

October



OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #144

COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of October 17, 2022, DOC statewide has:

- 12 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	2,002	1,995		
AICs	5,976	5,748	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 #144

COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 17 de octubre el departamento en todo el estado tiene:

- 12 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	2,002	1,995		
Presos	5,976	5,748	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.



Chapel News

The chapel is happy to announce that there are several time slots available in the chapel for AICs to meet one on one with an outside mentor.

Mr. York, is a professionally trained mentor and counselor who volunteers through Prison Fellowship here at OSCI. He specializes in dealing with life controlling issues and matters of the heart. He mentors AICs all day on Wednesdays and on Thursday afternoons.

If you are interested in being mentored, please send a kytic to the chapel with your request.

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



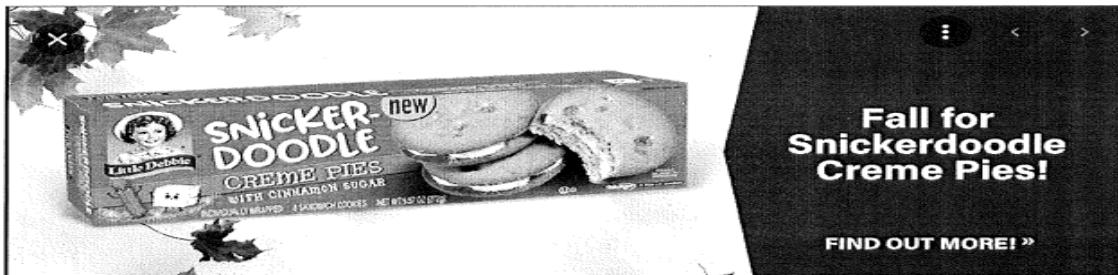
**State of Oregon
Department of Corrections Commissary**

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



There has been a change made in work assignments for NCI level 1 AICs. NCI level 1 AICs will not be assigned to work in the following areas: Corridor and recreation yard. If you are currently assigned to work in either of these areas you will not be removed at this time. However if you are removed in the future from those assignments or go to DSU you will not be placed back in that work area.



From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 09/15/2022.

TEMPORARY RULES:

291-117 Personal Property (AIC)

- Amends 291-117-0080 Authorized Inmate Property to remove gender-based language and align rule with current practice for use of cosmetic appliances.

Effective 10/25/2022 through 4/22/2023





Oregon

Kate Brown, Governor

Oregon Department of Corrections

Operations Division

3723 Fairview Industrial Drive SE, Ste 200

Salem, OR 97301-4667

Voice: (503) 945-9090

Date: October 14, 2022

To: All Adults in Custody (AICs)

From: Rob Persson, Assistant Director of Operations

Subject: 2022 Holiday Period



The 2022 Holiday Period begins Monday, November 28, 2022, and goes through Friday, December 30, 2022. During this time, for AICs with DOC debt and external obligations, the following parameters will be in place:

DOC Debt and External Obligations

- DOC debt (*examples: disciplinary fines, copy, and postage debt*) will be collected through Wednesday, November 23, 2022, prior to the start of the Holiday Period.
- During the Holiday Period, Central Trust will not collect existing DOC debt.
- External obligations (non-DOC debt) such as court filing fees (County / U.S. Court), garnishment orders, and Court-Ordered Financial Obligations (COFOs) will continue to be collected as DOC does not have the authority to suspend statutory collections.
- DOC debt collection will resume in the event an AIC receives a new disciplinary fine sanction during the 2022 Holiday Period.
- At the conclusion of the 2022 Holiday Period, on Friday, December 30, 2022, any funds remaining in the General Spending Trust Account of AICs with DOC debt will be collected in accordance with OAR 291 Div. 158-0065(d).

Spending Funds During the Holiday Period

- Commissary spending limits will be doubled.
- AICs who have DOC debt may spend funds during the 2022 Holiday period from their General Spending Trust Account for the following: postage, copies, institution club & DOC activities, DOC programs, phone transfers, and commissary items.
- AICs with DOC debt cannot make external purchases or disbursements from their General Spending Trust Account during the 2022 Holiday Period.
- AICs should plan accordingly when submitting financial requests, such as commissary orders and Request for Withdrawal of Funds forms (CD28).

Other Considerations

- All plans are subject to COVID-19 tier levels, staffing, and AIC commissary worker / supply chain availability.
- Transitional Savings deductions will continue to take place in accordance with ORS 423.105

The Holiday Period occurs at the discretion of the Assistant Director of Operations in accordance with OAR 291 Div. 158-0065(d). AICs with questions may submit an AIC communication to Business Services (*electronic option available on the tablet*).



Oregon

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Date: October 14, 2022
To: All Adults in Custody (AICs)
From: Rob Persson, Assistant Director of Operations
Subject: 2022 Holiday Period

El período de vacaciones de 2022 comienza el lunes 28 de noviembre de 2022 y se extiende hasta el viernes 30 de diciembre de 2022. Durante este tiempo, para los AIC con deuda del DOC y obligaciones externas, se establecerán los siguientes parámetros:

Deuda del DOC y obligaciones externas

1. La deuda del DOC (*ejemplos: multas disciplinarias, copia y deuda de franqueo*) se cobrará hasta el miércoles 23 de noviembre de 2022, antes del inicio del Período de Vacaciones.
2. Durante el período de vacaciones, Central Trust no cobrará la deuda existente del DOC.
3. Las obligaciones externas (deuda no relacionada con el DOC), como las tarifas de presentación judicial (Tribunal del Condado / Tribunal de los Estados Unidos), las órdenes de embargo y las Obligaciones Financieras Ordenadas por el Tribunal (COFO) continuarán recaudándose ya que el DOC no tiene la autoridad para suspender los cobros legales.
4. El cobro de deudas del DOC se reanudará en caso de que un AIC reciba una nueva sanción de multa disciplinaria durante el período de vacaciones de 2022.
5. Al concluir el Período de Vacaciones de 2022, el viernes 30 de diciembre de 2022, los fondos restantes en la Cuenta Fiduciaria de Gastos Generales de los AIC con deuda del DOC se cobrarán de acuerdo con OAR 291 Div. 158-0065 (d).

Gastos de fondos durante el período de vacaciones

6. Los límites de gasto del economato se duplicarán.
7. Los AIC que tienen deudas de DOC pueden gastar fondos durante el período de vacaciones de 2022 de su Cuenta de Fideicomiso de Gastos Generales para lo siguiente: franqueo, copias, actividades del club de Instituciones y DOC, programas de DOC, transferencias telefónicas y artículos de economato.
8. Los AIC con deuda del DOC no pueden realizar compras o desembolsos externos de su Cuenta Fiduciaria de Gastos Generales durante el Período de Vacaciones de 2022.
9. Los AIC deben planificar en consecuencia al presentar solicitudes financieras, como órdenes de economato y formularios de solicitud de retiro de fondos (CD28).

Otras consideraciones

10. Todos los planes están sujetos a los niveles de nivel COVID-19, el personal y la disponibilidad de trabajadores de comisariado / cadena de suministro de AIC.
11. Las deducciones transitorias de ahorros continuarán teniendo lugar de acuerdo con ORS 423.105

El Período de Vacaciones ocurre a discreción del Subdirector de Operaciones de acuerdo con OAR 291 Div. 158-0065(d). Los AIC con preguntas pueden enviar una comunicación AIC a Business Services (opción electrónica disponible en la tableta).

Mainline											
Monday 10/3/2022		Tuesday 11/1/2022		Wednesday 11/2/2022		Thursday 11/3/2022					
BREAKFAST						Friday 11/4/2022					
Week	Item	Week	Item	Week	Item	Week					
3	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa, Chl) - 1.00 EA	3	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Vegetable Scramble (Chl) - 0.50 CP	3	Farina - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 EA	3	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP French Toast (Sod, Chl, Sfa) - 4.00 SLC	3	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA	3	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP
	Pancakes (Sod, Chl) - 3.00 EA		Hascibrowns (Sfa) - 0.75 CP		Ground Beef (Sfa, Chl) - 1.00 OZCKD		Sliced Cheese (Sfa, Sod) - 1.00 EA		Poultry Sausage (Chl, Chl) - 1.00 EA		
	Maple Syrup - 2.00 FLOZ		Wheat Toast - 2.00 SLC		Margarine (Sfa) - 1.00 TBS		Fried Potatoes (Sfa) - 0.75 CP		Fried Potatoes (Sfa) - 0.75 CP		
	Margarine (Sfa) - 1.00 TBS		Skim Milk - 16.00 FLOZ		Shredded Cheese (Sfa, Chl) - 2.00 TBS		Skim Milk - 16.00 FLOZ		Wheat Toast - 2.00 SLC		
	Skim Milk - 16.00 FLOZ		Coffee - 8.00 FLOZ		Fried Potatoes (Sfa) - 0.75 CP		Coffee - 8.00 FLOZ		Jelly - 2.00 TBS		
	Coffee - 8.00 FLOZ		Sugar PC - 2.00 EA		Skim Milk - 16.00 FLOZ		Sugar PC - 2.00 EA		Margarine (Sfa) - 1.00 TBS		
	Sugar PC - 2.00 EA				Sugar PC - 2.00 EA		Sugar PC - 2.00 EA		Skim Milk - 16.00 FLOZ		
									Coffee - 8.00 FLOZ		
									Sugar PC - 2.00 EA		
LUNCH											
Week	Asian Cabbage Salad - 0.75 CP	Week	*Soup of the Day (Sod, Chl) - 10.00 FLOZ	Week	Potato Soup - 10.00 FLOZ	Saturday 11/5/2022					
3	Beef & Broccoli (Sod, Chl, Sfa) - 0.75 CP		Hot Turkey Sandwich (Chl) - 1.00 SV		Chicken-Lettuce Salad (Chl) - 1.00 SV	Sunday 11/6/2022					
	Brown Rice - 0.75 CP		*Meat & Cheese Sandwich on Wheat (Sod, Chl) - 1.00 EA		Shredded Potatoes - 0.75 CP						
	Stir-Fry Vegetables - 0.75 CP		Sliced Onions - 2.00 TBS		Blended Vegetables - 0.75 CP						
	Fresh Fruit - 1.00 EA		Shredded Lettuce - 0.25 CP		Fresh Fruit - 1.00 EA						
	Fortified Fruit Drink - 8.00 FLOZ		Fresh Fruit - 1.00 EA		Fortified Fruit Drink - 8.00 FLOZ						
DINNER											
Week	Lettuce Salad - 1.00 CP	Week	Canned Fruit - 0.50 CP	Week	Lettuce Salad - 1.00 CP	Week at a Glance					
3	Salad Dressing - 1.00 FLOZ		Pork Ham (Sod, Chl) - 2.00 OZCKD		Salad Dressing - 1.00 CP	Monday 11/7/2022					
	Shepherd's Pie (Chl, Sfa) - 1.00 CP		Fried Egg (Sfa, Chl) - 2.00 EA		Hot Dog (Sod, Chl) - 2.00 EA	Tuesday 11/8/2022					
	Broccoli - 0.75 CP		O'Brien Potatoes - 0.75 CP		Chili with Beans - 6.00 FLOZ	Wednesday 11/9/2022					
	Wheat Dinner Roll - 1.00 EA		Biscuit (Sfa, Sod) - 1.00 EA		Shredded Cheese (Sfa, Chl) - 2.00 TBS	Thursday 11/10/2022					
	Margarine (Sfa) - 1.00 TBS		Margarine (Sfa) - 1.00 TBS		Wheat Burger Bun (Sfa, Chl) - 1.00 EA	Friday 11/11/2022					
	Tea - 8.00 FLOZ		Coffee - 8.00 FLOZ		Blended Vegetables - 0.75 CP	Saturday 11/12/2022					
					Tator Tots (Sod) - 4.00 OZCKD	Sunday 11/13/2022					
					Ketchup (Sod) - 2.00 TBS						
					Tea - 8.00 FLOZ						

*Items subject to change without notice. Appropriate food substitutions are approved by a Dietitian.

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

Mainline

Week at a Glance

Monday 11/7/2022	Tuesday 11/8/2022	Wednesday 11/9/2022	Thursday 11/10/2022	Friday 11/11/2022	Saturday 11/12/2022	Sunday 11/13/2022
BREAKFAST						
Week 4 Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZCKD Dry Cereal - 1.00 CP Scrambled Eggs (Sta, Chl) - 0.33 CP Sliced Cheese (Sta) - 1.00 SLC English Muffin (Sta, Chl) - 1.00 EA Hashbrowns (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Week 4 Canned Fruit - 0.50 CP Beef Hash (Sod, Chl) - 1.00 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Shredded Cheese (Sta, 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	Week 4 Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.50 CP Refried Beans - 0.50 CP Shredded Cheese (Sta, Chl) - 2.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Week 4 Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sta) - 3.00 TBS Shredded Cheese (Sta, Chl) - 2.00 TBS Wheat Toast - 2.00 SLC Skim Milk - 16.00 FLOZ Sugar PC - 2.00 EA	Week 4 Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.50 CP Waffles (Sod) - 2.00 EA Hard Boiled Egg (Sta, Chl) - 1.00 EA Peanut Butter (Sta) - 3.00 TBS Shredded Cheese (Sta, Chl) - 2.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Sugar PC - 2.00 EA	Week 4 Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.50 CP Waffles (Sod) - 2.00 EA Hard Boiled Egg (Sta, Chl) - 1.00 EA Peanut Butter (Sta) - 3.00 TBS Shredded Cheese (Sta, Chl) - 2.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Sugar PC - 2.00 EA	Week 4 Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.50 CP Waffles (Sod) - 2.00 EA Hard Boiled Egg (Sta, Chl) - 1.00 EA Peanut Butter (Sta) - 3.00 TBS Shredded Cheese (Sta, Chl) - 2.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Sugar PC - 2.00 EA
LUNCH						
Week 4 Potato Salad (Sta, 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 Mustard - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Week 4 "Soup of the Day" (Sod, Chl) - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl, Sta) - 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	Week 4 "Soup of the Day" (Sod, Chl) - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl, Sta) - 1.00 EA Shredded Cheese (Sta, Chl) - 2.00 TBS 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 Fortified Fruit Drink - 8.00 FLOZ	Week 4 Split Pea Soup - 10.00 FLOZ "Meat & Cheese Sandwich on Wheat" (Sod, Chl) - 1.00 EA Shredded Cheese (Sta, Chl) - 2.00 TBS Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP 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	Week 4 Taco Salad with Meat - 1.00 SV Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod, Sta) - 2.00 EA Peaches - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Week 4 "Soup of the Day" (Sod, Chl) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod, Sta) - 2.00 EA 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	Week 4 "Soup of the Day" (Sod, Chl) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod, Sta) - 2.00 EA Fish Sticks (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 (Sta) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
DINNER						
Week 4 Beef Salad (Sod) - 0.75 CP Cajun Meat Loaf (Chl, Sta) - 1.00 EA Brown Rice - 0.75 CP Cauliflower - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Week 4 Chicken-Bacon-Ranch Salad (Chl) - 1.00 SV Shredded Onions - 2.00 TBS Shredded Cheese (Sta, Chl) - 2.00 TBS Salsa Dressing (Sta, Sod) - 2.00 French Bread - 1.00 SLC Garlic Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Week 4 Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Meat Sauce (Chl, Sta) - 0.75 CP Spaghetti - 0.75 CP Broccoli - 0.75 CP Veggie Pizza (Sod, Chl, Sta) - 1.00 EA French Bread - 1.00 SLC Garlic Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Week 4 Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ Brown 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	Week 4 Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl, Sta) - 1.00 EA Onion & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sta, Chl) - 1.00 EA Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Week 4 Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Shredded Cheese (Sta, Chl) - 2.00 TBS Lettuce Salad - 1.00 CP 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	Week 4 Burrito Meat - 1.00 SV Refried Beans - 0.50 CP Shredded Cheese (Sta, Chl) - 2.00 TBS Lettuce Salad - 1.00 CP 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 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 Sta = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

SINGLE NUTRIENT REPORT : CALORIES

Oregon State Correctional Institution : Oregon State Correctional Institution

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Week : 3 10/31/2022 - 11/6/2022 - Mainline - Repeat Cycle							
	Monday 10/31/2022	Tuesday 11/1/2022	Wednesday 11/2/2022	Thursday 11/3/2022	Friday 11/4/2022	Saturday 11/5/2022	Sunday 11/6/2022
Breakfast	Oatmeal (137.5 Kcal)	Dry Cereal (93.0 Kcal)	Oatmeal (137.5 Kcal)	Dry Cereal (93.0 Kcal)	Oatmeal (137.5 Kcal)	Multigrain Hot Cereal (131.5 Kcal)	Canned Fruit (47.6 Kcal)
	Canned Fruit (47.5 Kcal)	Fresh Fruit (107.1 Kcal)	Canned Fruit (64.6 Kcal)	Fresh Fruit (70.2 Kcal)	Canned Fruit (64.6 Kcal)	Scrambled Eggs (119.1 Kcal)	Scrambled Eggs (119.1 Kcal)
	Hard Boiled Egg (81.1 Kcal)	Vegetable Scramble (101.8 Kcal)	Scrambled Eggs (119.1 Kcal)	French Toast (580.7 Kcal)	Fried Egg (91.1 Kcal)	Fried Egg (91.1 Kcal)	Fried Egg (91.1 Kcal)
	Pancakes (513.9 Kcal)	Maple Syrup (90.7 Kcal)	Maple Syrup (90.7 Kcal)	Sliced Cheese (45.0 Kcal)	Sliced Cheese (45.0 Kcal)	Hard Boiled Egg (81.1 Kcal)	Hard Boiled Egg (81.1 Kcal)
	Maple Syrup (90.7 Kcal)	Wheat Toast (160.6 Kcal)	Maple Syrup (90.7 Kcal)	Biscuit (289.0 Kcal)	Breakfast Pastry (253.8 Kcal)	Breakfast Pastry (253.8 Kcal)	Poultry Sausage (69.8 Kcal)
	Margarine (97.2 Kcal)	Margarine (97.2 Kcal)	Margarine (97.2 Kcal)	Fried Potatoes (239.5 Kcal)	Fried Potatoes (239.5 Kcal)	Fried Potatoes (239.5 Kcal)	Fried Potatoes (239.5 Kcal)
	Skim Milk (154.2 Kcal)	Skim Milk (154.2 Kcal)	Skim Milk (154.2 Kcal)	Sugar PC (21.6 Kcal)	Sugar PC (21.6 Kcal)	Sugar PC (21.6 Kcal)	Wheat Toast (160.6 Kcal)
	Coffee (0.1 Kcal)	Coffee (0.1 Kcal)	Coffee (0.1 Kcal)	Coffee (0.1 Kcal)	Coffee (0.1 Kcal)	Coffee (0.1 Kcal)	Jelly (84.1 Kcal)
	Sugar PC (21.6 Kcal)	Sugar PC (21.6 Kcal)	Sugar PC (21.6 Kcal)	Margarine (97.2 Kcal)			
	Total - 1143.9 Kcal	Total - 855.2 Kcal	Total - 919.9 Kcal	Total - 1107.7 Kcal	Total - 1042.6 Kcal	Total - 756.5 Kcal	Total - 933.8 Kcal
Lunch	Asian Cabbage Salad (118.5 Kcal)	*Soup of the Day (175.4 Kcal)	Coleslaw (98.9 Kcal)	Potato Soup (116.0 Kcal)	Lentil Soup (145.3 Kcal)	*Soup of the Day (175.4 Kcal)	Lettuce Salad (7.9 Kcal)
	Beef & Broccoli (265.0 Kcal)	*Meat & Cheese Sandwich	Hot Turkey Sandwich (285.6 Kcal)	Chicken-Lettuce Salad (281.4 Kcal)	Tuna Noodle Casserole (281.4 Kcal)	Salad Dressing (65.0 Kcal)	Salad Dressing (65.0 Kcal)
	Brown Rice (163.9 Kcal)	on Wheat (367.7 Kcal)	Poultry Gravy (51.5 Kcal)	Shredded Onions (11.3 Kcal)	Chicken Salad (13.7 Kcal)	Chicken Quarter (408.2 Kcal)	Chicken Quarter (408.2 Kcal)
	Stir-Fry Vegetables (88.5 Kcal)	Shredded Lettuce (2.5 Kcal)	Mashed Potatoes (147.0 Kcal)	Shredded Cheese (111.4 Kcal)	Wheat Bread (160.4 Kcal)	Poultry Gravy (51.5 Kcal)	Poultry Gravy (51.5 Kcal)
	Fresh Fruit (107.1 Kcal)	Fortified Fruit Drink (5.0 Kcal)	Blended Vegetables (98.0 Kcal)	Peas and Carrots (86.0 Kcal)	Shredded Lettuce (2.5 Kcal)	Mashed Potatoes (147.0 Kcal)	Mashed Potatoes (147.0 Kcal)
	Fortified Fruit Drink (5.0 Kcal)	Green Beans (32.7 Kcal)	Broccoli (35.9 Kcal)	Wheat Bread (160.4 Kcal)	Wheat Hoagie Roll (228.4 Kcal)	Wheat Hoagie Roll (228.4 Kcal)	Wheat Hoagie Roll (228.4 Kcal)
	Chips (140.0 Kcal)	Fresh Fruit (107.7 Kcal)	Broccoli (35.9 Kcal)	Margarine (97.2 Kcal)	Peas (92.3 Kcal)	Peas (92.3 Kcal)	Peas (92.3 Kcal)
	Fresh Fruit (107.2 Kcal)	Fortified Fruit Drink (5.0 Kcal)	Breadstick (94.1 Kcal)	Fresh Fruit (107.2 Kcal)	Wheat Dinner Roll (124.9 Kcal)	Wheat Dinner Roll (124.9 Kcal)	Wheat Dinner Roll (124.9 Kcal)
	Fortified Fruit Drink (5.0 Kcal)	Fortified Fruit Drink (5.0 Kcal)	Fresh Fruit (14.3 Kcal)	Fresh Fruit (107.1 Kcal)	Margarine (97.2 Kcal)	Margarine (97.2 Kcal)	Margarine (97.2 Kcal)
	Total - 748.0 Kcal	Total - 847.2 Kcal	Total - 793.6 Kcal	Total - 1055.0 Kcal	Total - 825.5 Kcal	Total - 822.8 Kcal	Total - 1079.0 Kcal
Dinner	Lettuce Salad (7.9 Kcal)	Lettuce Salad (7.9 Kcal)	Lettuce Salad (7.9 Kcal)	Lettuce Salad (7.9 Kcal)			
	Salad Dressing (65.8 Kcal)	Salad Dressing (65.3 Kcal)	Salad Dressing (65.0 Kcal)	Salad Dressing (65.8 Kcal)	Salad Dressing (65.8 Kcal)	Salad Dressing (65.8 Kcal)	Salad Dressing (65.8 Kcal)
	Beef Stroganoff (302.5 Kcal)	Fried Egg (287.5 Kcal)	Hot Dog (189.0 Kcal)	Beef Patty (210.7 Kcal)	Beef Patty (210.7 Kcal)	*Ham Au Gratin (475.3 Kcal)	*Ham Au Gratin (475.3 Kcal)
	Broccoli (35.9 Kcal)	O'Brien Potatoes (129.8 Kcal)	Chili with Beans (135.3 Kcal)	Sliced Cheese (45.0 Kcal)	Sliced Cheese (45.0 Kcal)	Carrots (39.4 Kcal)	Carrots (39.4 Kcal)
	Wheat Dinner Roll (124.9 Kcal)	Peas (92.3 Kcal)	Biscuit (289.0 Kcal)	Wheat Burger Bun (237.4 Kcal)	Wheat Burger Bun (237.4 Kcal)	Breadstick (94.1 Kcal)	Breadstick (94.1 Kcal)
	Margarine (97.2 Kcal)	Breadstick (94.1 Kcal)	Margarine (97.2 Kcal)	Blended Vegetables (98.0 Kcal)	Blended Vegetables (98.0 Kcal)	Fresh Fruit (107.7 Kcal)	Fresh Fruit (107.7 Kcal)
	Tea (0.3 Kcal)	Tea (0.3 Kcal)	Coffee (0.1 Kcal)	Coffee (0.1 Kcal)	Coffee (0.1 Kcal)	Tea (0.3 Kcal)	Tea (0.3 Kcal)
	Total - 1096.9 Kcal	Total - 837.4 Kcal	Total - 944.0 Kcal	Total - 1010.9 Kcal	Total - 939.7 Kcal	Total - 820.5 Kcal	Total - 983.3 Kcal
	Total	2988.8 Kcal	2619.8 Kcal	2650.3 Kcal	2501.6 Kcal	2679.0 Kcal	2519.1 Kcal

Oregon State Correctional Institution : Oregon State Correctional Institution

Week : 4 11/7/2022 : 11/13/2022 - Mainline - Repeat Cycle

SINGLE NUTRIENT REPORT : CALORIES							
Monday 11/7/2022	Tuesday 11/8/2022	Wednesday 11/9/2022	Thursday 11/10/2022	Friday 11/11/2022	Saturday 11/12/2022	Sunday 11/13/2022	
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) Hashbrowns (199.5 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) Scrambled Eggs (19.1 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (111.4 Kcal) Salsa (15.6 Kcal) Flour Tortilla (160.5 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) Scrambled Eggs (170.1 Kcal) Beef Hash (133.4 Kcal) Wheat Toast (160.5 Kcal) Shredded Cheese (111.4 Kcal) Margarine (97.2 Kcal) Ketchup (14.3 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Canned Fruit (64.6 Kcal) Waffles (163.5 Kcal) Peanut Butter (254.3 Kcal) Breakfast Pastry (253.8 Kcal) Maple Syrup (80.7 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Canned Fruit (64.6 Kcal) Waffles (163.5 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.8 Kcal) Maple Syrup (80.7 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Fresh Fruit (114.3 Kcal) Waffles (163.5 Kcal) Peanut Butter (254.3 Kcal) Breakfast Pastry (253.8 Kcal) Maple Syrup (80.7 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (47.6 Kcal) Scrambled Eggs (19.1 Kcal) *Pork Bacon (267.4 Kcal) Fried Potatoes (239.5 Kcal) Wheat Toast (160.5 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	
Lunch							
Total - 963.5 Kcal	Total - 903.7 Kcal	Total - 817.5 Kcal	Total - 878.4 Kcal	Total - 886.5 Kcal	Total - 761.1 Kcal	Total - 1914 Kcal	
Potato Salad (174.5 Kcal) Hot Dog (189.0 Kcal) Wheat Hoagie Roll (228.4 Kcal)	*Soup of the Day (175.4 Kcal) Fried Egg Sandwich on Wheat (440.1 Kcal) Mayonnaise (33.7 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Blended Vegetables (98.0 Kcal)	Split Pea Soup (256.7 Kcal) Taco Salad with Meat (147.0 Kcal) Seasoned Beans (158.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (111.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	Taco Salad with Meat (147.0 Kcal) Grilled Cheese Sandwich on Wheat (502.4 Kcal) Peas (92.3 Kcal) Shredded Cheese (111.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	Tomato Soup (65.0 Kcal) Grilled Cheese Sandwich on Wheat (502.4 Kcal) Taco Salad (95.2 Kcal) Tartar Sauce (95.2 Kcal) Carrots (30.4 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	*Soup of the Day (175.4 Kcal) Salad Dressing (60.5 Kcal) Fish Sticks (281.2 Kcal) Tartar Sauce (95.2 Kcal) Macaroni Salad (261.5 Kcal) Carrots (30.4 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Roast Turkey (125.0 Kcal) Poultry Gravy (51.5 Kcal) Mashed Potatoes (147.0 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)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Burrito Meat (158.7 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (111.4 Kcal) Wheat Burger Bun (237.4 Kcal) Lettuce Salad (7.9 Kcal) Spanish Rice (199.6 Kcal) Salsa (15.8 Kcal) Wheat Tortillas (314.0 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.3 Kcal)
Total - 759.5 Kcal	Total - 964.6 Kcal	Total - 1013.3 Kcal	Total - 967.4 Kcal	Total - 974.9 Kcal	Total - 1058.9 Kcal	Total - 1027.4 Kcal	
Dinner							
Beet Salad (169.9 Kcal) Calum Meat Loaf (279.0 Kcal) Brown Rice (163.9 Kcal) Cauliflower (32.4 Kcal) Wheat Dinner Roll (124.9 Kcal)	Chicken-Bacon-Ranch Salad (138.1 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (111.4 Kcal) Salad Dressing (129.9 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Meat Sauce (220.2 Kcal) Spaghetti (147.7 Kcal) Broccoli (35.1 Kcal) French Bread (121.6 Kcal) Carrots (39.4 Kcal) Garlic Margarine (97.4 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.3 Kcal) Vegetable Soup (57.4 Kcal) Veggie Pizza (665.1 Kcal) Choice Dessert (232.9 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Chicken Teriyaki (125.0 Kcal) Onions & Pickles (11.3 Kcal) Brown Rice (163.9 Kcal) Stir-Fry Vegetables (88.5 Kcal) Japanese Milk Roll (160.2 Kcal) Ketchup (286.6 Kcal) Gelatin & Whip Topping (126.5 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Beef Patty (210.7 Kcal) Onions & Pickles (11.3 Kcal) Wheat Burger Bun (237.4 Kcal) Lettuce Salad (7.9 Kcal) Spanish Rice (199.6 Kcal) Salsa (15.8 Kcal) Wheat Tortillas (314.0 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.3 Kcal)	Burrito Meat (158.7 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (111.4 Kcal) Wheat Burger Bun (237.4 Kcal) Lettuce Salad (7.9 Kcal) Spanish Rice (199.6 Kcal) Salsa (15.8 Kcal) Wheat Tortillas (314.0 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.3 Kcal)	Canned Fruit (47.6 Kcal) Scrambled Eggs (19.1 Kcal) *Pork Bacon (267.4 Kcal) Fried Potatoes (239.5 Kcal) Wheat Toast (160.5 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)
Total - 867.6 Kcal	Total - 812.6 Kcal	Total - 691.5 Kcal	Total - 948.9 Kcal	Total - 788.1 Kcal	Total - 805.4 Kcal	Total - 956.3 Kcal	
Total	2610.7 Kcal	2680.9 Kcal	2774.7 Kcal	2629.5 Kcal	3175.1 Kcal	3175.1 Kcal	