

ISSUE 37

February 6th, 2023

The month of
February

OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #152

COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of December 12, 2022, DOC statewide has:

- 14 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	2,064	2,055		
AICs	6,104	5,874	25,538	52



OREGON DEPARTMENT OF CORRECTIONS

COVID - 19 BOLETÍN DE NOTICIAS - AVISO #152

COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 12 el, diciembre el departamento en todo el estado tiene:

- 14 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	2,064	2,055		
Presos	6,104	5,874	25,538	52

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



**STATE OF OREGON
DEPARTMENT OF CORRECTIONS
Oregon State Correctional Facility
COVID -19 Response and Recovery Plan**

OSCI will implement the following COVID-19 Prevention Strategies, in accordance with the ODOC Statewide COVID-19 Response and Recovery Plan. Enhanced COVID-19 prevention strategies will be considered and may be implemented when community or facility level factors indicate increased risk.

1. RECEIVING SCREENING:

- All interdepartmental transfers to OSCI, and overnight jail or hospital transfers will be tested and placed on quarantine until a negative PCR test is received or 10 days if a negative test is not received. Once negative or 10 days have elapsed, you will be released to general population housing when a bed is available.

2. CLOSE CONTACTS/EXPOSURES:

- If you have been identified as being a direct contact, you will be required to wear a mask for 10 full days after exposure and test at least five full days after exposure (or sooner if you develop symptoms).
 - Masks will be provided by the institution and must be worn while indoors, and when not on/in your assigned bunk area or actively eating or drinking.
 - Testing and timelines will be coordinated by medical staff.
 - You may still attend callouts, visits, programs, etc. as normal if you are complying with masking/testing criteria.

3. COVID POSITIVE AIC's:

- There are no changes to how COVID positive AICs are managed at OSCI.

4. VISITING:

- Outside visitors will conduct temperature checks and hand sanitization.
- OSCI will operate visiting under normal visiting operations unless notice of enhanced measures have been received.

5. ADDITIONAL CHANGES:

- There is no longer a color system to indicate risk level. Enhanced measures will be determined by the facility in partnership with agency and local public health officials.
- AIC COVID walkarounds and assessments are no longer required.
- Testing & Quarantine Changes: No testing or quarantine for AICs on:
 - Parole, outside trips (before or after), general population transfer out

As a reminder, you may still choose to wear a mask. COVID vaccinations, boosters, and testing remain available for AICs upon request, thank you.

Free Application for Federal Student Aid (FAFSA) is available to take effect on July 1, 2023.

- You can apply for FAFSA in July 2023.
- FAFSA will consist of 36 questions.
- All incarcerated individuals who meet the general eligibility requirements are eligible, regardless of conviction or sentence length.
- FAFSA funds will cover tuition, textbooks, and fees.

More information on FAFSA will appear in AIC newsletters as July 1 gets closer.



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.



**State of Oregon
Department of Corrections Commissary**

DATE: FRIDAY, JANUARY 06, 2023
TO: Adults in Custody
FROM: Sallie Jurgensmeier, NWC Commissary Manager
SUBJECT: Commissary News, Updates and Reminders

News:

The below item will be added to the commissary order form:
Highland Gouda Spread 8 oz for only \$2.05

Price Reduced -while supplies last:
Funyuns now \$1.25

Discontinued items:
Atomic Fireballs
Banana Chips
Raw Almonds, Mr. Natural

Discontinued-Replacement items:
Crest Toothpaste discontinued and replaced with Colgate Toothpaste with Baking soda 6 oz \$4.36

The following items will be discontinued once inventory is depleted:
Almond Joy Candy Bar
Skor Candy Bar
Urban Street Lotion

Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC communication form requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda ticket(s) and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of the request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda. The use of the soda machine is at your own risk.

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 contagiarle 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.

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.

OSCillator Announcement



NEW STUDY Free on the Inside With Pastor John Leon

What is the meaning and purpose of life? Why was mankind created? How do I discover my identity and purpose? Where do I fit in this existence called life? What is a good person and how does one become a good person?

Join Pastor John Leon for a new weekly study. The Free on the Inside study explores the purpose or meaning of life while discussing the pursuit of sonship with the Father and becoming the person God destined you to be.

The study is scheduled for Wednesday evenings at 6:00 pm in Academics.

If you want to attend this new study send a kyte to the chapel asking to be added to the roster.

*"The best preparation for tomorrow is
doing your best today."*

◆ Unknown



Appeal to the Courthouse of Heaven

By Shonda Whitworth

With the slam of the gavel, the hopes and dreams for your future shatter. With a judgment rendered, you... (will) now serve time in prison. Will another court hear your pleas?

In despair over her son's future, Shonda Whitworth petitioned the Lord on his behalf and searched the scriptures. Finding how the Lord redeems the worst offenders, she learned how to appeal to the heavenly court and receive hope from God for her son's future.

Hope will be restored as you confidently plead your case to the courtroom of heaven!

The chapel has a small collection of this book title available. If you would like a copy of this book as part of your personal property to keep please send a kyte to the chapel requesting the book.



Available upon request while supplies last.

*"Happiness is to live without hate even when
surrounded by those who hate."*

♦ Buddhist Proverb



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.



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.

HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called "hazardous medicines."

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.



Photo by Raimond Klavins, Unsplash

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.

SERVICIOS DE SALUD



MEDICINA PELIGROSA

Servicios de Salud desea informarle de los cambios que estamos haciendo a la forma en que proporcionamos ciertos medicamentos.

Algunos medicamentos necesitan manejo porque pueden dañar a la persona que los da.

Estos se llaman "peligrosos medicinas".

Los estudios han encontrado que el personal de atención médica que está expuesto a estos medicamentos puede tener efectos secundarios.

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



Foto por Raimond Klavins, Unsplash

QUE ESPERAR

Es posible que vea al personal de atención médica usando guantes, batas o máscaras faciales. Esto es para ayudar a limitar su Contacto con medicamentos peligrosos.

Algunos miembros del personal pueden usar más prendas protectoras que otros. Esto podría deberse al tipo de medicamentos que están manejando o cómo lo están dispensando. No todos los medicamentos peligrosos llevan lo mismo riesgo. ¡También podría ser su preferencia personal!

Si está tomando un medicamento peligroso, ya no podrá guardarlo en su celda. Esto es para ayudar a limitar la exposición a los demás, no porque haya hecho algo malo.



P: ¿ES SEGURO PARA MÍ TOMAR UN MEDICAMENTO PELIGROSO?

R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona que tiene cáncer. Pero, debido a que es tan fuerte, también puede lastimar al personal de atención médica que lo manipula. ¡Al usar prendas protectoras, el personal puede asegurarse de que estén lo suficientemente saludables como para seguir cuidando a sus pacientes!

Hable con su médico o envíe un kyte a la farmacia si tiene más preguntas sobre medicamentos peligrosos.

	Monday 2/6/2023	Tuesday 2/7/2023	Wednesday 2/8/2023	Thursday 2/9/2023	Friday 2/10/2023	Saturday 2/11/2023	Sunday 2/12/2023
Week 2	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sta, Chl) - 1.00 EA Pancakes (Sod, Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sta, Chl) - 0.33 CP Refried Beans - 0.50 CP Shredded Cheese (Sta, Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sta) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sta, Chl) - 1.00 EA Sliced Cheese (Sta) - 1.00 SLC English Muffin (Sta, Chl) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fajita - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy - 0.75 CP Biscuit (Sta, Sod) - 1.00 EA Hashbrowns (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sta, Chl) - 1.00 EA Breakfast Pastry (Sta, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.33 CP *Pork Bacon (Sta, Sod, Chl) - 3.00 SLC Fried Potatoes (Sta) - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
LUNCH							
Week 2	Vegetable Soup (Sod) - 10.00 FLOZ FLOZ Barbecue Beef (Sod, Chl) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ Chef Salad with Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sta, Chl) - 1.00 EA Shredded Cheese (Sta, Chl) - 2.00 TBS Salsa Dressing (Sta, Sod) - 2.00 FLOZ Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Minestrone Soup - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl, Sta) - 1.00 EA Mayonnaise - 1.00 TBS Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod, Chl) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod, Chl) - 1.00 TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Chicken Tortilla Stew (Chl) - 10.00 FLOZ Brown Rice - 0.75 CP Broccoli - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sta, Chl) - 2.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Texas Slaw - 0.75 CP *Pork Fajita Mix (Sod, Chl, Sta) - 0.50 CP Onions & Bell Peppers - 0.50 CP Wheat Tortillas (Sta, Sod) - 2.00 EA Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salsa Dressing (Sod) - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
DINNER							
Week 2	Lettuce Salad - 1.00 CP Salsa Dressing - 1.00 FLOZ Chicken Stir-Fry (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salsa Dressing - 1.00 FLOZ Baked Chicken (Chl) - 3.00 OZCKD Creole Sauce - 2.00 FLOZ Brown Rice Pilaf - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fruit Bar (Sta, Sod, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salsa Dressing (Sod) - 1.00 FLOZ Chili Mac (Chl, Sta) - 1.25 CP Green Beans - 0.75 CP Combread (Sod, Chl) - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salsa Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ Cheese Pizza (Sod, Chl, Sta) - 1.00 EA Choice Dessert (Sta, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salsa Dressing - 1.00 FLOZ Philly Beef (Sod, Chl) - 3.00 OZCKD Cheese Sauce (Sta, Chl) - 2.00 FLOZ Onions & Bell Peppers - 0.50 CP Wheat Hoagie Roll - 1.00 EA Peas and Carrots - 0.75 CP Gelatin & Whip Topping - 0.50 CP Tea - 8.00 FLOZ	Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sta) - 1.00 EA Barbeque Sauce - 1.00 FLOZ Wheat Burger Bun (Sta, Chl) - 1.00 EA Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salsa Dressing - 1.00 FLOZ Meat Sauce (Chl, Sta) - 0.75 CP Spaghetti - 0.75 CP Blended Vegetables - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

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 *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

	Monday 2/13/2023	Tuesday 2/14/2023	Wednesday 2/15/2023	Thursday 2/16/2023	Friday 2/17/2023	Saturday 2/18/2023	Sunday 2/19/2023
BREAKFAST							
Week 3	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sta, Chl) - 1.00 EA Pancakes (Sod, Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Vegetable Scramble (Chl) - 0.50 CP Hashbrowns (Sta) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.33 CP Ground Beef (Sta, Chl) - 1.00 OZCKD Shredded Cheese (Sta, Chl) - 2.00 TBS Fried Potatoes (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod, Chl, Sta) - 4.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta, Chl) - 1.00 EA Sliced Cheese (Sta) - 1.00 SLC Biscuit (Sta, Sod) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sta, Chl) - 1.00 EA Breakfast Pastry (Sta, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.33 CP Poultry Sausage (Chl, Chl) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
LUNCH							
Week 3	*Soup of the Day (Sod, Chl) - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod, Chl) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ *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 Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Hot Turkey Sandwich (Chl) - 1.00 SV Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Blended Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Potato Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta, Chl) - 2.00 TBS Salad Dressing (Sta, Sod) - 2.00 FLOZ Broccoli - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lentil Soup - 10.00 FLOZ Tuna Noodle Casserole (Chl, Sta) - 1.25 CP Peas and Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl, Sta) - 1.00 EA Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
DINNER							
Week 3	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Shepherd's Pie (Chl, Sta) - 1.00 SV Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stroganoff (Chl, Sta) - 0.75 CP Pasta - 0.75 CP Peas - 0.75 CP Breadstick - 1.00 EA Pudding - 0.50 CP Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZCKD Fried Egg (Sta, Chl) - 2.00 EA O'Brien Potatoes - 0.75 CP Biscuit (Sta, Sod) - 1.00 EA Margarine (Sta) - 1.00 TBS Coffee - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ *Pizza (choice) (Sod, Chl, Sta) - 1.00 EA Choice Dessert (Sta, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Hot Dog (Sod, Chl) - 2.00 EA Chili with Beans - 6.00 FLOZ Shredded Cheese (Sta, Chl) - 2.00 TBS Wheat Hoagie Roll - 1.00 EA Cauliflower - 0.75 CP Choice Cookie (Sta, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl, Sta) - 1.00 EA Sliced Cheese (Sta) - 1.00 SLC Wheat Burger Bun (Sta, Chl) - 1.00 EA Blended Vegetables - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Ham Au Gratin (Sod, Chl, Sta) - 1.25 CP Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

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



SINGLE NUTRIENT REPORT - CALORIES

	Monday 2/6/2023	Tuesday 2/7/2023	Wednesday 2/8/2023	Thursday 2/9/2023	Friday 2/10/2023	Saturday 2/11/2023	Sunday 2/12/2023
Breakfast	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Hard Boiled Egg (81.1 Kcal) Pancakes (513.9 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 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) Refried Beans (120.9 Kcal) Shredded Cheese (111.4 Kcal) Salsa (15.8 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) 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)	Dry Cereal (93.0 Kcal) Fresh Fruit (70.2 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Canned Fruit (64.6 Kcal) Sausage Gravy (174.8 Kcal) Biscuit (289.0 Kcal) Hashbrowns (199.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Fresh Fruit (114.3 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)	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 - 1143.9 Kcal	Total - 903.7 Kcal	Total - 880.5 Kcal	Total - 999.0 Kcal	Total - 1039.9 Kcal	Total - 762.6 Kcal	Total - 1191.4 Kcal
Lunch	Vegetable Soup (57.4 Kcal) Barbeque Beef (122.2 Kcal) Wheat Hoagie Roll (228.4 Kcal) Carrots (39.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	*Soup of the Day (175.4 Kcal) Chef Salad with Turkey (67.8 Kcal) Hard Boiled Egg (81.1 Kcal) Shredded Cheese (111.4 Kcal) Salad Dressing (129.9 Kcal) Blended Vegetables (98.0 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	Minestrone Soup (164.4 Kcal) Fried Egg Sandwich on Wheat (448.0 Kcal) Mayonnaise (33.7 Kcal) Broccoli (35.9 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	*Soup of the Day (175.4 Kcal) *Meat & Cheese Sandwich on Wheat (367.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Carrots (39.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (114.3 Kcal) Fortified Fruit Drink (5.0 Kcal)	Coleslaw (98.8 Kcal) Chicken Tortilla Stew (202.3 Kcal) Brown Rice (163.9 Kcal) Broccoli (35.9 Kcal) Tortilla Chips (141.8 Kcal) Sour Cream (56.1 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	Texas Slaw (104.7 Kcal) *Pork Fajita Mix (316.0 Kcal) Onions & Bell Peppers (44.4 Kcal) Wheat Tortillas (314.0 Kcal) Spanish Rice (119.6 Kcal) Salsa (15.8 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	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) Green Beans (32.7 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Chocolate Cupcake (274.9 Kcal) Fortified Fruit Drink (5.0 Kcal)
	Total - 999.5 Kcal	Total - 832.9 Kcal	Total - 934.1 Kcal	Total - 898.0 Kcal	Total - 714.0 Kcal	Total - 1026.6 Kcal	Total - 962.1 Kcal
Dinner	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Chicken Stir-Fry (154.8 Kcal) Brown Rice (163.9 Kcal) Stir-Fry Vegetables (88.5 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Baked Chicken (108.9 Kcal) Creole Sauce (24.5 Kcal) Brown Rice Pilaf (144.9 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Fruit Bar (288.1 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Chili Mac (437.1 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Vegetable Soup (57.4 Kcal) Cheese Pizza (556.4 Kcal) Choice Dessert (232.9 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Philly Beef (97.8 Kcal) Cheese Sauce (121.8 Kcal) Onions & Bell Peppers (44.4 Kcal) Wheat Hoagie Roll (228.4 Kcal) Tator Tots (216.0 Kcal) Ketchup (28.6 Kcal) Peas and Carrots (66.0 Kcal) Gelatin & Whip Topping (126.5 Kcal) Tea (0.3 Kcal)	Beet Salad (169.9 Kcal) Chicken Burger (330.9 Kcal) Barbeque Sauce (32.3 Kcal) Wheat Burger Bun (237.4 Kcal) Cauliflower (32.4 Kcal) Tator Tots (216.0 Kcal) Ketchup (28.6 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Meat Sauce (220.2 Kcal) Spaghetti (147.7 Kcal) Blended Vegetables (98.0 Kcal) French Bread (121.6 Kcal) Garlic Margarine (97.4 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.3 Kcal)
	Total - 768.8 Kcal	Total - 974.3 Kcal	Total - 948.4 Kcal	Total - 940.2 Kcal	Total - 788.9 Kcal	Total - 1047.8 Kcal	Total - 885.8 Kcal
Total	2612.2 Kcal	2710.9 Kcal	2663.0 Kcal	2837.2 Kcal	2602.8 Kcal	2837.0 Kcal	3019.3 Kcal

Week : 2 10/24/2022 : 10/30/2022 - Mainline - Repeat Cycle



SINGLE NUTRIENT REPORT - CALORIES

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	Monday 2/13/2023	Tuesday 2/14/2023	Wednesday 2/15/2023	Thursday 2/16/2023	Friday 2/17/2023	Saturday 2/18/2023	Sunday 2/19/2023
Breakfast	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Hard Boiled Egg (81.1 Kcal) Pancakes (513.9 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal) Total - 1143.9 Kcal	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Vegetable Scramble (101.8 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) Total - 935.2 Kcal	Farina (136.0 Kcal) Canned Fruit (64.6 Kcal) Scrambled Eggs (119.1 Kcal) Ground Beef (73.4 Kcal) Shredded Cheese (111.4 Kcal) Fried Potatoes (239.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal) Total - 919.9 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) Total - 1107.7 Kcal	Oatmeal (137.5 Kcal) Canned Fruit (64.6 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) Biscuit (289.0 Kcal) Fried Potatoes (239.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal) Total - 1042.6 Kcal	Multigrain Hot Cereal (131.5 Kcal) Fresh Fruit (114.3 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) Total - 756.6 Kcal	Canned Fruit (47.6 Kcal) Scrambled Eggs (119.1 Kcal) Poultry Sausage (69.8 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 - 993.8 Kcal
Lunch	Asian Cabbage Salad (118.5 Kcal) Beef & Broccoli (265.0 Kcal) Brown Rice (163.9 Kcal) Stir-Fry Vegetables (88.5 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal) Total - 748.0 Kcal	*Soup of the Day (175.4 Kcal) Meat & Cheese Sandwich on Wheat (367.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal) Total - 847.2 Kcal	Coleslaw (98.8 Kcal) Hot Turkey Sandwich (285.6 Kcal) Poultry Gravy (51.5 Kcal) Mashed Potatoes (147.0 Kcal) Blended Vegetables (98.0 Kcal) Fresh Fruit (107.7 Kcal) Fortified Fruit Drink (5.0 Kcal) Total - 793.6 Kcal	Potato Soup (176.0 Kcal) Chicken-Lettuce Salad (108.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (111.4 Kcal) Salad Dressing (129.9 Kcal) Broccoli (35.9 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (114.3 Kcal) Fortified Fruit Drink (5.0 Kcal) Total - 795.9 Kcal	Lentil Soup (145.3 Kcal) Tuna Noodle Casserole (281.4 Kcal) Peas and Carrots (66.0 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal) Total - 825.5 Kcal	*Soup of the Day (175.4 Kcal) Chicken Salad (131.7 Kcal) Shredded Lettuce (2.5 Kcal) Wheat Hoagie Roll (228.4 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal) Total - 822.8 Kcal	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken Quarter (408.2 Kcal) Poultry Gravy (51.5 Kcal) Mashed Potatoes (147.0 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Ice Cream Cup (80.0 Kcal) Fortified Fruit Drink (5.0 Kcal) Total - 1079.0 Kcal
Dinner	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Shepherd's Pie (765.7 Kcal) Broccoli (35.9 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal) Total - 1096.9 Kcal	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Beef Stroganoff (302.5 Kcal) Pasta (152.1 Kcal) Peas (92.3 Kcal) Breadstick (94.1 Kcal) Pudding (92.4 Kcal) Tea (0.3 Kcal) Total - 837.4 Kcal	Canned Fruit (47.6 Kcal) Pork Ham (93.6 Kcal) Fried Egg (287.5 Kcal) O'Brien Potatoes (129.8 Kcal) Biscuit (289.0 Kcal) Margarine (97.2 Kcal) Coffee (0.1 Kcal) Total - 944.8 Kcal	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Hot Dog (189.0 Kcal) Chili with Beans (135.3 Kcal) Shredded Cheese (111.4 Kcal) Wheat Hoagie Roll (228.4 Kcal) Cauliflower (32.4 Kcal) Choice Cookie (241.2 Kcal) Tea (0.3 Kcal) Total - 1070.9 Kcal	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Beef Patty (210.7 Kcal) Sliced Cheese (45.0 Kcal) Wheat Burger Bun (237.4 Kcal) Blended Vegetables (98.0 Kcal) Tator Tots (216.0 Kcal) Ketchup (28.6 Kcal) Tea (0.3 Kcal) Total - 939.7 Kcal	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Ham Au Gratin (475.3 Kcal) Carrots (39.4 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.3 Kcal) Total - 820.5 Kcal	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Ham Au Gratin (475.3 Kcal) Carrots (39.4 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.3 Kcal) Total - 820.5 Kcal
Total	2988.8 Kcal	2619.8 Kcal	2658.3 Kcal	2501.6 Kcal	2879.0 Kcal	2519.1 Kcal	2893.3 Kcal

Week :3 10/31/2022 : 11/6/2022 - Mainline - Repeat Cycle