of Court Filing: _____
Examples: Circuit Appeal/Multnomah Circuit Court/Conviction/Monetary

Are you represented by an attorney? Yes No if yes, attorney's name: _____

Subject of your appointment: _____

Section B – Program Schedule (Required)

Work Assignment: None _____ Hours: _____ Days: _____

Program: None _____ Hours: _____ Days: _____

_____ Hours: _____ Days: _____

S M T W T F S

Section C – Select Equipment type

This Client: Computer Research Word Processor **Miscellaneous:**

Desk Research Copies Forms

Legal Assistant EMail Out Other _____

Comments: _____

This is a reminder that before submitting a Library Request Form, you must completely fill out Section A (Case Information), Section B (Program Schedule), and Section C (Select Equipment Type). If a section or question does not apply to your situation, write in the letters "NA".

Incomplete forms will be returned for completion.

Note: When you select 'desk research', you will be sitting at a desk, not at a computer. If you would like to use a computer, please select 'computer research' or 'word processor'.

/s/ R. Polk, Legal Library Coordinator

HEALTH SERVICES

Cold and Flu Season

Cold and flu season is upon us, and a little self-care goes a long ways in staying healthy. Good and frequent hand washing with soap and water, especially before meals, is the first line of defense against pesky cold and flu viruses. Avoid sharing cups, plates, or other personal items that can harbor viruses. Keep tables, sinks, and other public areas clean. If you do come down with a cold/flu, be considerate of others and cover that cough or sneeze with your elbow and then wash your hands well.

Keep your immune system strong by getting plenty of good rest, eat plenty of wholesome foods, and drink lots of water all day long. People tend to neglect their hydration in the cool seasons and become prone to infections.

When a virus catches up with you, rest, eat plenty of good food, use Tylenol and ibuprofen for fever and discomfort, and drink plenty of fluids. Know that soon you will feel better.

/s/ C. Coffey, Medical Services Manager

Get your flu shot!



The Centers for Disease Control and Prevention (CDC) recommend everyone six (6) months and older get vaccinated every flu season. It takes about two (2) weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to likely cause disease in the upcoming flu season. Even when the vaccine does not exactly match these viruses, it may still provide some protection.

The influenza vaccine does not cause flu. An influenza vaccine may be given at the same time as other vaccines. People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting an influenza vaccine. Soreness, redness, and swelling where the shot is given; and fever, muscle aches, and headaches can happen after influenza vaccination.

If you have any questions regarding flu vaccination, please send an AIC communication to Health Services for additional information.

.....
¡Vacúnese contra la influenza!

Los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) recomiendan que todas las personas de 6 años de

edad y mayores se vacunen cada temporada de influenza. La protección tarda en desarrollarse alrededor de 2 semanas después de la vacunación.

Hay muchos virus de influenza y siempre están cambiando. Cada año se produce una nueva vacuna en contra de los virus de la influenza que se cree son los probables de causar la enfermedad en la siguiente temporada de influenza. Incluso si la vacuna no coincide exactamente con estos virus, esta sí puede ofrecer cierta protección. Las vacunas en contra de la influenza no causan la gripe.

Una vacuna contra la influenza puede administrarse al mismo tiempo que otras vacunas. Las personas con enfermedades menores, como un resfriado, pueden vacunarse. Las personas que están moderada o severamente enfermas normalmente deben esperar hasta su recuperación antes de vacunarse contra la influenza. Dolor, enrojecimiento e inflamación en el sitio en el que se puso la vacuna; y fiebre, dolores musculares y de cabeza pueden presentarse después de la vacuna contra la influenza.

Si tiene alguna pregunta sobre su vacuna contra la influenza, por favor contacte por escrito (kyte) a los Servicios de Salud, para obtener información adicional.

/s/ C. Coffey, Medical Services Manager

JOB ANNOUNCEMENTS

Physical Plant General Maintenance/Campus Maintenance Shop Opening

The Physical Plant General Maintenance Shop has an immediate opening for an AIC General/Campus Maintenance worker.

Interested applicants must be able to meet the following criteria:

- Be a self-starter.
- Have at least two (2) years clean conduct.
- Have at least one (1) year left here at OSP.
- Demonstrated ability to use hand tools (drills, roto hammer, Sawzall, tape measure, etc.)
- Ability to work using a lift.
- Ability to work in confined spaces.
- Ability to consistently lift at least 75 pounds.
- Ability to be redirected at a moment's notice to assist other shops or coworkers.

Please submit an AIC application form, resume, and cover letter to C. Hegeman, Physical Plant.

/s/ C. Hegeman, Physical Plant



**Physical Plant General Maintenance/SMH
Maintenance Shop Opening**



The Physical Plant General Maintenance Shop has an immediate opening for an AIC General/SMH Maintenance worker.

To be considered for this position, applicants must have a minimum of one (1) year clear conduct, knowledge of basic maintenance tools, the ability to work very well with others, and the ability to work in confined spaces, at heights, and in all types of weather.

To apply, please send a cover letter and resume to Ed Harris, Physical Plant. If you need assistance with a cover letter and/or resume, please contact Brittany Roach, AIC Work Coordinator.

/s/ E. Harris, Physical Plant

**ICH Unit Peer Companion
Position Announcement**



We believe that Adults in Custody (AIC) 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 following of all unit and institution rules.

ICH Unit Peer Companions 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 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 Tim Assad, 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. Assad, ICH Program Manager

RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, September 30

- 8:00 am LDS
- Sweat Lodge
- Jehovah's Witness
- 1:00 pm Jewish Service
- Seventh Day Adventist
- 6:00 pm Calvary Chapel
- Siddha Yoga (2nd and 4th Saturdays)



Sunday, October 1

- 8:00 am Spanish Protestant
- Spanish Jehovah's Witness
- 1:00 pm Catholic Service
- 6:00 pm Lutheran Service

Monday, October 2

- 6:00 pm Pentecostal Service



Tuesday, October 3

- 1:00 pm Agape
- Orthodox Christianity (1st and 3rd Tuesdays)
- Art of Living (Meditate) (2nd and 4th Tuesdays)
- 6:00 pm Buddhist (1st and 3rd Tuesdays)

Wednesday, October 4

- 1:00 pm Justice Issues
- 6:00 pm Most Excellent Way Chapel

Thursday, October 5

- 1:00 pm TUMI
- 6:00 pm Gospel Service



Friday, October 6

- 1:00 pm Nation of Islam
- Sunni Jumma Prayer

A Point to Ponder

"Not everything that is faced can be changed, but nothing can be changed until it is faced."

~ James Baldwin

Did You Serve in the U.S. Military?

VHA – VISN20
VETERANS HEALTH ADMINISTRATION

HEALTH CARE FOR REENTRY VETERANS PROGRAM

Diana Rogers, LCSW, Veteran Reentry Info Meeting on:
10/31/23 @ 1:00 PM
Location: Activities Floor

If you served in the US Military and earned a:

- General, General Under Honorable, Honorable, Medical Discharge, or Mental Health Discharge,
- Bad Conduct Discharge and are going to be homeless
- You are releasing from prison within the next year
- OTHER THAN HONORABLE w/o Sex Offender Reg Reqmt and HOMELESS at release having served at least one day of active-duty military service may be evaluated for housing ONLY: Med/MH care will be non-VA provided

The HCRV Specialist would like to assist you to obtain the following Veterans Reentry information and resources for your use after release:


- Registration in the VA Health Care System
- Instructions on how to set up initial post-release VA Medical/MH care
- Shelter and Housing Program Resources – GPD, SSVF, HUD/VASH
- Post 9/11 Veterans Program Access Assistance
- Low-Income Community Based Dental Care Services
- Substance Abuse Treatment Program Access
- SSI, VA SC Comp. and NSC Pension Benefit filing and reinstatement info
- VA Regional Office, State VA, County Veteran Services, VSO/VBO access
- Employment Resources, both VA and Community Based
- Residential Rehabilitation Treatment Program information and Referrals
- State Child Support Enforcement Veteran Reentry Liaison
- VA & Community-Based Resources list in the Community of Your Release

If you meet these criteria, are releasing in the next 9 months, and are interested in these types of services, please send an AIC communication to:

C.Syabout, Transition Coordinator. Must have an AIC communication submitted no later than 10/20/23 to be considered for meeting.

OREGON STATE PENITENTIARY
 2605 STATE STREET
 SALEM, OREGON 97310

OCTOBER 2023

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1													
AM	D	AM	C/E	AM	SHOWERS	AM	C/E	AM	D	AM	SHOWERS	AM	D
PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E
EVE	C/DORM	EVE	E/DORM	EVE	D/DORM	EVE	C/DORM	EVE	E/DORM	EVE	D/DORM	EVE	C/DORM
<i>Barn Starts</i>													
8		9		10		11		12		13		14	
AM	C/E	AM	D	AM	SHOWERS	AM	D	AM	C/E	AM	SHOWERS	AM	C/E
PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D
EVE	E/DORM	EVE	D/DORM	EVE	C/DORM	EVE	E/DORM	EVE	D/DORM	EVE	C/DORM	EVE	E/DORM
15		16		17		18		19		20		21	
AM	D	AM	C/E	AM	SHOWERS	AM	C/E	AM	D	AM	SHOWERS	AM	D
PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E
EVE	D/DORM	EVE	C/DORM	EVE	E/DORM	EVE	D/DORM	EVE	C/DORM	EVE	E/DORM	EVE	D/DORM
<i>OCE TGA</i>													
22		23		24		25		26		27		28	
AM	C/E	AM	D	AM	SHOWERS	AM	D	AM	C/E	AM	SHOWERS	AM	C/E
PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	D	PM	D
EVE	C/DORM	EVE	E/DORM	EVE	D/DORM	EVE	C/DORM	EVE	E/DORM	EVE	D/DORM	EVE	C/DORM
29		30		31		AM-MORNING YARD (7:45-9:45 AM) PM-AFTERNOON YARD (1:00-3:30 PM) EVE- BARN YARD (7:00-9:00 PM) REC.BLDG. ONLY							
AM	D	AM	C/E	AM	D								
PM	C/E	PM	D	PM	C/E								
EVE	E/DORM	EVE	D/DORM	EVE	C/DORM								
HALLOWEEN													
NO LEVEL 3 NIGHT YARD - DORM HAS ALL YARDS													



Mainline

Week at a Glance

Week	Monday 10/2/2023	Tuesday 10/3/2023	Wednesday 10/4/2023	Thursday 10/5/2023	Friday 10/6/2023	Saturday 10/7/2023	Sunday 10/8/2023	
Week 1	BREAKFAST Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chl) - 1.00 EA Sliced Cheese (Sta,Chl) - 1.00 SLC English Muffin (Sta,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Veggie & Cheese Scramble (Chl,Sta) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chl) - 2.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 CP French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta,h)0.33CP Poultry Sausage (Chl) - 1.00 EA EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta,h)0.33CP Poultry Sausage (Chl) - 1.00 EA EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sta,h)0.33CP Poultry Sausage (Chl) - 1.00 EA EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sta,Chl) - 1.00 EA Breakfast Pastry (Sta,Chl) - 1.00 EA 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
Week 1	LUNCH Bean Soup - 10.00 FLOZ *Grilled Ham and Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl,Sta) - 1.00 EA Mayonnaise - 1.00 TBS Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Tuna Noodle Casserole (Chl,Sta) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lentil Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta,Chl) - 2.00 TBS Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Carrots - 0.75 CP Wheat Dinner Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Meat Blend (Sta,Chl) - 0.50 CP Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Peanut Butter & Jelly Sandwich on Wheat (Sod,Sta) - 2.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Roast Pork loin (Chl,Sta) - 3.00 OZKCD Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Roast Pork loin (Chl,Sta) - 3.00 OZKCD Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
Week 1	DINNER Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salsbury Steak (Chl,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Alfredo Sauce (Chl,Sta) - 0.75 CP Spaghetti - 0.75 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chili (Chl,Sta) - 1.00 FLOZ Baked Potato - 1.00 EA Shredded Cheese (Sta,Chl) - 2.00 TBS Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod,Chl,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stew (Sod,Chl,Sta) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Choice Cookie (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Chicken Pot Pie (Chl) - 0.75 CP Biscuits (Sta,Sod) - 2.00 EA Broccoli - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu subject to change without notice. Meat-Alternative-Trays available at lunch & dinner only.

*Contains or may contain pork.

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

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