

The month of
MARCH

INFORMATION



Financial Services

Informational Briefing

Adult in Custody (AIC) Trust Accounts

General Spending Account	<ul style="list-style-type: none"> Primary spending account for AICs Eligible deposits are received into this account <ul style="list-style-type: none"> Examples: Deposits received from friends/family, and PRAS AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account Funds in this account are not protected from debt/obligation collection or garnishment
Protected Spending Reserve Account	<ul style="list-style-type: none"> This is a spending account established for AICs who receive protected money <ul style="list-style-type: none"> Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
Transitional Savings Account	<ul style="list-style-type: none"> Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500 AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, available electronically and in paper) up to \$500 AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
General Savings Account	<ul style="list-style-type: none"> Established as a means for AICs to save funds outside of the Transitional Savings Trust Account AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, available electronically and in paper) Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 15B Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
Obligated Reserve Accounts	<ul style="list-style-type: none"> Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria AICs may receive deposits directly to one of these accounts from an external source AICs must be approved to place funds into an Obligated Reserve Account Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to alldoctrustinfo@doc.state.or.us.

FS AIC Info Briefing Oct 2021

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.

Attention:

The dining room will be using the light system above the door to coordinate seating. The color light that is turned on when you leave the steam line is the color table you should sit at.

This is effective immediately.

Attention:

Please communicate with your friends and family: They are NOT to park outside the grounds of OSCI while waiting to enter for visiting. This creates a traffic hazard and backs up staff who are attempting to come and go from work, as well as makes it difficult for people to get to the dump next to OSCI. State Police could be called and issue citations as a result. The traffic congestion has also played a role in the delay of visiting getting started. We need your help on this one.

Thank you for your attention to this matter.

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.

RELIGIOUS SERVICES

AIC NEWS

Latest News and Updates

February 2023

Property Facts

The latest updates

Most all of you are aware that there are certain steps you must take to purchase approved religious property. But did you know that there are also certain steps you must take when there is an issue with your order?

If you have placed an order with one of our approved vendors but have not received your order, here are the steps to take to try and resolve the issue.

1. Give at least 4 to 6 weeks for your item(s) to come in. It takes time for your order(s) to be processed.
It first goes to Central Trust to check your account balance, cut a check, and mail it out to the vendor.
And then the vendor need time to fill your request and mail out the item(s) ordered.
2. If you have waited the 6 to 8 weeks and have not received your order, you would need to check with the mailroom at your institution to see if they returned your order to the vendor due to a mail violation or issue with the order.
3. If you find that there was a mail violation, find out what the violation was and how to resolve the issue.
4. If there was no mailroom violation, then you will need to contact Central Trust. Send a kytic and ask if they received your request and if a check was cut from your account.

You will need to tell them when you sent in your request, who the check would have been for, and the amount of the request and where it should have been sent to.

5. If they found no issues with cutting the check for the vendor, ask Central Trust if the check has been cashed. You will need to purchase a copy of the cashed check front and back to show proof that you indeed paid for this order and that the vendor cashed the check.

6. If the check was not cashed, you have a couple options.

Check with the vendor to see if they are holding the check for some reason.

Request Central Trust put a Stop Payment on the check. *This, however, will cost you the current charge that Central Trust is charged by the bank to put a stop payment on a check.*

Wait until the check is stale dated and the funds placed back into your account. This takes at least 2 years for this to happen.

If you have questions on the cost of a Stop Payment, contact Central Trust for information. They can also give you the information on the Stale Date process that they currently follow.

7. If your check was cashed, send a letter and a copy of the cancelled check to the vendor with all your information, name, Sid, cell number, institution name, along with any other details that will help them resolve your missing order.

8. The vendor should contact you within a week or two with either the item you ordered, a credit to your account with them or a refund of your purchase price.

9. Keep in mind that if you received a portion of your order but not all the items ordered you may receive a credit to your account with that vendor but may have to pay a new shipping cost for your items that were not shipped. That is something you will want to discuss with the vendor.

Religious Services tries to post any information we have regarding a vendor's policy as to whether they give a refund or not. Most often the vendors have a no refund policy but will work with you if it is an error on their part. Some vendors offer credits when the item is out of stock or may send your check back to Central Trust.

Religious Services does not guarantee any product or service of any of the vendors you are purchasing from. You need to read the information in the power point prior to making a religious property purchase.

If you have followed all the steps above and are not hearing back from the vendor, you may contact the Religious Service Administration office by sending a kyle along with copies of all your documentation with Central Trust and the Vendor to DOC Headquarters Religious Service and someone will attempt to resolve the issue if possible. This however is not a guarantee and will be done in a timely manner as workload permits. And it done as a courtesy to you the AIC and is not an official duty of either the Chaplains or Religious Services Management or Administrative Staff.

Property News

Most types of Head covering come in white and black now. Check for which ones.

Salt is available in 1 oz sizes now for General Housing

Donated Rosary's are back in stock

New Buddhist Prayer Beads are available.

Coming soon!

Prayer Cards for followers of these faiths:

Satanic, Rastafarian, Christian,

Buddhist, Hindu.

We will be adding these to our current list of cards that are already available for Santa Muerte, Catholic, Asatru, and Santeria.

English: DOC Medical Services is interested in partnering with you to promote healthy behaviors and ensure you are as healthy as possible. If you are interested in discussing your health risk factors and ways you can maintain and improve your health, please send an AIC Health Communication to Medical Services and request a “preventative health care screening” appointment.

Spanish: Los Servicios de Salud del Departamento de Correccionales esta interesado en asociarse con usted para promover comportamientos saludables y garantizar que este lo mas saludable posible. Si esta interesado en hablar sobre los factores de riesgo de su salud y las formas en que puede mantener y mejorar su salud, envie una Comunicacion de Salud Medica No-Urgente a Los Servicios de Salud y solicita una “cita de evaluacion de atencion medical preventiva.”

We have some BHS orderly spots open...

Unit 3 currently has openings for Behavioral Health Services (BHS) Orderly. The job of the BHS orderly is to assist the Adults in Custody (AIC) with various daily routines and/or various needs. **Note – You do not have to live on Unit 3. Some of the job duties of the BHS orderly include: Ensuring AIC's are familiar with the call-out schedule; Escorting AIC's to directed call-outs, meals, medication line, and yard; Assisting AIC's as needed/directed with personal needs, such as writing communication forms (kyte's), medical correspondence, letters, etc.; Being available to unit staff as needed for unscheduled duties; Alerting correctional staff of any safety and security concerns regarding assigned AIC's. The BHS orderlies must maintain a non-judgmental outlook when working with the AIC's and help to provide a safe environment. The BHS orderly will provide services on a routine scheduled basis, and as needed by the unit staff and BHS staff. Applicants must be misconduct free for at least 18 months, and submit a completed job application to BHS Manager, Kristine Gates.

Mr. Ocupe will be the new liaison for AA/ NA meetings. If you would like to attend the meetings and/or be added to the wait list, please send him a communication.

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.

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 kytic 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 kytic 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.

Community Improvement Council Proposal Updates:

Your Community Improvement Council has been busy preparing and presenting proposals on your behalf. Below is a summary of the proposals put forth to this point and some updates on progress around each:

Phone Proposal: This one has been ongoing and began with concerns around consistency on units in the use of phones/tablets/kiosks and the council proposed a review of unit practice that would allow AICs similar access and process regardless of housing. Operations committed to a review of post orders and updates as appropriate; that effort is ongoing. In addition, phones have been added to multi and will be added to yard as we are able.

Shower Barrier: Concerns were brought forward regarding the lack of a “splash protection” in several housing unit stall showers. The group presented a proposal to install a splash guard on all shower stalls that needed them. This proposal was approved, and a barrier was decided on. The facility made the decision to delay installation until the shower remodel projects in several units were complete. The barriers will be added as the shower area updates are made.

Oscillator Distribution: This proposal has been ongoing. The newsletter was printed for a time; however, cost is prohibitive, and feedback has been provided that the menu is the most desired part of the newsletter. After the meeting there was conversation with Food Service. The menu will be posted on the bulletin board outside the dining room moving forward. It will also be added to the television in the dining room and distributed to each living unit and to Recreation for posting. The posted menu will be the updated when the food cycle changes. We are hopeful this will provide access to the information and will check in with the council at future meetings to see if need is being met.

Shorts: Early on the council proposed allowing shorts to be worn year-round to identified areas. The proposal was approved and implemented.

Boots: this proposal requests AICs be permitted to wear boots on the yard. The proposal has been approved and beginning March 13th OSCi will allow AICs to wear boots on the recreation yard. As with anything, if there is misuse or security issues associated with the change, we will re-adjust practice. Boots will be restricted from all other areas previously restricted except where an AIC goes from that area directly to the recreation yard.

TV Brackets: the council presented a proposal around adding TV brackets to bunks so AICs were not compelled to use makeshift holders for their TVs. This was approved and a design has been decided on. Physical Plant staff will make and install the brackets as time allows. Unfortunately, there are currently a number of work order projects underway and ahead of this one.

Laundry Proposal: A recent proposal was put forth around expanding laundry options for AICs. This proposal, as presented, was not approved. OSCi does not have the capacity to add washers/dryers. However, the group agreed to leave this item on the project list and to brainstorm other options. As a result of the conversation, there was discussion about allowing a “clothesline” to be used by AICs on the back wall of their cells. Security management did not object to the idea and committed to conversations about how to implement a possible solution.

Multi for Elderly AICs: this proposal suggested that senior AICs struggle with access to multi/exercise equipment and asked for a session of multi for this population. The proposal was approved and several sessions a week of multi have been added by Recreation for this population. Conversations will continue about expanding days as staffing allows. Additionally, a couple of pieces of exercise equipment have been added to unit 13 for those senior AICs.

Property Storage: this recent proposal suggests that OSCI property storage limits might not be accurate/in line with the new rule. There was some discussion about the rule update and how we can assist with property storage. Security/Operations has agreed to review the totes/shelving, etc. to maximize storage space for AICs. This will remain on the agenda for future updates/discussions.

Visiting Rules/Expectations: While this is not a proposal, as visiting rules are established and established for the most part by central oversight, there have been discussions around visiting and how we can be better at communicating to AICs and families. The group asked for ways to communicate expectations for families. Some ideas were presented and will be looked at. More to come on ways we can better communicate with our visiting family and friends.

As you can see, your community improvement council has been busy on your behalf. If you have questions/ comments/suggestions about any of the above, or ideas for new proposals, please get in touch with a council member. If you get a chance to thank them, please do, they are all passionate about bringing forth ideas to enhance our shared community.

Below is a list of AIC members, please contact any of these AICs to discuss peer council meetings, get updates on group work, or to share ideas for proposals. Also continue to watch the Oscillator for meeting summaries and updates on proposals.

Christopher Lauderdale, unit 11

Gustavo Martinez-Aquepucho, unit 11

James Clark, unit 11

George Nulph, unit 13

Jaime Henderson, unit 11

Richard Lowry, unit 13

Fernando Serratos-Rivera, unit 11

Alberto Campo, unit 11

Andrew Gordon, unit 13

Sam Peterson, unit 11

Gerald Person, unit 1

Eric Saia, Unit 3

Brandon Paine-Smith, unit 11

Finally, as you can see from the above list, we are missing representation from a couple of units. We would like to be able to get some AICs from those missing units to join us. If you are an AIC at incentive level 2 or 3 currently housed in unit 2 or 4 and have not made a request to transfer to another unit, please consider sending a kyle to Ms. Corrigan and expressing your interest and why you would be interested. Please note that we understand the desire of AICs to move to honor housing units and always encourage that, however, our council cannot be made up of only AICs from a couple of units. If you are selected for the council for one of the units with a vacancy and transfer (by request or facility need) you will be replaced on the council; it is important we maintain input fairly while maintaining an efficiently sized council.

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 Raïmond 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 kytic 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.

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.



Foto por Raimond Klavins, Unsplash

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 3/6/2023		Tuesday 3/7/2023	Wednesday 3/8/2023	Thursday 3/9/2023	Friday 3/10/2023	Saturday 3/11/2023	Sunday 3/12/2023
Week 1	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pork Ham (Sod, Chl) - 2.00 EA OZCKD	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Vegetable Scramble (Chl) - 0.50 CP	Muligrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Beef Hash (Sod, Chl) - 1.00 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Ketchup - 1.00 TBS Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod, Chl, Sfa) - 4.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 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 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 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP Poultry Sausage (Chl, Chl) - 1.00 EA Fried Potatoes (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
	LUNCH						
Week 1	Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod, Sfa) - 2.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP "Barbeque Pork (Chl, Sfa) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sfa, Sod, Chl) - 0.75 CP Broccoli - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lentil Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Shredded Onions - 2.00 TBS Shredded Cheese (Sfa, Chl) - 2.00 TBS Seasoned Beans - 0.75 CP Lettuce Salad - 1.00 CP Salad Dressing (Sfa, Sod) - 2.00 FLOZ Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Meat Blend (Sfa, Chl) - 0.50 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Wheat Tortillas (Sfa, Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ Peanut Butter & Jelly Sandwich on Wheat (Sod, Sfa) - 2.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Salsa (Sod) - 0.25 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl, Sfa) - 1.00 EA Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS
	DINNER						
Week 1	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salisbury Steak (Chl, Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Ala King (Sod, Chl) - 0.75 CP Brown Rice - 0.75 CP Carrots - 0.75 CP French Bread - 1.00 SLC Margarine (Sfa) - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ "Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Choice Dessert (Sfa, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Pot Pie (Chl) - 0.75 CP Biscuits (Sfa, Sod) - 2.00 EA Broccoli - 0.75 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Baked Potato - 1.00 EA Blended Vegetables - 0.75 CP Cornbread (Sod, Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Beef Stew (Sod, Chl, Sfa) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 1.00 SV Shredded Cheese (Sfa, Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 1.00 SV Shredded Cheese (Sfa, Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu is subject to change without notice. Appropriate food substitutions are approved by a Dietitian.
*Items contain or may contain pork. Meat-Alternative items are available at lunch and dinner only.

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

Monday 3/13/2023		Tuesday 3/14/2023		Wednesday 3/15/2023		Thursday 3/16/2023		Friday 3/17/2023		Saturday 3/18/2023		Sunday 3/19/2023		
LUNCH														
Week 2	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa, Chl) - 1.00 EA Pancakes (Sod, Chl) - 3.00 EA Maple Syrup - 2.00 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 Scrambled Eggs (Sfa, Chl) - 0.33 CP Peanut Butter (Sfa) - 3.00 EA Maple Syrup - 2.00 FL0Z Skin Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sfa, Chl) - 0.33 CP Retired Beans - 0.50 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skin Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Egg (Sfa, Chl) - 1.00 EA Sliced Cheese (Sfa) - 1.00 SLIC 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 Hastibrowns (Sfa, Chl) - 0.75 CP Skin Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Farina - 1.00 CP Canned 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	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP *Pork Bacon (Sfa, Sod, Chl) - 3.00 SLC Fried Potatoes (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP *Pork Bacon (Sfa, Sod, Chl) - 3.00 SLC Fried Potatoes (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP *Pork Bacon (Sfa, Sod, Chl) - 3.00 SLC Fried Potatoes (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP *Pork Bacon (Sfa, Sod, Chl) - 3.00 SLC Fried Potatoes (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP *Pork Bacon (Sfa, Sod, Chl) - 3.00 SLC Fried Potatoes (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP *Pork Bacon (Sfa, Sod, Chl) - 3.00 SLC Fried Potatoes (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA	
LUNCH														
Week 2	Vegetable Soup (Sod) - 10.00 FL0Z Barbeque 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 FL0Z	*Soup of the Day (Sod, Chl) - 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	Minstomone Soup - 10.00 FL0Z Fried Egg Sandwich on Wheat (Chl, Sfa) - 1.00 EA Mayonnaise - 1.00 TBS Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	*Soup of the Day (Sod, Chl) - 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 Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Colestawn (Sod) - 0.75 CP Chicken Tortilla Stew (Chl) - 10.00 FL0Z Brown Rice - 0.75 CP Broccoli - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sfa, Chl) - 2.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Texas Stew - 0.75 CP *Pork Fajita Mix (Sod, Chl, Sfa) - 0.50 CP Onions & Bell Peppers - 0.50 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA	Texas Stew - 0.75 CP *Pork Fajita Mix (Sod, Chl, Sfa) - 0.50 CP Onions & Bell Peppers - 0.50 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA	Lettuce Salad - 1.00 CP Chicken Tortilla Stew (Chl) - 10.00 FL0Z Poultry Gravy - 2.00 FL0Z Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Lettuce Salad - 1.00 CP Chicken Tortilla Stew (Chl) - 10.00 FL0Z Poultry Gravy - 2.00 FL0Z Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Lettuce Salad - 1.00 CP Chicken Tortilla Stew (Chl) - 10.00 FL0Z Poultry Gravy - 2.00 FL0Z Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Lettuce Salad - 1.00 CP Chicken Tortilla Stew (Chl) - 10.00 FL0Z Poultry Gravy - 2.00 FL0Z Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Lettuce Salad - 1.00 CP Chicken Tortilla Stew (Chl) - 10.00 FL0Z Poultry Gravy - 2.00 FL0Z Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Lettuce Salad - 1.00 CP Chicken Tortilla Stew (Chl) - 10.00 FL0Z Poultry Gravy - 2.00 FL0Z Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z	Lettuce Salad - 1.00 CP Chicken Tortilla Stew (Chl) - 10.00 FL0Z Poultry Gravy - 2.00 FL0Z Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z
DINNER														
Week 2	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Chicken Stir-Fry (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Baked Chicken (Chl) - 3.00 OZCKD Creole Sauce - 2.00 FL0Z Brown Rice Pilaf - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fruit Bar (Sfa, Sod, Chl) - 1.00 EA Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Chili Mac (Chl, Sfa) - 1.25 CP Green Beans - 0.75 CP Cornbread (Sod, Chl) - 1.00 EA 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 Cheese Pizza (Sod, Chl, Sfa) - 1.00 EA Choice Dessert (Sfa, Chl) - 1.00 EA Tea - 8.00 FL0Z	Lettuce Salad - 1.00 CP Philly Beef (Sod, Chl) - 3.00 OZCKD Cheese Sauce (Sfa, Chl) - 2.00 FL0Z Wheat Burger Bun (Sfa, Chl) - 1.00 EA Onions & Bell Peppers - 0.50 CP Wheat Horigle Roll - 1.00 EA Peas and Carrots - 0.75 CP Fruit Bar (Sfa, Sod) - 1.00 EA Tea - 8.00 FL0Z	Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA Barbeque Sauce - 1.00 FL0Z Wheat Burger Bun (Sfa, Chl) - 1.00 EA Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Gelatin & Whiop Topping - 0.50 CP Tea - 8.00 FL0Z	Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA Barbeque Sauce - 1.00 FL0Z Wheat Burger Bun (Sfa, Chl) - 1.00 EA Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Gelatin & Whiop Topping - 0.50 CP Tea - 8.00 FL0Z	Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA Barbeque Sauce - 1.00 FL0Z Wheat Burger Bun (Sfa, Chl) - 1.00 EA Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Gelatin & Whiop Topping - 0.50 CP Tea - 8.00 FL0Z	Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA Barbeque Sauce - 1.00 FL0Z Wheat Burger Bun (Sfa, Chl) - 1.00 EA Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Gelatin & Whiop Topping - 0.50 CP Tea - 8.00 FL0Z	Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA Barbeque Sauce - 1.00 FL0Z Wheat Burger Bun (Sfa, Chl) - 1.00 EA Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Gelatin & Whiop Topping - 0.50 CP Tea - 8.00 FL0Z	Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA Barbeque Sauce - 1.00 FL0Z Wheat Burger Bun (Sfa, Chl) - 1.00 EA Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Gelatin & Whiop Topping - 0.50 CP Tea - 8.00 FL0Z	Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA Barbeque Sauce - 1.00 FL0Z Wheat Burger Bun (Sfa, Chl) - 1.00 EA Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Gelatin & Whiop Topping - 0.50 CP Tea - 8.00 FL0Z	Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA Barbeque Sauce - 1.00 FL0Z Wheat Burger Bun (Sfa, Chl) - 1.00 EA Cauliflower - 0.75 CP Tator Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Gelatin & Whiop Topping - 0.50 CP Tea - 8.00 FL0Z	

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*Items contain or may contain pork. Meat/Alternative Trays are available at lunch and dinner only.

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



SINGLE NUTRIENT REPORT - CALORIE							
Monday 3/6/2023	Tuesday 3/7/2023	Wednesday 3/8/2023	Thursday 3/9/2023	Friday 3/10/2023	Saturday 3/11/2023	Sunday 3/12/2023	
Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) *Pork Ham (93.6 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Vegetable Scramble (101.8 Kcal) Beef Hash (94.6 Kcal) Wheat Toast (313.4 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) Canned Fruit (93.0 Kcal) French Toast (560.7 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (70.2 Kcal) French Toast (560.7 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Canned Fruit (54.6 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) 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) 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 - 1023.4 Kcal	Total - 935.2 Kcal	Total - 937.5 Kcal	Total - 1107.7 Kcal	Total - 1036.4 Kcal	Total - 762.6 Kcal	Total - 983.8 Kcal	
Lunch	Tomato Soup (65.0 Kcal) Grilled Cheese Sandwich on Wheat (602.4 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Coleslaw (98.8 Kcal) *Barbeque Pork (217.7 Kcal) Wheat Hoagie Roll (228.4 Kcal) Macaroni & Cheese (358.7 Kcal) Broccoli (35.9 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	*Soup of the Day (175.4 Kcal) Tuna Salad (115.6 Kcal) Shredded Lettuce (2.5 Kcal) Wheat Hoagie Roll (228.4 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.7 Kcal) Fortified Fruit Drink (5.0 Kcal)	Lentil Soup (145.3 Kcal) Chicken-Lettuce Salad (108.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (111.4 Kcal) Seasoned Beans (158.0 Kcal) Lettuce Salad (129.9 Kcal) Carrots (39.4 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 Kcal)	Taco Meat Blend (199.6 Kcal) Shredded Cheese (111.4 Kcal) Seasoned Beans (158.0 Kcal) Lettuce Salad (7.9 Kcal) Salsa (15.8 Kcal) Wheat Tortillas (314.0 Kcal) Fresh Fruit (70.2 Kcal) Fortified Fruit Drink (5.0 Kcal)	*Soup of the Day (175.4 Kcal) Peanut Butter & Jelly (145.7 Kcal) Sandwich on Wheat (1045.7 Kcal) Blended Vegetables (98.0 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.0 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)
Dinner	Total - 952.2 Kcal	Total - 1014.7 Kcal	Total - 807.3 Kcal	Total - 751.5 Kcal	Total - 881.9 Kcal	Total - 1571.2 Kcal	
	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Salisbury Steak (255.6 Kcal) Mashed Potatoes (147.0 Kcal) Beef Gravy (44.7 Kcal) Peas (92.3 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.3 Kcal) Ranch Style Chili (378.5 Kcal) Brown Rice (163.9 Kcal) Carrots (39.4 Kcal) French Bread (121.6 Kcal) Margarine (97.2 Kcal) Pudding (91.0 Kcal) Tea (0.3 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.3 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 (65.0 Kcal) Chicken Pot Pie (171.9 Kcal) Biscuits (578.0 Kcal) Broccoli (35.9 Kcal) Choice Cookie (241.2 Kcal) Tea (0.3 Kcal)	Texas Slaw (104.7 Kcal) Burrito Beans (158.0 Kcal) Shredded Cheese (111.4 Kcal) Brown Rice (163.9 Kcal) Cauliflower (32.4 Kcal) Breadstick (94.1 Kcal) Tea (0.3 Kcal)	Texas Slaw (104.7 Kcal) Burrito Beans (158.0 Kcal) Shredded Cheese (111.4 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 - 830.4 Kcal	Total - 770.9 Kcal	Total - 1123.7 Kcal	Total - 827.8 Kcal	Total - 1100.2 Kcal	Total - 678.3 Kcal	
	Total	2806.0 Kcal	2720.8 Kcal	2888.5 Kcal	2687.0 Kcal	3012.1 Kcal	
	Total					3004.3 Kcal	

Week :1 10/17/2022 : 10/23/2022 - Mainline - Repeat Cycle



Day	Monday 3/13/2023	Tuesday 3/14/2023	Wednesday 3/15/2023	Thursday 3/16/2023	Friday 3/17/2023	Saturday 3/18/2023	Sunday 3/19/2023	
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) Skin 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) Skin 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 (80.7 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 (81.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (239.5 Kcal) Maple Syrup (80.7 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 (174.8 Kcal) Biscuit (289.0 Kcal) Hashbrowns (198.6 Kcal) Fried Potatoes (239.5 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 - 989.0 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) Chei 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)	Mинestrone 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) Chips (140.0 Kcal) Fresh Fruit (114.3 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 (70.2 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 (107.1 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) Chili Mac (437.1 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Tea (0.3 Kcal)	
	Total - 699.5 Kcal	Total - 832.9 Kcal	Total - 934.1 Kcal	Total - 888.0 Kcal	Total - 774.0 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 (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) Tea (0.3 Kcal)	Beet Salad (169.9 Kcal) Chicken Burger (330.9 Kcal) Barbeque Sauce (322.3 Kcal) Wheat Burger Bun (237.4 Kcal) Cauliflower (32.4 Kcal) Peas and Carrots (66.0 Kcal) Gelatin & Whip Topping (126.5 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 - 766.8 Kcal	Total - 974.3 Kcal	Total - 848.4 Kcal	Total - 940.2 Kcal	Total - 788.9 Kcal	Total - 1047.8 Kcal	Total - 865.8 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