



OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #150

COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of November 29, 2022, DOC statewide has:

- 21 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	2,050	2,040		
AICs	6,067	5,830	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 #150

COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 29 de noviembre el departamento en todo el estado tiene:

- 21 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	2,050	2,040		
Presos	6,067	5,830	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

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.

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. 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.

Reminders:

Commissary has a limited inventory of right-handed and left-handed guitars available for immediate purchase. As you know, it has been difficult to get guitars from the manufacturer, so place your orders soon as these will go quick.



Happy Holidays

Holiday item size change:

**Kind Bar Caramel Almond Sea Salt
is 1.4 oz not 2.12 oz**

**LD Vanilla Christmas Tree Cakes
are a 5 count not a 6 count**

Chapel Announcements



2023 Impaired Driving Impact Panels

Ms. Leeann Agost will be facilitating the next Impaired Driving Panel starting in January.

This panel focuses on victim awareness and the core effects resulting from impaired driving. This three-week panel includes peer speakers, community speakers and group discussion.



When

Saturday, January 7th

Saturday, January 14th and

Saturday, January 21st

Time

1:30 to 3:30 pm

If you are interested in participating in the Impaired Driving Panel send a kytic to the chapel. Space is limited and will be filled on a first come first served basis.

2023 Domestic Violence Impact Panels

Ms. Leeann Agost will be facilitating the next Domestic Violence Panel starting in January. This panel focuses on victim awareness and the core effects resulting from domestic violence. This four-week panel includes peer speakers, community speakers and group discussion.

When

Saturday, February 4th

Saturday, February 11th

Saturday, February 18th and

Saturday, February 25th



Time

1:30 to 3:30 pm

If you are interested in participating in the Domestic Violence Panel send a kytic to the chapel. Space is limited, the roster will be filled on a first come first served basis.

Chapel Announcements



Russian Worship Service

Russian worship service will be returning to the facility on **Friday, December 9th.**

If you want to attend the Russian service please send a kyte to the chapel. Russian worship service will be hosted weekly on Friday nights from 7:00 to 8:30 pm.

Gospel Echoes Holiday Cookie Giveaway IS BACK.

The OSCI Chapel is happy to announce that Gospel Echoes is back after a long break during the Covid epidemic. Gospel Echoes will be giving the AIC population cookies and warm holiday wishes on Tuesday, December 20th during the institution evening meal.

A table will be setup in the corridor outside the exit of the AIC dining room. After you finish your meal members of Gospel Echoes will be in the corridor passing out cookies.



"Success is the sum of many small efforts repeated day in and day out"

~ unknown



United Pentecostal Church (UPC) is moving

The UPC service normally hosted on Friday evenings will be moving to Tuesday evenings with a new service time at 6:00 to 7:30 pm. Brothers Rock Harmon and Tommy Hoover extend an invitation to their service on a new night and at a new time.

UPC service will be weekly on Tuesday from 6:00 to 7:30 pm in the Chapel



2023 OSCI Weddings



If you are thinking of or planning to get married while at OSCI please send a kyte to Chaplain Hodney requesting an information packet during the month of December.

The Oregon Department of Corrections Institutional wedding or domestic solemnization ceremony schedule for 2023 will be the 4th week of April and October.



Para: Todos los adultos bajo custodia

Fecha: 30 de noviembre de 2022

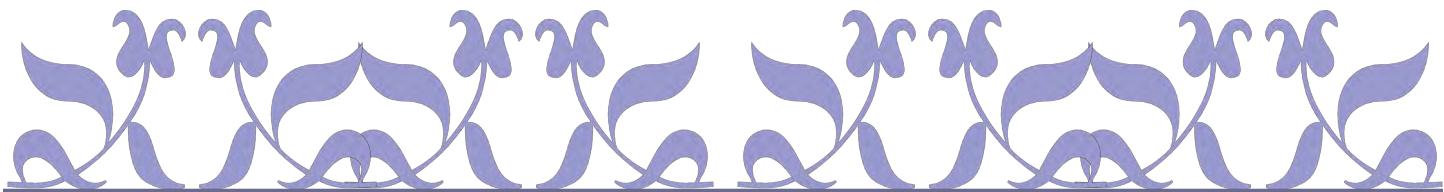
Este mes, los votantes de Oregón aprobaron la Medida electoral (BM) 112, que modifica el Artículo 1, Sección 34 de la Constitución de Oregón. BM 112 elimina el lenguaje de la Constitución de Oregón que permitía al estado imponer la servidumbre involuntaria como castigo para las personas condenadas por un delito.

La aprobación de la BM 112 no cambia el requisito constitucional de que los adultos bajo custodia (AIC) trabajen, y no da derecho a los AIC al salario mínimo. Los adultos bajo custodia todavía están obligados bajo el Artículo 1, Sección 41 de la Constitución de Oregón a participar activamente en un trabajo de tiempo completo o capacitación en el trabajo, que puede incluir educación.

To: All Adults in Custody

Date: November 30, 2022

This month Oregon voters passed Ballot Measure (BM) 112, which amends Article 1, Section 34 of the Oregon Constitution. BM 112 removes language from Oregon's Constitution that permitted the state to impose involuntary servitude as a punishment for persons convicted of crime. Passage of BM 112 does not change the constitutional requirement that adults in custody (AICs) work, and it does not entitle AICs to minimum wage. Adults in custody are still required under Article 1, Section 41 of the Oregon Constitution to actively engage in full-time work or on-the-job training, which may include education.



Para: Todos los adultos en custodia (AIC)
De: División de Servicios Correccionales
Asunto: Alivio de la deuda de préstamos estudiantiles federales

Si usted es un AIC con una deuda de préstamos estudiantiles federales, es probable que sepa que el presidente Biden ha prometido perdonar esos préstamos si es elegible y completa una solicitud.

Desafortunadamente, los tribunales han emitido órdenes que bloquean el programa de alivio de la deuda estudiantil. Como resultado, no se aceptan solicitudes en este momento. El Departamento de Educación de los Estados Unidos está tratando de anular esas órdenes.

Si se anulan los pedidos y se aceptan nuevamente las solicitudes, se lo haremos saber y le proporcionaremos más información y formularios de solicitud.

To: All Adults in Custody (AIC)
From: Correctional Services Division
Subject: Federal Student Loan Debt Relief

If you are an AIC with federal student loan debt, you are likely aware President Biden has promised to forgive those loans if you are eligible and fill out an application.

Unfortunately, courts have issued orders blocking the student debt relief program. As a result, applications are not being accepted at this time. The U.S. Department of Education is seeking to overturn those orders.

If the orders are overturned and applications are once again accepted, we will let you know and provide more information and application forms.



To: All Adults in Custody

From: Correctional Services Division, Correctional Case Management Team

Changes are coming that will impact all adults in custody (AICs) within the Oregon Department of Corrections, and we need your help.

Within the next 12 to 18 months, DOC will be implementing a new AIC custody classification tool. The new tool will pull data from each AIC's risk assessment on file.

Normally, risk assessments are completed at intake by the Intake Counselors. Institution Counselors update the risk assessments for all AICs assigned to a high/moderate caseload. AICs assigned to a low Automated Criminal Risk Score (ACRS) caseload (also referred to as case bank), do not receive updated assessments as they are not eligible for counseling services.

A small percentage of you do not have a current assessment on file. You will be called out for an assessment in the near future. It is important AICs watch their callouts on a regular basis, but it is even more critical now as DOC has a limited time to conduct these assessments. If you have a question or conflict, talk to the Officer on your unit.

Thank you for your cooperation.

Para: Todos los adultos bajo custodia

De: División de Servicios Correccionales, Equipo de Administración de Casos Correccionales

Se avecinan cambios que afectarán a todos los adultos bajo custodia (AIC) dentro del Departamento de Correcciones de Oregon, y necesitamos su ayuda.

Dentro de los próximos 12 a 18 meses, el DOC implementará una nueva herramienta de clasificación de custodia AIC. La nueva herramienta extraerá datos de la evaluación de riesgos de cada AIC en el archivo.

Normalmente, las evaluaciones de riesgos son completadas en la admisión por los consejeros de admisión. Los consejeros de la institución actualizan las evaluaciones de riesgo para todos los AIC asignados a un número de casos alto/moderado. Los AIC asignados a una baja carga de casos de Puntaje de Riesgo Penal Automatizado (ACRS) (también conocido como banco de casos), no reciben evaluaciones actualizadas ya que no son elegibles para servicios de asesoramiento.

Un pequeño porcentaje de ustedes no tiene una evaluación actual en el archivo. Se le llamará para una evaluación en un futuro próximo. Es importante que los AIC vigilen sus llamadas regularmente, pero es aún más crítico ahora que el DOC tiene un tiempo limitado para realizar estas evaluaciones. Si tiene alguna pregunta o conflicto, hable con el oficial de su unidad.

Gracias por su ayuda.

To: All Adults in Custody (AIC)

From: PRAS Audit Workgroup Co-chairs
Nathan Cantlin, DOC Operations Programs Manager
Barbara Cannard, Oregon Corrections Enterprises General Manager

Subject: Performance Recognition Award System (PRAS) Revisions

Status of PRAS revisions: In 2014, the Department of Corrections (DOC) received a petition from an AIC to amend the PRAS Rule (OAR 291-077) so monetary awards align with costs of living. While the petition was denied as it was too complex, DOC formed a PRAS Audit Workgroup to address the petition and other concerns. These included points assigned for work and programming, and improving the work and training history letter AICs receive at release.

The good news: The DOC Executive Team approved Workgroup recommendations to satisfy the petition as well as eliminate several discrepancies in the PRAS rule. These changes create PRAS consistency throughout the department.

The bad news: Change takes time. Making the improvements required new PRAS system technologies, databases, and tracking systems to replace outdated originals. Due to several high-priority challenges (COVID-19, staffing issues, etc.), the necessary changes were nearly impossible. In addition, the consumer price index (CPI) caught up with the routine increases of average PRAS points, and canteen prices increased due to supply chain issues.

The best news: The Workgroup has been steadily making progress. In 2019, DOC eliminated the 120-day wait period to earn PRAS. The Workgroup is now ready to implement more changes.

What does this mean to you? Over the next few months, you will see the following changes:

- The PRAS matrix will be adjusted to create a more even point spread in the first three levels. Also, two more levels will be added to reduce the chance of "maxing out." In addition, there will be an overall 25% increase in the dollar value of each level of the PRAS matrix to counteract the effects of the CPI and canteen increases. This will be accomplished through temporary rule adoption, effective 01/01/2023.
- The number of PRAS points awarded per position will be consistent at all DOC institutions. AICs will earn the same number of PRAS points for the same work, regardless of location. This will not happen all at once, as there are over 15,000 assignment possibilities.
Start date: 12/01/2022. Estimated completion date: 06/30/2023.
- Improvements to the Work and Training History document you receive upon release will be implemented when the position realignment is completed.
Estimated start date: 06/30/2023. Estimated completion date: 07/31/2023.

Para: **Todos los adultos en custodia (AIC)**

De: **Copresidentes del grupo de trabajo de auditoría de PRAS**

Nathan Cantlin, Gerente de Programas de Operaciones del DOC

Barbara Cannard, Gerente General de Empresas Correccionales de Oregón

Asunto: **Revisiones del sistema de premios de reconocimiento de desempeño (PRAS)**

Estado de las revisiones de PRAS: En 2014, el Departamento Correccional (DOC) recibió una petición de un AIC para enmendar la Regla de PRAS (OAR 291-077) para que las recompensas monetarias se alineen con los costos de vida. Si bien la petición fue denegada porque era demasiado compleja, el DOC formó un grupo de trabajo de auditoría de PRAS para abordar la petición y otras inquietudes. Estos incluyeron puntos asignados por trabajo y programación, y mejorar la carta de historial de trabajo y capacitación que reciben los AIC al momento de la liberación.

La buena noticia: El equipo ejecutivo del DOC aprobó las recomendaciones del grupo de trabajo para satisfacer la petición y eliminar varias discrepancias en la regla PRAS. Estos cambios crean coherencia PRAS en todo el departamento.

La mala noticia: El cambio lleva tiempo. Hacer las mejoras requirió nuevas tecnologías, bases de datos y sistemas de seguimiento del sistema PRAS para reemplazar los originales obsoletos. Debido a varios desafíos de alta prioridad (COVID-19, problemas de personal, etc.), los cambios necesarios fueron casi imposibles. Además, el índice de precios al consumidor (IPC) se puso al día con los aumentos habituales de los puntos PRAS promedio y los precios de las cantinas aumentaron debido a problemas en la cadena de suministro.

La mejor noticia: El grupo de trabajo ha ido progresando constantemente. En 2019, DOC eliminó el período de espera de 120 días para obtener PRAS. El grupo de trabajo ahora está listo para implementar más cambios.

¿Qué significa esto para usted? Durante los próximos meses, verá los siguientes cambios

- La matriz PRAS se ajustará para crear una distribución de puntos más uniforme en los tres primeros niveles. Además, se agregarán dos niveles más para reducir la posibilidad de "llegar al máximo". Además, habrá un aumento general del 25 % en el valor en dólares de cada nivel de la matriz PRAS para contrarrestar los efectos del IPC y los aumentos de cantina. Esto se logrará mediante la adopción de una regla temporal, a partir del 01/01/2023.
- La cantidad de puntos PRAS otorgados por puesto será consistente en todas las instituciones del DOC. Los AIC obtendrán la misma cantidad de puntos PRAS por el mismo trabajo, independientemente de la ubicación. Esto no sucederá de una sola vez, ya que hay más de 15 000 posibilidades de asignación. Fecha de inicio: 01/12/2022. Fecha estimada de finalización: 30/06/2023.
- Las mejoras en el documento Historial de trabajo y capacitación que reciba al ser liberado se implementarán cuando se complete la realineación del puesto. Fecha estimada de inicio: 30/06/2023. Fecha estimada de finalización: 31/07/2023.

Current PRAS Schedule		
Number of Points Earned	Monetary Award	Total After 5% Reduction*
16 thru 75	\$8.00	\$7.60
76 thru 79	\$24.00	\$22.80
80 thru 85	\$26.00	\$24.70
86 thru 106	\$30.00	\$28.50
107 thru 127	\$34.00	\$32.30
128 thru 148	\$38.00	\$36.10
149 thru 169	\$42.00	\$39.90
170 thru 190	\$46.00	\$43.70
191 thru 211	\$50.00	\$47.50
212 thru 232	\$54.00	\$51.30
233 thru 253	\$58.00	\$55.10
254 thru 274	\$62.00	\$58.90
275 thru 295	\$66.00	\$62.70
296 thru 316	\$70.00	\$66.50
317 thru 337	\$74.00	\$70.30
338 thru 358	\$78.00	\$74.10
359 thru 9999	\$82.00	\$77.90

New PRAS Schedule		
Number of Points Earned	Monetary Award	Total After 5% Reduction*
16 thru 45	\$12.50	\$11.80
46 thru 65	\$22.50	\$21.30
66 thru 85	\$32.50	\$30.80
86 thru 106	\$37.50	\$35.60
107 thru 127	\$42.50	\$40.30
128 thru 148	\$47.50	\$45.10
149 thru 169	\$52.50	\$49.80
170 thru 190	\$57.50	\$54.60
191 thru 211	\$62.50	\$59.30
212 thru 232	\$67.50	\$64.10
233 thru 253	\$72.50	\$68.80
254 thru 274	\$77.50	\$73.60
275 thru 295	\$82.50	\$78.30
296 thru 316	\$87.50	\$83.10
317 thru 337	\$92.50	\$87.80
338 thru 358	\$97.50	\$92.60
359 thru 379	\$102.50	\$97.30
380 thru 400	\$107.50	\$102.10
401 thru 9999	\$112.50	\$106.80

* The PRAS rule states, "The department will deduct a fixed percentage of each performance award made to adults in custody under these rules, to be credited to a general victims assistance fund. The department will credit the remainder of any monetary award to each recipient's trust account."

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16 thru 75	\$8.00	\$7.60
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359 thru 379	\$102.50	\$97.30
380 thru 400	\$107.50	\$102.10
401 thru 9999	\$112.50	\$106.80

*La regla PRAS establece: "El departamento deducirá un porcentaje fijo de cada premio por desempeño otorgado a adultos bajo custodia bajo estas reglas, para ser acreditado a un fondo general de asistencia a las víctimas. El departamento acreditará el resto de cualquier dinero a la cuenta fiduciaria de cada destinatario."



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

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

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).

The University of Oregon's Prison Education Program (PEP) is seeking artwork for our 3rd annual art exhibition on the UO campus featuring artists from OSCI, OSP and now CCCF. Submitted artworks will be displayed in the heart of campus in the bustling Erb Memorial Union (EMU) student union building from February 6 - March 9, 2023. We hope to celebrate the talents of artists inside and offer opportunities for feedback from UO faculty, students and community members who view the show. This year's exhibition theme is "Sense of Place" but artwork of any inspiration not related to the theme is welcome too. The early deadline to submit works to the show is Monday, November 28, 2022. The final submission deadline is Friday, December 30, 2022. Once art has left the institution it cannot be returned to the artist, so all works will be donated to the PEP to be kept by the program or sold after the show closes with all proceeds benefiting the PEP's educational opportunities in Oregon's prisons. Artists who are featured in the show will receive written feedback about their submitted works and a printed catalog documenting the gallery space. A video tour of the show will be available on PEP TV, the PEP's educational programming channel. We look forward to celebrating your talent with you!

To submit:

Please send a kytic to Ms. Asay if you plan to donate a piece of artwork. You will be placed on call-out to sign the Art Show Release Form and turn in your piece.

Attention:

Pg 25 of the AIC Handbook states "Needed cell repairs are to be brought to the unit officer's attention immediately. If you are new to a cell, inspect it closely and report any damage immediately. You will be held responsible for any unaccounted damage."

OSCI has seen an increase in damage done in cells to include but not limited to outlets and security lights. Beginning immediately, if property is found damaged in your cell that has not been reported to your unit officer, you will be held accountable by means of a misconduct report to include restitution for the cost of the damaged property.

Oregon Dept. of Corrections

CHRISTMAS MENU 2022



BREAKFAST

*Oatmeal w/ Cinnamon & Brown Sugar – 1 cup
Cinnamon Roll – 1 ea
Hard Boiled Egg – 1 ea
Fresh Fruit – 1 ea
Skim Milk – 16 fl oz
Coffee – 8 fl oz
Sugar – 2 pkts*

LUNCH

*Lettuce Salad (1 cup) with Salad Dressing (1 fl oz)
Cornish Game Hen – 1 each
Cranberry Sauce – $\frac{1}{4}$ cup
Mashed Potatoes or Stuffing – $\frac{3}{4}$ cup
Poultry Gravy – 2 fl oz
Hot Vegetable – $\frac{3}{4}$ cup
Whole Wheat Dinner Roll – 1 ea
Margarine – 1 Tbs
Red Velvet Cake – 1 ea
Fortified Fruit Drink – 8 fl oz*

DINNER

*Vegetable Soup – 10 fl oz
Meat & Cheese Sandwich on Wheat – 1 ea
Shredded Lettuce – $\frac{1}{4}$ cup
Mustard & Mayonnaise – 1 Tbs ea
Hot Vegetable – $\frac{3}{4}$ cup
Chips – 1 bag
Fresh Fruit – 1 ea
Tea*

	Monday 12/12/2022	Tuesday 12/13/2022	Wednesday 12/14/2022	Thursday 12/15/2022	Friday 12/16/2022	Saturday 12/17/2022	Sunday 12/18/2022	
BREAKFAST								
Week 4	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZCKD	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa, Chl) - 0.33 CP	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Beef Hash (Sod, Chl) - 1.00 CP Wheat Toast - 2.00 SLC	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa, Chl) - 0.50 CP	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sfa) - 3.00 TBS	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sfa, Chl) - 1.00 EA Peanut Butter (Sfa, Chl) - 1.00 EA	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP *Pork Bacon (Sfa, Sod, Chl) - 3.00 SLC	
	Sliced Cheese (Sfa) - 1.00 SLC English Muffin (Sfa, Chl) - 1.00 EA Hashbrowns (Sfa) - 0.75 CP Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Refried Beans - 0.50 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Margarine (Sfa) - 1.00 TBS Ketchup - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Shredded Cheese (Sfa, Chl) - 2.00 TBS Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Maple Syrup - 2.00 FL0Z Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Maple Syrup - 2.00 FL0Z Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Fairina - 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 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	
LUNCH								
Week 4	Potato Salad (Sfa, Chl) - 0.75 CP Hot Dog (Sod, Chl) - 2.00 EA Wheat Hoagie Roll - 1.00 EA	*Soup of the Day (Sod, Chl) - 10.00 FL0Z Fried Egg Sandwich on Wheat (Chl, Sfa) - 1.00 EA Green Beans - 0.75 CP Ketchup - 1.00 TBS Mustard - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Split Pea Soup - 10.00 FL0Z *Meat & Cheese Sandwich on Wheat (Sod, Chl) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Taco Salad with Meat - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Tomato Soup (Sod) - 10.00 FL0Z Grilled Cheese Sandwich on Wheat (Sod, Sfa) - 2.00 EA Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	*Soup of the Day (Sod, Chl) - 10.00 FL0Z Fish Sticks (Chl) - 4.00 EA Tartar Sauce (Sod) - 2.00 FL0Z Macaroni Salad (Sod) - 0.75 CP Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Lettuce Salad - 1.00 CP Sald Dressing (Sod) - 1.00 FL0Z Roast Turkey (Chl) - 3.00 OZCKD	
	Peas - 0.75 CP Mustard - 1.00 TBS Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z						Poultry Gravy - 2.00 FL0Z Mashed Potatoes - 0.75 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	
DINNER								
Week 4	Beet Salad (Sod) - 0.75 CP Cajun Meat Loaf (Chl, Sfa) - 1.00 EA	Chicken-Bacon-Ranch Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa, Chl) - 2.00 TBS Salad Dressing (Sfa, Sod) - 2.00 FL0Z Margarine (Sfa) - 1.00 TBS Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FL0Z Meat Sauce (Chl, Sfa) - 0.75 CP Spaghetti - 0.75 CP Broccoli - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sfa) - 1.00 TBS Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Vegetable Soup (Sod) - 10.00 FL0Z Veggie Pizza (Sod, Chl, Sfa) - 1.00 EA Choice Dessert (Sfa, Chl) - 1.00 EA Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Chicken Teriyaki (Chl) - 0.50 CP 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 FL0Z	Burrito Meat - 1.00 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Lettuce Salad - 1.00 CP Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FL0Z Beef Patty (Chl, Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sfa, Chl) - 1.00 EA Green Beans - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FL0Z	Burrito Meat - 1.00 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Lettuce Salad - 1.00 CP Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Tea - 8.00 FL0Z

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

Monday 12/19/2022		Tuesday 12/20/2022		Wednesday 12/21/2022		Thursday 12/22/2022		Friday 12/23/2022		Saturday 12/24/2022		Sunday 12/25/2022	
BREAKFAST													
Week 5	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 FL0Z Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z 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) - 1.00 EA Fried Potatoes (Sfa) - 0.75 CP Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy - 0.75 CP Biscuit (Sfa, Sod) - 1.00 EA Hashbrowns (Sfa) - 0.75 CP Maple Syrup - 2.00 FL0Z Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP French Toast (Sod, Chl, Sfa) - 4.00 SLC Vegetable Scramble (Chl) - 0.50 CP Hashbrowns (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Vegetable Scramble (Chl) - 0.50 CP Hashbrowns (Sfa) - 0.75 CP Wheat Toast - 2.00 EA Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA
LUNCH													
Week 5	Texas Slaw - 0.75 CP Chicken Fajita Mix (Chl) - 0.50 CP Onions & Bell Peppers - 0.50 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Brown Rice - 0.75 CP Salsa (Sod) - 0.25 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	*Soup of the Day (Sod, Chl) - 10.00 FL0Z Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z Shredded Cheese (Sfa, Chl) - 2.00 TBS Salad Dressing (Sfa, Sod) - 2.00 FL0Z Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Potato Soup - 10.00 FL0Z 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 FL0Z Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	*Soup of the Day (Sod, Chl) - 10.00 FL0Z Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Onions & Bell Peppers - 0.50 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	*Soup of the Day (Sod, Chl) - 10.00 FL0Z Philly Beef (Sod, Chl) - 3.00 OZCKD Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Onions & Bell Peppers - 0.50 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Nacho Meat - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Breadstick - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Nacho Meat - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Breadstick - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Nacho Meat - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Breadstick - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Nacho Meat - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Breadstick - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Nacho Meat - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Breadstick - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Nacho Meat - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Breadstick - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Nacho Meat - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Breadstick - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	
DINNER													
Week 5	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Macaroni & Cheese (Chl, Sfa) - 1.25 CP Green Beans - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Sloppy Joe (Sod, Chl, Sfa) - 0.75 CP Wheat Burger Bun (Sfa, Chl) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FL0Z Zucchini - 0.75 CP Pudding - 0.50 CP Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Chicken Enchilada Casserole (Chl, Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sfa, Chl) - 2.00 TBS Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Loco Moco Patty (Chl, Sfa) - 1.00 SV *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FL0Z White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Crisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Loco Moco Patty (Chl, Sfa) - 1.00 SV *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FL0Z White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Crisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Turkey Noodle Casserole (Sod, Chl) - 1.00 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Loco Moco Patty (Chl, Sfa) - 1.00 SV *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FL0Z White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Crisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Loco Moco Patty (Chl, Sfa) - 1.00 SV *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FL0Z White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Crisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Loco Moco Patty (Chl, Sfa) - 1.00 SV *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FL0Z White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Crisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Loco Moco Patty (Chl, Sfa) - 1.00 SV *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FL0Z White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Crisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Loco Moco Patty (Chl, Sfa) - 1.00 SV *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FL0Z White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Crisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Loco Moco Patty (Chl, Sfa) - 1.00 SV *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FL0Z White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Crisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FL0Z	

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

Monday 12/12/2022		Tuesday 12/13/2022		Wednesday 12/14/2022		Thursday 12/15/2022		Friday 12/16/2022		Saturday 12/17/2022		Sunday 12/18/2022	
Breakfast	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) *Pork Ham (93.6 Kcal) Scrambled Eggs (119.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Hashbrowns (199.6 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 (119.1 Kcal) Canned Fruit (64.6 Kcal) Beef Hash (313.4 Kcal) Wheat Toast (160.6 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)	Multigrain Hot Cereal (131.5 Kcal) Dry Cereal (93.0 Kcal) Fresh Fruit (70.2 Kcal) Scrambled Eggs (170.1 Kcal) Shredded Cheese (111.4 Kcal) Wheat Toast (160.6 Kcal) Margarine (160.6 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) Peanut Butter (254.3 Kcal) Maple Syrup (90.7 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Canned Fruit (64.6 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.8 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Fresh Fruit (114.3 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.8 Kcal) Skim Milk (154.2 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (47.6 Kcal) Scrambled Eggs (119.1 Kcal) *Pork Bacon (267.4 Kcal) Fried Potatoes (239.5 Kcal) Wheat Toast (160.6 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)						
	Total - 983.5 Kcal	Total - 903.7 Kcal	Total - 957.5 Kcal	Total - 878.4 Kcal	Total - 886.5 Kcal	Total - 761.1 Kcal	Total - 1191.4 Kcal	Total - 1191.4 Kcal	Total - 761.1 Kcal	Total - 886.5 Kcal	Total - 761.1 Kcal	Total - 1191.4 Kcal	
Lunch	Potato Salad (174.5 Kcal) Hot Dog (189.0 Kcal) Wheat Hoagie Roll (228.4 Kcal) Green Beans (32.7 Kcal) Ketchup (14.3 Kcal) Mustard (8.6 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	*Soup of the Day (175.4 Kcal) Fried Egg Sandwich on Wheat (448.0 Kcal) Mayonnaise (33.7 Kcal) Peas (92.3 Kcal) Chips (140.0 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	Split Pea Soup (256.7 Kcal) Meat & Cheese Sandwich on Wheat (367.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Blended Vegetables (98.0 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Taco Salad with Meat (147.0 Kcal) Seasoned Beans (158.0 Kcal) Shredded Cheese (111.4 Kcal) Salsa (15.8 Kcal) Spanish Rice (119.6 Kcal) Tortilla Chips (283.5 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Tomato Soup (147.0 Kcal) Wheat (602.4 Kcal) Peas (92.3 Kcal) Chips (140.0 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	*Soup of the Day (175.4 Kcal) Fish Sticks (281.2 Kcal) Tartar Sauce (95.2 Kcal) Macaroni Salad (261.5 Kcal) Carrots (39.4 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)						
	Total - 759.6 Kcal	Total - 964.6 Kcal	Total - 1031.3 Kcal	Total - 947.4 Kcal	Total - 974.9 Kcal	Total - 947.4 Kcal	Total - 1058.9 Kcal	Total - 1058.9 Kcal	Total - 1058.9 Kcal	Total - 1058.9 Kcal	Total - 1058.9 Kcal	Total - 1058.9 Kcal	
Dinner	Beet Salad (169.9 Kcal) Cajun Meat Loaf (279.0 Kcal) Brown Rice (163.9 Kcal) Cauliflower (32.4 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal)	Chicken-Bacon-Ranch Salad (138.1 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (111.4 Kcal) Salad Dressing (129.9 Kcal) Carrots (39.4 Kcal) Breadstick (34.1 Kcal) Fruit Bar (288.1 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Meat Sauce (20.2 Kcal) Spaghetti (147.7 Kcal) Broccoli (35.9 Kcal) French Bread (121.6 Kcal) Garlic Margarine (97.4 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Vegetable Soup (57.4 Kcal) Veggie Pizza (565.1 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) Brown Rice (163.9 Kcal) Stir-Fry Vegetables (88.5 Kcal) Japanese Milk Roll (160.2 Kcal) Gelatin & Whip Topping (126.5 Kcal) Tea (0.3 Kcal)	Burrito Meat (158.7 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (111.4 Kcal) Lettuce Salad (7.9 Kcal) Spanish Rice (119.6 Kcal) Salsa (15.8 Kcal) Wheat Tortillas (314.0 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.3 Kcal)							
	Total - 867.6 Kcal	Total - 812.6 Kcal	Total - 601.5 Kcal	Total - 948.9 Kcal	Total - 2774.7 Kcal	Total - 2629.5 Kcal	Total - 805.4 Kcal	Total - 2625.4 Kcal	Total - 805.4 Kcal	Total - 2625.4 Kcal	Total - 805.4 Kcal	Total - 956.3 Kcal	Total - 3175. Kcal
Total	2610.7 Kcal	2680.9 Kcal	2680.3 Kcal										

Week : 5 11/14/2022 : 11/20/2022 - Mainline - Repeat Cycle						
Monday 12/19/2022		Tuesday 12/20/2022		Wednesday 12/21/2022		Thursday 12/22/2022
Saturday 12/24/2022		Sunday 12/25/2022		Monday 12/19/2022		Tuesday 12/20/2022
Breakfast Oatmeal (137.5 Kcal) Canned Fruit (83.0 Kcal) Fresh Fruit (107.1 Kcal) Fried Egg (91.1 Kcal) Hard Boiled Egg (87.1 Kcal) Pancakes (513.9 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Skim Milk (154.2 Kcal) Skin Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal) Sugar PC (21.6 Kcal)	Total - 1143.9 Kcal	Dry Cereal (93.0 Kcal) Canned Fruit (94.6 Kcal) Sausage Gravy (174.8 Kcal) Biscuit (288.0 Kcal) Hashbrowns (199.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (70.2 Kcal) French Toast (580.7 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Canned Fruit (64.6 Kcal) Vegetable Scramble (101.8 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.8 Kcal) Hashbrowns (199.6 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) Scrambled Eggs (19.1 Kcal) Turkey Bacon (96.1 Kcal) Fried Potatoes (239.5 Kcal) Wheat Toast (160.6 Kcal) Jelly (84.1 Kcal) Margarine (97.2 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) Turkey Bacon (96.1 Kcal) Fried Potatoes (239.5 Kcal) Wheat Toast (160.6 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)
Lunch Texas Slaw (104.7 Kcal) Chicken Fajita Mix (169.6 Kcal) Onions & Bell Peppers (44.4 Kcal) Wheat Hoagie Roll (228.4 Kcal) Wheat Tortillas (314.0 Kcal) Brown Rice (163.9 Kcal) Salsa (15.8 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Total - 824.5 Kcal	Potato Soup (176.0 Kcal) Chef Salad with Turkey (67.8 Kcal) Shredded Lettuce (2.5 Kcal) Hard Boiled Egg (81.1 Kcal) Shredded Cheese (111.4 Kcal) Broccoli (35.9 Kcal) Salad Dressing (129.9 Kcal) Blended Vegetables (98.0 Kcal) Carrots (39.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (107.7 Kcal) Fortified Fruit Drink (5.0 Kcal)	Split Pea Soup (256.7 Kcal) Chicken Salad (131.7 Kcal) Shredded Lettuce (228.4 Kcal) Wheat Hoagie Roll (228.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (114.3 Kcal) Fortified Fruit Drink (5.0 Kcal) Broccoli (35.9 Kcal) Corn (125.0 Kcal) Fresh Fruit (107.1 Kcal) Green Beans (32.7 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	*Soup of the Day (175.4 Kcal) Philly Beef (97.8 Kcal) Cheese Sauce (121.8 Kcal) Onions & Bell Peppers (44.4 Kcal) Wheat Hoagie Roll (228.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (114.3 Kcal) Fortified Fruit Drink (5.0 Kcal) Broccoli (35.9 Kcal) Corn (125.0 Kcal) Fresh Fruit (107.1 Kcal) Green Beans (32.7 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	Nacho Meat (158.1 Kcal) Refried Beans (120.9 Kcal) Cheese Sauce (121.8 Kcal) Lettuce Salad (7.9 Kcal) Salsa (15.8 Kcal) Tortilla Chips (283.5 Kcal) Corn (125.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Loco Moco Patty (210.7 Kcal) Fried Egg (91.1 Kcal) Beef Gravy (44.7 Kcal) Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Vegetable Soup (57.4 Kcal) *Pizza (choice) (444.0 Kcal) Choice Dessert (232.9 Kcal) Tea (0.3 Kcal) Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Turkey Noodle Casserole (396.3 Kcal) Blended Vegetables (98.0 Kcal) White Rice (148.0 Kcal) Peas and Carrots (66.0 Kcal) Pear Crisp (334.2 Kcal) Tea (0.3 Kcal)
Dinner Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Macaroni & Cheese (597.7 Kcal) Green Beans (32.7 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal)	Total - 946.0 Kcal	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Sloppy Joe (340.9 Kcal) Wheat Burger Bun (237.4 Kcal) Mashed Potatoes (147.0 Kcal) Beef Gravy (44.7 Kcal) Zucchini (23.1 Kcal) Pudding (92.4 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Chicken Enchilada (610.7 Kcal) Casserole (610.7 Kcal) Seasoned Beans (158.0 Kcal) Tortilla Chips (141.8 Kcal) Sour Cream (56.1 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Turkey Noodle Casserole (396.3 Kcal) Blended Vegetables (98.0 Kcal) White Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal)	Coleslaw (98.8 Kcal) Black Bean Burger (200.7 Kcal) Salsa (15.8 Kcal) Wheat Burger Bun (237.4 Kcal) Carrots (39.4 Kcal) Tator Tots (216.0 Kcal) Ketchup (28.6 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.3 Kcal)	Total - 674.1 Kcal
Total	3014.4 Kcal	2801.9 Kcal	Total - 1039.8 Kcal	2950.7 Kcal	Total - 803.0 Kcal	2711.6 Kcal
Total	3014.4 Kcal	2801.9 Kcal	Total - 1039.8 Kcal	2950.7 Kcal	Total - 803.0 Kcal	2711.6 Kcal