



October



OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #143

COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of October 10, 2022, DOC statewide has:

- 20 AICs who currently have COVID-19

The table below shows total numbers since the pandemic began in March 2020:

	Positive Tests	Recoveries	Negative Tests	Deaths
Employees	1,997	1,990		
AICs	5,960	5,724	25,538	52

Employees who have tested positive are not reporting to work. All adults in custody who have tested positive are being medically isolated at a facility that provides medical care.



OREGON DEPARTMENT OF CORRECTIONS

COVID - 19 BOLETÍN DE NOTICIAS - AVISO #143

COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 10 de octubre el departamento en todo el estado tiene:

- 20 presos que actualmente tienen COVID-19

La siguiente tabla muestra las cifras totales desde que comenzó la pandemia en marzo 2020:

	Pruebas Positivas	Recuperaciones	Pruebas Negativas	Muertes
Personal	1,997	1,990		
Presos	5,960	5,724	25,538	52

Los empleados que dieron positivo no se presentan a trabajar. Todos los presos que resultaron positivos están siendo aislados médicaamente en un centro que brinda atención médica.

WHO'S WHO:

Superintendent - Mr. J. Highberger
 Asst. Supt., General Services - Ms. T. Davenport
 Asst. Supt., Security - Mr. J. Wagner
 Behavioral Health Svcs. Mgr. - Ms. K. Gates
 Acting Corr. Rehabilitation Mgr. - Ms. E. Asay
 Diversity/Grievance Coordinator - Ms. R. Corrigan
 Education/Training Administrator - T. Hightower
 Executive Asst. to Supt. - Mr. N. Warren
 Food Services Manager - Mr. N. Nawaz
 Hearings Officer - Mr. D. Golden
 Health Services - Ms. R. Vizina

Hobby Shop Supervisor/Photo Programs- Ms. G. Kast
 Library Coordinator - Ms. R. Cantrell / Ms. S. Lund
 Management Asst. to Supt. - Ms. R. Mondragon
 Operations Captain - Mr. J. Hyde
 Photo Program Supervisor – Ms. G. Kast
 Physical Plant Manager - Mr. G. Davis
 PREA Compliance Manager - Captain G. Ross
 Recreation - Mr. J. Hale, Ms. G. Kast, Mr. Ocupe
 Religious Services - Chaplain D. Hodney
 Special Population Lieutenant - Lt. A. Asay
 Transitions Coordinator - Ms. K. Hollingsworth

From the office of Kylee Stutzman



Beginning on Monday, October 17, 2022, for your friends and family to continue to receive phone calls from you, they will need to validate their telephone number by setting up an account through ICSolutions. Direct them to icsolutions.com to validate their number. If they have issues validating their number, they will need to call customer support at 888-506-8407. DOC staff are not able to assist friends and family in creating an account or validating their number.

The updated COVID-19 booster



What to know?

- **It's the best way to protect yourself** from severe illness and hospitalization
- **It protects** against the original strain and the Omicron variants BA.4 and BA.5
- **It's safe** and effective and can be given at the same time as a flu shot



Who is it for?

- The updated Pfizer booster dose is for everyone **12 and older**
- The updated Moderna booster dose is for everyone **18 and older**



When can you get it?

- **Two months** after any initial vaccine series
- **Two months** after a previous booster



Where can you find it?

- Contact your provider

Oregon
Health
Authority

OHA 4320A (09/02/2022)

El refuerzo del COVID-19 actualizado



¿Qué debe saber?

- **Es la mejor forma de estar protegido** contra enfermedades graves y hospitalizaciones.
- **Lo protege** contra la cepa original y las variantes Ómicron, BA.4 y BA.5
- **Es seguro** y efectivo y puede recibirlo el mismo día que la vacuna contra la gripe.



¿Para quién es?

- La dosis de refuerzo de Pfizer actualizada es para todas las personas a partir de los **12 años de edad en adelante**.
- La dosis de refuerzo de Moderna actualizada es para todas las personas a partir de los **18 años de edad en adelante**.



¿Dónde puede recibirla?

- **Dos meses** después de la serie inicial de vacunas.
- **Dos meses** después del refuerzo anterior.



¿Dónde puede encontrarlo?

- Comuníquese con su proveedor.

Oregon
Health
Authority

OHA 4320A (09/02/2022) SPANISH

Flu Vaccinations

Can't I wait and get vaccinated when/if flu hits my community? It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu. Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness. • You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness. • Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu. • Or you may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating. • Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated

You need to get a flu vaccine every year. You need to get a flu vaccine every year to protect yourself against the viruses that research suggests are most likely to circulate each season. There are two reasons for getting a flu vaccine every year: a) The first reason is because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses that research indicates may be most common during the upcoming flu season. b) The second reason annual vaccination is recommended is that a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.

Vacunas contra la gripe

¿No puedo esperar y vacunarme cuando/si la gripe llega a mi comunidad? Lo mejor es vacunarse antes de que la gripe comience a propagarse. La vacuna contra la gripe tarda aproximadamente dos semanas en proporcionar una protección completa, por lo que cuanto antes se vacune, es más probable que esté completamente protegido una vez que la gripe comience a circular en su comunidad.

Las vacunas contra la gripe no pueden contagiarte la gripe. Incluso si se vacunó contra la influenza, existen razones por las que aún podría contraer la influenza o una enfermedad similar a la influenza. *Es posible que haya estado expuesto a un virus que no sea de la gripe antes o después de vacunarse. La vacuna contra la gripe solo puede prevenir enfermedades causadas por los virus de la gripe. No puede proteger contra virus que no son de la gripe que pueden causar enfermedades similares a la gripe. * O es posible que haya estado expuesto a la gripe después de vacunarse, pero antes de que la vacuna surtiera efecto. Se necesitan aproximadamente dos semanas después de recibir la vacuna para que su cuerpo desarrolle protección contra la gripe. * O es posible que haya estado expuesto a un virus de influenza que era muy diferente de los virus incluidos en la vacuna de ese año. La vacuna contra la influenza protege contra los virus de la influenza que, según indican las investigaciones, causarán la mayoría de las enfermedades durante la próxima temporada, pero puede haber otros virus de la influenza en circulación. * Desafortunadamente, la vacuna contra la influenza no brinda la misma protección para todos. La eficacia de la vacuna contra la influenza (o su capacidad para prevenir la influenza) puede variar ampliamente de una temporada a otra y también puede variar según quién se vacune.

Debe vacunarse contra la gripe todos los años. Debe vacunarse contra la influenza todos los años para protegerse contra los virus que, según las investigaciones, tienen más probabilidades de circular cada temporada. Hay dos razones para vacunarse contra la influenza todos los años: a) La primera razón es que los virus de la influenza cambian constantemente, las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente para proteger contra los virus que, según indican las investigaciones, pueden ser más comunes durante la temporada. próxima temporada de gripe. b) La segunda razón por la que se recomienda la vacunación anual es que la protección inmunitaria de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para una protección óptima.

To: All Adults in Custody

Subject: Flu Vaccinations

The Department of Corrections would like to remind all AICs that getting the flu vaccine is safe and easy—and the best way to protect ourselves and others from the flu. The vaccine is especially important this year, with COVID-19 making more people sick.

The flu is a serious illness. By getting your annual flu vaccine, you are doing your part to keep yourself and those around you healthy—especially older people, people in congregate care, and those with chronic diseases.

The flu vaccine is available to all AICs, takes only a few minutes to get, and is safe and effective. It cannot give you the flu. DOC Health Services will provide the vaccine to any AIC interested in receiving it. Each AIC will be called out and asked to accept or decline the shot.

It's also important to get the vaccine every year because the flu virus changes from year to year. Each year, the vaccine is updated to target the strains of the virus that are most likely to get us sick. You can also get the flu vaccine at the same time as a COVID-19 vaccine or booster.

Para: Todos los adultos bajo custodia

Asunto: Vacunas contra la gripe

El Departamento Correccional desea recordar a todos los AIC que vacunarse contra la influenza es seguro y fácil, y la mejor manera de protegernos a nosotros mismos y a los demás de la influenza. La vacuna es especialmente importante este año, ya que el COVID-19 está enfermando a más personas.

La gripe es una enfermedad grave. Al recibir su vacuna anual contra la influenza, está haciendo su parte para mantenerse saludable y mantener saludables a quienes lo rodean, especialmente a las personas mayores, las personas en cuidado colectivo y las personas con enfermedades crónicas.

La vacuna contra la influenza está disponible para todos los AIC, toma solo unos minutos y es segura y efectiva. No puede darte la gripe. DOC Health Services proporcionará la vacuna a cualquier AIC interesado en recibirla. Se llamará a cada AIC y se le pedirá que acepte o rechace el tiro.

También es importante vacunarse todos los años porque el virus de la gripe cambia de un año a otro. Cada año, la vacuna se actualiza para atacar las cepas del virus que tienen más probabilidades de enfermarnos. También puede recibir la vacuna contra la influenza al mismo tiempo que una vacuna o un refuerzo contra el COVID-19.

From Ms. Asay, Correctional Rehabilitation:

OSCI will have GOGI (Getting Out by Going In) starting soon on Mondays from 2:00pm – 3:00pm in Academics.

GOGI Mission:

Getting Out by Going In empowers the individual with the GOGI Life Tools for making positive decisions and creating a life of purpose and meaning through sustained behavioral and perspective changes.

If you are interested in attending, please send an AIC communication to Ms. Asay, CRM.



Dear fellow AICs,

A group of students from the Corban University at OSCI's 2019 cohort is working on an internship project to write a resource book. This will be a booklet with information and resources that will focus on personal growth for incarcerated people in OSCI. Its purpose is to provide AICs in this institution with a guide that will help us navigate the challenges of incarceration and develop opportunities for personal growth.

In order to make this project a success we are gathering relevant information from counselors, work supervisors, community leaders, teachers, volunteers and other AICs. On this occasion, we would like to get feedback on some potential names for this book

1. OSCI Resource Guide
2. AIC's Survival Guide
3. OSCI Roadmap

Please pick a name and send your choice or suggestions on a ~~kyte~~ to Ms. Corrigan and put it in the grievance box. We will be receiving suggestions until Wednesday, October 26th.

OSCI PRE-APPRENTICESHIP Interest Form - Winter 2023



Apprenticeship
Chemeketa Community College

The Pre-Apprenticeship Program is for AICs interested in working in construction, manufacturing and Registered Apprenticeship trades. The program is built around the APR 101, Trade Skills Fundamentals, four-credit college course. This class includes First-Aid/CPR and OSHA 10 training, with classes on safety, rigging, blueprint reading, trade math, hand and power tool use, and how to search for jobs. Guest speakers will come in to talk about career opportunities and Apprenticeships. A second class is required for program completion and will be offered in the spring. There is no cost to participate. This interest form will be used to create a list of possible AICs for the program.

Dates and times: Monday and Wednesday evenings from 6 pm - 8:20 pm and some Saturdays (January 9 - March 26).

Requirements for participation (check all that apply)

- Incentive level 3 and no detainers
- Must release after April 1, 2023 and before January 1, 2024
- High school diploma or GED completed
- Ability to register as a student at Chemeketa Community College (may not owe the college money)
- Available to attend the program in entirety, January 9 - March 26, 2023

Last Name	First	SID #
Race/Ethnicity	Release County	
Do you identify as low-income? Yes No	Gender Identify	

Are you interested in a Registered Apprenticeship? Electrician HVAC/R Plumber Sheet Metal Other _____
(Circle all that apply)

Do you have experience working in the trades? If yes, explain.

Why do you want to participate in the Pre-Apprenticeship program?

Signature	Date
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Submit completed interest form to Emily Asay by November 4, 2022



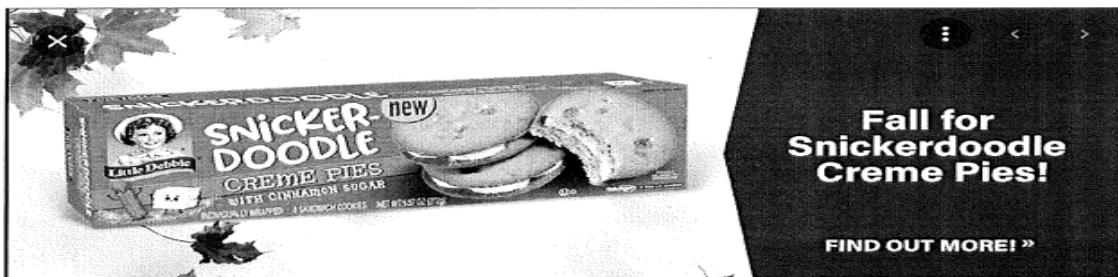
**State of Oregon
Department of Corrections Commissary**

DATE: FRIDAY, SEPTEMBER 30, 2022
TO: Adults in Custody *[Signature]*
FROM: Sallie Jurgensmeier NWC Commissary Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Commissary is excited to announce that we will be bringing on the below item:

Please write in the amount you would like on your commissary order form. As the new updated form will be out shortly.



**Snicker-Doodle
Crème Pies
\$2.59**



**State of Oregon
Department of Corrections Commissary**

DATE: FRIDAY, SEPTEMBER 30, 2022
TO: Adults in Custody *[Signature]*
FROM: SALLIE JURGENSMEIER, NWC COMMISSARY MANAGER
SUBJECT: Commissary News, Updates and Reminders

News:

Ice Cream Price Increase

Value Novelty \$1.45
Premium Novelty \$1.95

Value Pint \$3.85
Premium Pint \$4.55
Deluxe Pint \$6.80

New Menu Printout

When the Fall-Winter 2022-2023 menus are released, you will notice that the menus will have a different “look” to them. The ODOC is using a new menu planning computer program for the week-at-a-glance menus, calorie report, and carb report.

You will notice that the way the serving sizes are described has changed. The previous menu planning program used volume-ounces (vol-oz) to describe items served by volume. The new menu planning program does not do that; it uses cups to describe items served by volume.

We will continue to produce 5-week cycle menus which will change twice yearly. You will be able to view all three meals per day for each week of the cycle on the week-at-a-glance menus. The menus will continue to be posted in the dining hall and/or in the living units. Each institution may do this a little differently.

The menu symbols will change to letter codes. Food items that contain high amounts of nutrients which some AICs may want to eat less of will be marked with a 3-letter code instead of a picture symbol. There will be a key at the bottom of the menu printout which describes each code.

The accuracy of the nutrition content of foods and recipes has improved with this new program. You may notice that some of the calorie or carbohydrate content of foods is slightly different on the new reports. The calorie report is available to all AICs. Each institution makes this report available differently. The carbohydrate report is for AICs with diabetes. Talk with your healthcare provider if you need the carb report.

Elena Guevara RD, LD

Mainline

Week at a Glance							
	Monday 10/17/2022	Tuesday 10/18/2022	Wednesday 10/19/2022	Thursday 10/20/2022	Friday 10/21/2022	Saturday 10/22/2022	
BREAKFAST							
1	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZCKD	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Vegetable Scramble (Chl) - 0.50 CP	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Beef Hash (Sod, Chl) - 1.00 CP Wheat Toast (Sod, Chl, Sfa) - 4.00 SL Hashbrowns (Sfa) - 0.75 CP Wheat Toast - 2.00 SL Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod, Chl, Sfa) - 4.00 SL Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fanina - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa, Chl) - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Fried Potatoes (Sfa) - 0.75 CP Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP Poultry Sausage (Chl, Chl) - 1.00 EA Fried Potatoes (Sfa) - 0.75 CP Wheat Toast - 2.00 SL Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	
LUNCH							
1	Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod, Sfa) - 2.00 EA Green Beans - 0.75 CP Chips - 1.00 Bag Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Barbeque Pork (Chl, Sfa) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sfa, Sod, Chl) - 0.75 CP Broccoli - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*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 Green Beans - 0.75 CP Chips - 1.00 Bag Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lentil Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Shredded Onions - 2.00 TBS Seasoned Beans - 0.75 CP Lettuce Salad - 1.00 CP Salsa - 0.25 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Meat Blend (Sfa, Chl) - 0.50 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Seasoned Beans - 0.75 CP Lettuce Salad - 1.00 CP Salsa - 0.25 CP Wheat Tortillas (Sfa, 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, Sfa) - 2.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 Bag Salad Dressing (Sfa, Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl, Sfa) - 1.00 EA Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Pears - 0.75 CP Wheat Diner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
DINNER							
1	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salisbury Steak (Chl, Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ French Bread - 1.00 SL Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chili (Chl, Sfa) - 10.00 FLOZ Brown Rice - 0.75 CP Carrots - 0.75 CP French Bread - 1.00 SL Margarine (Sfa) - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Shredded Cheese (Sfa, Chl) - 1.00 EA Choice Dessert (Sfa, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Pot Pie (Chl) - 0.75 CP Biscuits (Sfa, Sod) - 2.00 EA Broccoli - 0.75 CP Choice Cookie (Sfa, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Beef Stew (Sod, Chl, Sfa) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 1.00 SV Shredded Cheese (Sfa, Chl) - 2.00 TBS 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	

Menus 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

Mainline							Week at a Glance
Monday 10/24/2022	Tuesday 10/25/2022	Wednesday 10/26/2022	Thursday 10/27/2022	Friday 10/28/2022	Saturday 10/29/2022	Sunday 10/30/2022	
BREAKFAST							
Week 2							
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	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 Skim Milk - 16.00 FLOZ Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA 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 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	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) - 0.75 EA Fried Potatoes (Sfa) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fatima - 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	Oatmeal - 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	Oatmeal - 1.00 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP Pork 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	
LUNCH							
Week 2							
Vegetable Soup (Sod) - 10.00 FLOZ Barbeque Beef (Sod, Chl) - 0.50 CP CP Wheat Haggie Roll - 1.00 EA Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 1.00 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 Breakfast Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Minestone Soup - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl, Sfa) - 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	*Soup of the Day (Sod, Chl) - 1.00 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 Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Chicken Tortilla Stew (Chl) - 10.00 0.50 CP Brown Rice - 0.75 CP Broccoli - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sfa, Chl) - 2.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Texas Slaw - 0.75 CP Salad Fajita Mix (Sod, Chl, Sfa) - 0.50 CP Onions & Bell Peppers - 0.50 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Pork Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	
DINNER							
Week 2							
Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Stir-Fry (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Baked Chicken (Chl) - 3.00 OZCKD Creole Sauce - 2.00 FLOZ Brown Rice Pilaf - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Chili Mac (Chl, Sfa) - 1.25 CP Green Beans - 0.75 CP Combread (Sod, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chili Mac (Chl, Sfa) - 1.00 EA Cheese Pizza (Sod, Chl, Sfa) - 1.00 EA Choice Dessert (Sfa, Chl) - 1.00 EA Tea - 8.00 FLOZ	Beef Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA Barbeque Sauce - 1.00 FLOZ Wheat Burger Bun (Sfa, Chl) - 1.00 EA Onions & Bell Peppers - 0.50 CP Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl, Sfa) - 0.75 CP Spaghetti - 0.75 CP Blended Vegetables - 0.75 CP French Bread - 1.00 SLC French Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP Pork 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	

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

SINGLE NUTRIENT REPORT : CALORIES

Oregon State Correctional Institution : Oregon State Correctional Institution

Page 4 of 6

10/17/2022 : 10/23/2022 - Mainline - Repeat Cycle

Monday 10/17/2022	Tuesday 10/18/2022	Wednesday 10/19/2022	Thursday 10/20/2022	Friday 10/21/2022	Saturday 10/22/2022	Sunday 10/23/2022
Breakfast						
Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) *Pork Ham (93.6 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Vegetable Scramble (101.8 Kcal) Beef Hash (313.4 Kcal) Wheat Toast (160.6 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Multigrain Hot Cereal (131.5 Kcal) Canned Fruit (64.6 Kcal) French Toast (560.7 Kcal) Maple Syrup (90.7 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Canned Fruit (64.5 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Canned Fruit (114.3 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.8 Kcal) Skim Milk (154.2 Kcal) Skin Milk (154.2 Kcal) Sugar PC (21.6 Kcal)	Dried Fruit (47.5 Kcal) Scrambled Eggs (119.1 Kcal) Poultry Sausage (60.8 Kcal) Fried Potatoes (239.5 Kcal) Wheat Toast (160.6 Kcal) Jelly (Ba.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (47.5 Kcal) Scrambled Eggs (119.1 Kcal) Poultry Sausage (60.8 Kcal) Fried Potatoes (239.5 Kcal) Wheat Toast (160.6 Kcal) Jelly (Ba.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Sugar PC (21.6 Kcal)
Lunch						
Total - 1023.4 Kcal	Total - 935.2 Kcal	Total - 1017.7 Kcal	Total - 1038.4 Kcal	Total - 752.6 Kcal	Total - 933.8 Kcal	Total - 933.8 Kcal
Dinner						
Total - 962.2 Kcal	Total - 1041.7 Kcal	Total - 807.3 Kcal	Total - 761.5 Kcal	Total - 881.9 Kcal	Total - 1571.2 Kcal	Total - 1079.0 Kcal
Total						
Total - 830.4 Kcal	Total - 770.9 Kcal	Total - 1123.7 Kcal	Total - 827.8 Kcal	Total - 1100.2 Kcal	Total - 678.3 Kcal	Total - 931.5 Kcal
Total	2806.0 Kcal	2700.8 Kcal	2889.5 Kcal	3016.5 Kcal	3012.1 Kcal	3004.3 Kcal

SINGLE NUTRIENT REPORT : CALORIES

Oregon State Correctional Institution : Oregon State Correctional Institution

Page 4 of 6

Week : 10/24/2022 : 10/30/2022 - Mainline - Repeat Cycle

Monday 10/24/2022	Tuesday 10/25/2022	Wednesday 10/26/2022	Thursday 10/27/2022	Friday 10/28/2022	Saturday 10/29/2022	Sunday 10/30/2022
Breakfast Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Hard Boiled Egg (81.1 Kcal) Pancakes (513.9 Kcal) Maple Syrup (80.7 Kcal) Margarine (93.2 Kcal) Skin Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Lunch Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Scrambled Eggs (119.1 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (114.4 Kcal) Maple Syrup (80.7 Kcal) Skin Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Breakfast Dry Cereal (93.0 Kcal) Canned Fruit (31.5 Kcal) Fried Egg (91.2 Kcal) Sausage Gravy (174.8 Kcal) Waffles (63.5 Kcal) Peanut Butter (254.3 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Skin Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Lunch Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Scrambled Eggs (119.1 Kcal) Fried Egg (91.2 Kcal) Sausage Gravy (174.8 Kcal) Waffles (63.5 Kcal) Peanut Butter (254.3 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Skin Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Breakfast Oatmeal (137.5 Kcal) Canned Fruit (84.6 Kcal) Fried Egg (91.1 Kcal) Sausage Gravy (174.8 Kcal) Biscuit (289.0 Kcal) Hashbrowns (199.8 Kcal) Hashbrowns (199.8 Kcal) Skin Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Lunch Oatmeal (137.5 Kcal) Canned Fruit (114.3 Kcal) Fried Egg (91.1 Kcal) Sausage Gravy (174.8 Kcal) Biscuit (289.0 Kcal) Hashbrowns (199.8 Kcal) Hashbrowns (199.8 Kcal) Skin Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Breakfast Canned Fruit (47.6 Kcal) Scrambled Eggs (119.1 Kcal) Fried Egg (91.1 Kcal) Sausage Gravy (174.8 Kcal) Biscuit (289.0 Kcal) Hashbrowns (199.8 Kcal) Hashbrowns (199.8 Kcal) Skin Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)
Total - 1143.9 Kcal	Total - 903.7 Kcal	Total - 860.5 Kcal	Total - 989.0 Kcal	Total - 1039.9 Kcal	Total - 762.6 Kcal	Total - 1191.4 Kcal
Breakfast Vegetable Soup (57.4 Kcal) Wheat Hoagie Roll (228.4 Kcal) Carrots (39.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Lunch *Soup of the Day (175.4 Kcal) Chef Salad with Turkey (87.8 Kcal) Hard Boiled Egg (81.1 Kcal) Shredded Cheese (111.4 Kcal) Mayonnaise (33.7 Kcal) Broccoli (35.9 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Salad Dressing (129.9 Kcal) Blended Vegetables (98.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Breakfast *Soup of the Day (175.4 Kcal) Fried Egg Sandwich on Wheat (48.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Lunch *Soup of the Day (175.4 Kcal) Fried Egg Sandwich on Wheat (36.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Breakfast Minestrone Soup (164.4 Kcal) *Meat & Cheese Sandwich (111.4 Kcal) Wheat (48.0 Kcal) Hard Boiled Egg (81.1 Kcal) Shredded Cheese (111.4 Kcal) Mayo & Mustard (42.4 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Lunch Coleslaw (98.8 Kcal) Chicken Tortilla Stew (202.3 Kcal) Brown Rice (163.9 Kcal) Broccoli (35.9 Kcal) Tortilla Chips (141.8 Kcal) Sour Cream (56.1 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	Breakfast Coleslaw (98.8 Kcal) *Pork Fajita Mix (316.0 Kcal) Brown Rice (163.9 Kcal) Wheat Tortillas (314.0 Kcal) Spanish Rice (119.6 Kcal) Salsa (15.8 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)
Total - 6199.5 Kcal	Total - 632.9 Kcal	Total - 634.1 Kcal	Total - 818.0 Kcal	Total - 774.0 Kcal	Total - 1028.6 Kcal	Total - 362.1 Kcal
Breakfast Lettuce Salad (7.9 Kcal) Salad Dressing (85.8 Kcal) Chicken Stir-Fry (154.8 Kcal) Sti-Fry Vegetables (88.5 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal)	Lunch Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Baked Chicken (108.9 Kcal) Creole Sauce (24.5 Kcal) Brown Rice Pilaf (144.9 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal)	Breakfast Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Chili Mac (437.1 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal)	Lunch Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Vegetable Soup (57.4 Kcal) Cheese Pizza (556.4 Kcal) Choice Dessert (232.9 Kcal) Tea (0.3 Kcal)	Breakfast Lettuce Salad (7.9 Kcal) Salad Dressing (85.8 Kcal) Phillip's Beef (97.8 Kcal) Cheese Sauce (121.8 Kcal) Onions & Bell Peppers (44.4 Kcal) Wheat Burger Bun (237.4 Kcal) Cauliflower (32.4 Kcal) Tator Tots (246.0 Kcal) Ketchup (24.6 Kcal) Peas and Carrots (86.0 Kcal) Gelatin & Whip Topping (126.5 Kcal) Tea (0.3 Kcal)	Lunch Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Meat Sauce (220.2 Kcal) Spaghetti (147.7 Kcal) Blended Vegetables (98.0 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Chocolate Cupcake (274.9 Kcal) Fortified Fruit Drink (5.0 Kcal)	Breakfast Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Phillip's Beef (97.8 Kcal) Cheese Sauce (121.8 Kcal) Onions & Bell Peppers (44.4 Kcal) Wheat Burger Bun (237.4 Kcal) Cauliflower (32.4 Kcal) Tator Tots (246.0 Kcal) Ketchup (24.6 Kcal) Peas and Carrots (86.0 Kcal) Gelatin & Whip Topping (126.5 Kcal) Tea (0.3 Kcal)
Total - 788.8 Kcal	Total - 874.3 Kcal	Total - 848.4 Kcal	Total - 840.2 Kcal	Total - 788.9 Kcal	Total - 1047.8 Kcal	Total - 865.8 Kcal
Total	2612.2 Kcal	2710.9 Kcal	2683.0 Kcal	2837.2 Kcal	2602.8 Kcal	3019.3 Kcal

ANSWER KEY

Submit answers to Ms. Thompson

1. Hg is the chemical symbol of which element?
a) Hydrogen b) Germanium c) Lead d) Mercury
2. Which country produces the most coffee in the world?
a) Ethiopia b) Vietnam c) Brazil d) Columbia
3. What was the first state?
a) Pennsylvania b) Massachusetts c) Delaware d) Maryland
4. What is the painting "La Gioconda" more usually known as?
a) Mona Lisa b) The Birth of Venus c) Portrait of a Young Woman
5. Ludwig Van Beethoven was born in 1770 in which city?
a) Vienna b) Berlin c) Bonn d) Salzburg
6. How many pairs of wings does a bee have?
a) One b) Six c) Three d) Two
7. What is the national animal of Pakistan?
a) Peacock b) Makhor c) Lion d) Asian black bear
8. In which Italian city can you find the Colosseum?
a) Venice b) Rome c) Naples d) Milan

BONUS: Who was the emperor when the construction on the Colosseum began in 72 AD?