



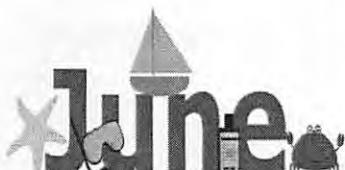
Warner Creek Trails

P.O. Box 1500, 20654 Rabbit Hill Rd., Lakeview, OR 97630

JUNE 2024

WARNER CREEK TRAILS

VOLUME 24 ISSUE 6



June
Zodiac Signs

Gemini:
May 21 to June 20

Cancer:
June 22 - July 22

WINNING
WORDS:

Ah, happy day, re-
fuse to go!

Hang in the heavens
forever so!

Forever in midafter-
noon,

Ah, happy day of
happy June!

—Harriet Elizabeth
Prescott Spofford,
American

writer (1835–1921)

The Month of June

Juno is the ancient Roman goddess of marriage and childbirth. And the month of June is still a popular month for weddings today! As a natural extension of marriage, Juno was also the goddess of childbirth. Another interpretation of the origins of "June" says that the name came from the Latin *juvenis*, "young people," who were celebrated at this time.

Juno, in Roman religion, was the chief goddess and female counterpart of Jupiter, similar to the relationship between the Greek Hera and Zeus. Perhaps not surprisingly, given her role of protector of women and children, this powerful queen of the gods was also considered the fierce protector and special counselor of the state and a guardian angel warning those in times of danger.

"Just for Fun" Days

Here are more fun things to celebrate this June:

June 1: Say Something Nice Day

June 3: Chimborazo Day

June 6: National Yo-Yo Day

June 8: Upsy Daisy Day

June 21: Go Skateboarding Day

June 30: Asteroid Day



June Calendar

June 1 marks the beginning of Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month.

June 5 is World Environment Day—a day meant to raise environmental awareness across the globe.

June 14 is Flag Day (U.S.). Be sure to raise the flag! Learn about the U.S. Flag Code, which provides guidelines for displaying the American flag properly.

June 16 is Father's Day this year.

June 19 is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating enslaved people in the state, which had thus far been beyond control of the Union Army.

June 20 is the summer solstice, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight. In the Southern Hemisphere, winter begins at this time.

June 21 is this month's Full Moon.

In Canada, **June 21** is National Indigenous Peoples Day (Canada), recognizing the contributions of the many First Nations, Métis, and Inuit peoples.

June 24 brings Midsummer Day, also St. John the Baptist's Feast Day. Traditionally, this was the midpoint of the growing season, halfway between planting and harvesting. It is celebrated in many cultures on the night of June 23, as Midsummer Eve!

June 28 is the anniversary of the 1969 Stonewall Riots—a watershed moment for LGBT rights in the United States.



June Astronomy

The Full Strawberry Moon

June's full Moon, the full **Strawberry Moon**, occurs on Friday, June 21. It reaches peak illumination at 9:08 P.M. (EDT) that evening.

Bright Plants of June

On June 1, after sunset, a gorgeous three-way conjunction of Saturn, Mars, and the crescent Moon occurs.

June's Birth Flower:

Honeysuckle or Rose

June's birth flowers are the rose and the honeysuckle. A rose, in general, indicates love or desire. Specific roses may relay other messages. For example, a white rose may mean "silence" or "new beginnings," while a yellow rose signifies "jealousy." The honeysuckle denotes the bonds of love, or generous and devoted affection.

June's Birthstones

June's birthstone is generally considered to be the **Pearl**, as well as **Alexandrite** and **Moonstone**. Pearls are associated with purity, honesty, and calmness. If you dream of a pearl ring, expect romance.



Butterfly Word Search

DQGGR IULELHN OGPOBSLCAOMYTAXEVH
 XUBOAKKPERMHGSHSVAYQPUUJOBQYTT
 YUXTWDWAUROP IFAEAQJMPOEQQBWNNDQ
 PLXZVGBXOPNJWOLPXEWGKJPFALBNJ
 CGLIATWOLLAWSREWOLFOOMVBQHGNVU
 XEWVRJABEGREME IFQDVYXXLLFUVUAA
 GSRHEYINSECTCWLRHIVKEMIEVRFWMM
 YGMETAMORPHOSISABAUKOKLWTTCND
 AFEPEEPEIEAMHINHSCMWUDTNMWNNNDVU
 OHVYVOENTOMOLOGISTSWLCDFANLOJRX
 XXLEDCKAOLCGNINRUOMZQBELZQQNBC
 RNFDIMHNYPRFJUDAGZRWHHJQMDWWYF
 BZFNPNNSRSYSYSLWLESQMZGNGMRRMASM
 XSBUEUSEYNDRGTIILLNFVQARBSZGFOO
 CEQOLMXBTSIAEUNIOJNQWRJMXQMJS
 AXCPDSRIGFALLKGPFXPEDPJLDQPPQG
 LXHMDVEHTBPLVDCREMASTERLRLRUQHIL
 VUIOUPKUMMUIIDEEWKLIMNZHYJXCIO
 RKHCPYPGKZATHSJTHORAXLAGMBFLAP
 KCPCVIWZZSIZRIANCHDLFENLGPPIWU
 LTLJLZQEXIERXCFCFIELAMEFNGTOCX
 JBPIEFGYUSEFPPKRSLARIIMDADERSII
 JAYBZNOJFPBWMYDPHJODPOSGNIWODDC
 RFJHWIDVAPKPNSCPQXBODYMNEJJSIWR
 LYAMFJWYAQKHQIJGLEBOOJICPWMLLB
 OQRYFXRTZWEDPWSOHALORHKTOVHHLR
 EATZIOMHQCXLHQNUOPSREPSALCHYPB
 RKRZSBOMTIXUVIXINEUBCWARIAAXCOJ
 HBAQXMMJPJDNVZGROBXYYIXBJUMBKBQ
 LIYQJXPRJJXGIUKPHPYAVFISMZQTVP

ABDOMEN
 ANTENNAE
 BALTIMORECHECKERSPOT
 BASKING
 BROOD
 CATERPILLAR
 CHRYSSALIS
 CLASPERS
 COMMON SULPHUR
 COMPOUNDEYE
 CREMASTER

DIAPause
 EGG
 EMERGE
 ENTOMOLOGIST
 FEMALE
 FLOWERS
 FOREWING
 FRASS
 FRITILLARY
 GARDEN
 HEAD

HIBERNATION BOX
 HINDWING
 INSECT
 LEGS
 LEPIDOPTERA
 MALE
 METAMORPHOSIS
 MILKWEED
 MONARCH
 MOURNINGCLOAK
 NECTAR

PAINTEDLADY
 PROBOSCIS
 PUDDLE
 PUPAE
 REDADMIRAL
 SCALES
 SWALLOWTAIL
 THORAX
 VEINS
 VICEROY
 WINGS

SAFETY

With summer weather rapidly approaching –
**DRINK ENOUGH WATER TO REMAIN ALERT AND
AVOID DEHYDRATION. EVEN IN THE WINTER, IT IS
ESSENTIAL TO STAY HYDRATED WITH WATER AND
WARM LIQUIDS TO PREVENT LIGHTHEADEDNESS
AND LACK OF FOCUS.**

THE IMPORTANCE OF HYDRATION

Since your body can lose up to half of a gallon of water per hour when facing extreme heat and exercise, it is important to stay hydrated so you don't hurt your body.

SYMPOMTS OF DEHYDRATION:

- Headache
- Lightheadedness
- Dry mouth and lips
- Extreme thirst
- Confusion
- Muscle cramps
- Fatigue

THE ANATOMY OF NOT STAYING HYDRATED:

- If too much water is lost through sweating, your blood volume can decrease.
- This decreases blood pressure.
- Consequently, your heart begins to race.
- Your body may overheat since the heat isn't being released.

June 2024 Education Dates:

4th GED-Testing

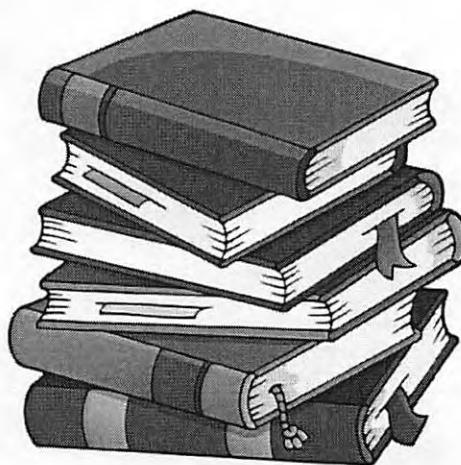
6th GED-Testing

18th End of spring term-last day of class

19th-30th NO-SCHOOL

20th Education Student Movie

22nd WCCF-GRADUATION



Graduates for the month of May

2024

Kristopher A. Pritchett

Lucas A. Tichinin

Quanah B. Gonzales-Skelton

Kirk J. Gallup

James R. King

Mateo. Silvestre-Hernandez

Martinez-Pena, Marco A.

Congratulate these men on their

Accomplishment!!



Education Library Book of the Month

211.CLJ.01.001 - SHOGUN by James Clavell

The epic saga of Pilot-Major John Blackthorne, who is shipwrecked on Japan, the most alien of shores. The novel charts Blackthorne's rise from the status of reviled foreigner up to the heights of trusted advisor and, eventually, samurai. All as a civil war looms over the fragile country.

Independent Study of the Month:

World War II: A Military and Social History

This set of thirty lectures examines the greatest conflict in human history, the Second World War. Between 1937 and 1945 approximately 55 million people perished in this series of interrelated conflicts. No continent was left untouched, no ocean or sea unaffected. The war fundamentally altered the international system, leading to the eclipse of Europe and the emergence of the United States and the Soviet Union as global superpowers. It ushered in the atomic age and produced, in Auschwitz and elsewhere, the grisliest crimes ever committed in the long course of Western civilization...

EXCEL WORKSHOP!

6/17/24 AND 6/18/24

Come one, come all to the spectacular reveal of Excel magic!

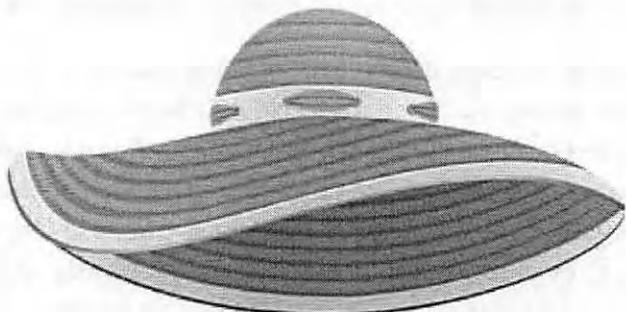
Want to know how Excel works?

Then this is the show for YOU!!!

Learn how Excel can greatly improve your business or personal life with just a few tricks of the program.

First come, first served; please fill out a kytic and send it to the Education Dept. to reserve your spot.

Seating is limited. Priority will be given to AICs who have been incarcerated for 10 or more years and AICs who are within a year or less to releasing. We can only accommodate about 10 AICs per class, so do not wait, sign up TODAY!!!



"What's in a name?" – Sports Mascot edition (Geography matters, again)

Mascot Names – Many mascots are totems, fierce creatures that represent us. *Lions* and *Tigers* and *Wildcats* and *Bulldogs* are popular fierce totems for our teams. Some mascots aren't fierce. Some early mascots were just colors, like the *Reds* and *White Sox*. MANY mascot names reflect something about the place, as it helps with fan loyalty to be associated with the *place where they live*:

Pittsburgh Steelers, Detroit Pistons, Denver Nuggets: Pittsburgh is famous for steel. A *Steeler* isn't a real thing, but the name sure does represent the economy of Pittsburgh. Even the logo (only on one side of the helmet) is U.S. Steel's logo. Detroit is Motown, The Motor City, and *Pistons* are important parts. Mountains are great for mining, whether for *Nuggets* or anything else, because they're not flat. None of these mascots is a fierce creature, but all represent the early economies (hence: workers) of the places.

San Francisco 49ers, Philadelphia 76ers: YEARS! A *49er* is a gold miner, fierce or not, and the name represents the history of San Francisco and the year (1849) the California Gold Rush began. Philadelphia is where the Declaration of Independence was written, signed, and declared, in that year of America's birth, 1776.

Miami Dolphins, Dallas Cowboys, Phoenix Suns. Could they keep those names if they moved? These mascot names really reflect their locations well. (Denver Dolphins? Seattle Suns?)

Baltimore Ravens and Orioles: Edgar Allan Poe, spooky author of *The Raven*, is NOT from Baltimore, but he is buried there, and that's it. Baltimore might be for the birds.

New York Knicks and Yankees. HISTORY! A *Knick* is a nickname for a New Yorker because of a book written in the 1800s by Washington Irving ("The Headless Horseman" guy), who named the rich family in his book "A History of New York" the Knickerbockers, and the name stuck, and that's it. *Yankee* is a dandy name that means "American" now, but not originally. After the Dutch swindled Manhattan Island from Native Americans (and called it New Amsterdam) they eventually traded it (easy come - easy go) to the English who re-named it New York. The Dutch already had an "insulting" nickname for the English: "John Cheese" – but in Dutch the name John ("Jan") is pronounced with the "Y" sound (like "Yawn") and cheese is "kees." So, the *Yankees* are an ethnic name also, like *Redskins* – but the difference is who gets mocked and who doesn't. If *Yankee* was *that* insulting, white Americans wouldn't have proudly used it for a song about a dandy.

Boston Celtics and Minnesota Vikings represent the white immigrants to those places: Irish and Scandinavians, who then got to become fully unhyphenated Americans. *Redskins*, *Indians* and *Chiefs* didn't. Chants from your own culture might originate in pride, but copying chants from other cultures mocks them, regardless of intent. The two teams who changed names from Native insults (*Redskins* and *Indians*) then became things stereotypical for white people: *Commanders* and *Guardians*.

New Orleans Saints, Utah Jazz & St Louis Blues. MUSIC! Original American music created by black people, specifically. The *Saints* came marching in, to New Orleans, original home of the *Jazz*, where the music, and people who invented it, are actually from. Utah provided few if any original jazz musicians and since it's the "Beehive State" the *Jazz* could've become the *Buzz* in 2 letters if they thought about it. In hockey, the *St. Louis Blues* have a music note as their logo because the very first Blues song ever published was "St. Louis Blues" by the black Blues musician WC Handy. (Minority assimilation is limited to ethnic restaurants and selected artistic expression like Native American jewelry)

Portland Trailblazers – History. The Oregon Trail was popular, but few “blazed” along. It was a slow journey, but it’s still the origin of the name **Trailblazer**. The **Timbers** and **Thorns** fit, too: Oregon has been a lumber place and Portland is the Rose City, and *every rose has its...*

Milwaukee Brewers - Yes, **Brewer** means brewing beer. If you think about Germans when you think about beer, good. Milwaukee (and Wisconsin in general) received more German immigrants than any other place. And Milwaukee is the city that made beer famous in America. Hamm’s, Pabst, Miller, Schlitz, Blatz, and more are all from there. “Laverne and Shirley” was an old TV show set in Milwaukee and the ladies worked in brewery. They were “*Brewsters!*” (a reference to last month’s name origins)

Tampa Bay Buccaneers & Orlando Magic – **Buccaneer** comes from a French word for pirate, and Tampa Bay was a hideout for those *Pirates of the Caribbean* long before Disney moved to Florida. Orlando was just an orange town before Disney arrived, but then they got a basketball team with a name reflective of the **Magic Kingdom** built there. An actual **Buccaneer** was a pirate who came ashore to find meat to smoke and store on board – since ships didn’t have refrigerators back then. Yo-ho-ho.

Houston Astros, Rockets, Oilers/Texans: “*Come in, Houston, we have problem*” - NASA HQ is in Houston (while the launch pad is in Florida), so that’s why **Astros** and **Rockets** are there. Houston had the **Oilers**, named after the economy, but the team moved to Tennessee and became the alliterative **Titans**.

Houston now has the **Texans**, another name that won’t migrate well. Notice the only different letters in the names: **TexANS** and **TitANS**. They spell what the **Oilers** did to Houston: *exit*.

Other Team Migrations:

The **Jazz** moved and kept their name even though it doesn’t really fit for Utah. But at least both **Jazz** and **Utah** are All-American, in their own, very different ways. Oh, that Mormon **Jazz**.

The **Lakers** moved from a fitting place: Minnesota, Land of 10,000 Lakes, to Los Angeles, land that has none, but *alliteration’s awesomeness attracted attention and argued against alternatives*. Along with the **Lakers**, many LA sports teams are migrants, and since the people in LA can’t think of better names, the **Dodgers** (Brooklyn), **Clippers** (San Diego) and **Rams** (Cleveland first, then LA, then St Louis, then back to LA) have all kept their old names. In early 20th century Brooklyn, people artfully *dodged* streetcars all the time, and San Diego is home to fancy-pants yacht racing, like the America’s Cup crowd with their **Clipper** ships. **Rams** are just kind of fierce, so the name works nearly anywhere an Aires can exist.

When Arizona finally got enough people for pro sports, once things like A/C and water - *generated by government-built dams and canals, government-built power plants and government tax breaks for defense contractors (aka: socialism for the wealthy)* - made AZ livable (thanks big government!), they named several of their teams after the environment to get their new migrant fans to unite: **Suns** and **Coyotes** and **Diamondbacks** are all very desert. **Cardinals** aren’t, and they’re originally from Chicago with a stop in St. Louis before migrating even further south (for the winter).

Seattle used to have the **Sonics**, because of Seattle’s prominence in the airplane industry, but the **Sonics** left town (in a sonic boom?) and became the **sound of Thunder** in Oklahoma City.

Lakeview, Oregon got its name from Goose Lake and the Lakeview school mascot is the **Honkers**.

If you’ve ever wondered why some team has a weird mascot name, it might be because the name reflects something about the place. Geography and history can be fun to learn. Go team.

Word Puzzles Brain Teasers

MEREPEAT

read

time time

ICE³

stefrankin

WEIGHT

history
history
history

Arrest
You're

Chimadena

BIG BIG
ignore ignore

pants
pants

BIRD

land time

ban ana

222 Day

lang4uage

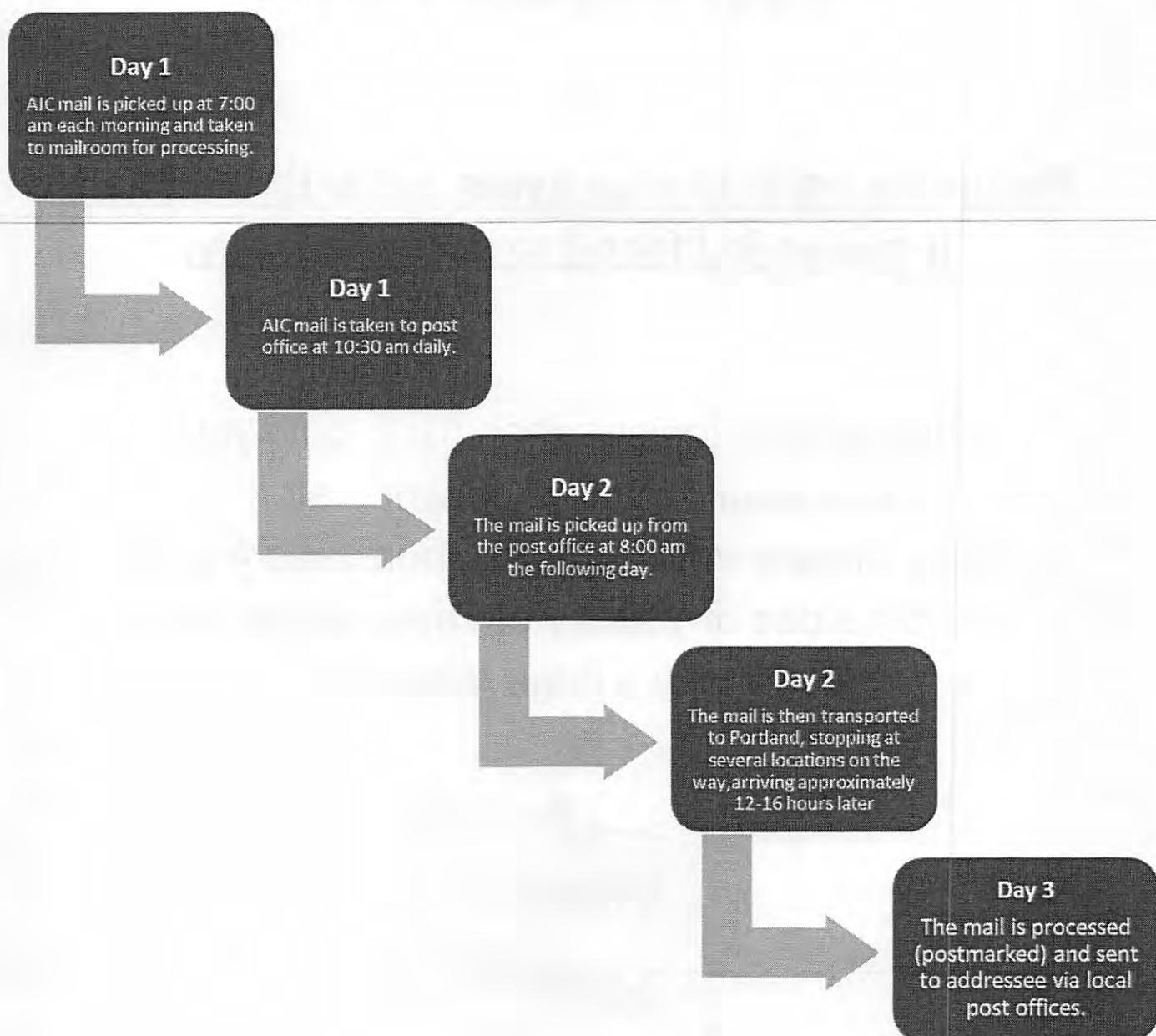
F
FIRE
R
E

GO IT IT IT

SITTING
THE WORLD

ME 10NE11

WCCF Outgoing Mail Process



Just a Few Reminders...

Please do not fold your kynes, other than in half.
It makes it difficult to sort efficiently.

Please write legibly when filling out kynes,
applications, club paperwork, etc....
Also, please write your unit, bunk and A or B
on both sides of your kyte. These small things
can make a huge difference.



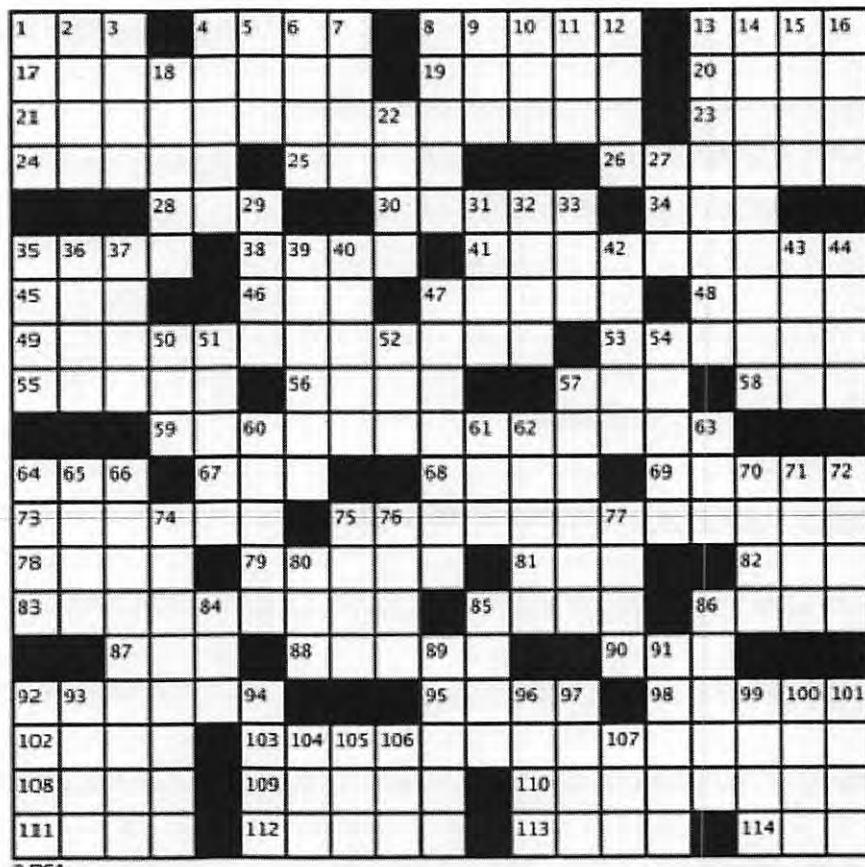
CROSSWORD PUZZLE

Sunset Cinema

By Caleb Madison

ACROSS

1. Styled, as hair
4. Peck's "Moby Dick" character
8. With 112-Across, party often accompanied by popcorn...or a key to what's missing in the Starred films
13. 1985 Peter Bogdanovich drama
17. Apple program that shows 3 gray dots when someone is composing a text
19. "I'll pay for this one"
20. Not pro
21. *1955 Charles Laughton thriller
23. Pesky bug
24. Character played by Guy Williams or Antonio Banderas
25. Years, to 24-Across
26. Busily decorated
28. Mess up
30. Writing mess-ups
34. Gut reaction?
35. Horror film of 2006 or 1976, with "the"
38. "The Nazarene" author Sholem
41. *1986 Edward Zwick dramedy
45. Passing craze
46. Mongrel
47. Country star Travis
48. "Dies ____"
49. *2004 Peter Berg sports drama that spawned a TV series
53. Julia's "Seinfeld" character
55. Biases
56. Bygone Russian despot
57. "Entourage" agent
58. Datum on some IRS forms
59. *1934 Frank Capra comedy
64. "Livin' Thing" band, informally
67. Howard who narrates "Arrested Development"
68. 1, for H: Abbr.
69. WWII threat
73. Greek island of Sappho
75. *1998 John Goodman comedy based on an SNL sketch
78. Daily material
79. 1985 Joel Schumacher film "St. ____ Fire"
81. Shook hands with, perhaps
82. Fix, as a sports game
83. *1964 Richard Lester comedy featuring the Beatles
85. Title island in a popular computer game
86. Food safety org.
87. Genetic letters
88. "Fiddle-faddle!"
90. Special ____
92. Financial institution whose ads feature Regis Philbin and Kelly Ripa
95. Joke response, informally



98. Spinner on a copter
102. Steed with speckles
103. *1967 Norman Jewison mystery based on a John Ball novel
108. Composer Satie
109. Wallflower
110. Rapper whose album "I Am Not a Human Being" was released while he was in jail
111. Actress Mara of "House of Cards"
112. See 8-Across
113. Character trajectories
114. "OMG that's SOO funny!"
- DOWN
1. Scatterbrained one
2. "If you ask me..." online
3. Does and bucks
4. In regards to
5. Bowler, for one
6. Turkish title
7. Existed
8. Timid
9. Totally beat, in slang
10. Doc for a dog
11. "____ Mine" (Beatles tune)
12. Architect Saarinen
13. 1999 Paul Thomas Anderson movie that ends with a biblical plague
14. "The House Bunny" actress
15. ERA or RBI
16. Flier in wind
18. Philosopher Kierkegaard
22. "The Empire Strikes Back" opening planet
27. Go bad
29. Rated R, perhaps
31. Role
32. Kimono sashes
33. Drunkard
35. Kills à la Corleone
36. "Mean Girls" director Waters
37. Falco of "Nurse Jackie"
39. Mehmed II, for one
40. Like some chips or days
42. Unborn, after "in"
43. Without, to Jean-Pierre
44. Typical "Twilight" fan
47. Menaces
50. Breathalyzer test target, briefly
51. Elroy Jetson's dog
52. Banana Republic competitor
54. Operating system option
57. Can't get enough of
60. Washed (down)
61. High degree
62. One giving 47-Down, perhaps
63. Recede
64. "____ Enchanted" (2004 film)
65. Biblical mother of Dina
66. Film with the Academy in mind
70. "Yours, Mine and ____"
71. Hot and dry
72. "Ruck City" rapper
74. Key player in the 2007-08 financial crisis
75. Sedaris and Ryan
76. Comedian Daniel
77. Director Preminger
80. Thighs, when seated
84. Pundit Savage
85. "Kissez!"
86. Uncle Sam's domain
89. "____ the media!"
91. Opposites of stems
92. Journey
93. Partner of Boats, on TV
94. Firing locale
96. 2010 Broadway musical about an African multiinstrumentalist
97. Even
99. "GTG! C u soon!"
100. "This can't be good"
101. Projectionist's unit
104. "There's ____ in team!"
105. "Star Trek" sequel, briefly
106. Snicker syllable
107. "No Scrubs" band

worksource | OREGON

Attention Returning Citizens!

WorkSource Oregon Re-Entry Job Seeker Services are now available
inside WCCF

If you are 90 days from release and have completed the Employment section of the Roads to Success classes, you are eligible to work with your local WorkSource Oregon team.

- The WorkSource Team can help you prepare for your re-entry to any county in Oregon.
- Releasing on and interstate compact? We can help get you connected to the One Stop Career Resources in your state.

At WorkSource, you can:

- Register in iMatchSkills, Oregon's largest job database
- Learn about **free training** to help you advance in your career or learn a new industry (*Want a CDL? We can Help!*).
- Explore paid internships, apprenticeships, on-the-job training, and vocational training opportunities in your county.
- Take part in workshops on resumes, interviewing, networking, soft skills, applying for jobs, and more.
- Use the WorkSource computer lab to look for jobs in your community and apply for jobs through your iMatchSkills profile. We can even help you coordinate a virtual or phone interview with prospective employers in your community.
- Get help with transportation, childcare, food, internet access, tuition, textbooks, school fees, identification, work clothes and tools, and more through the STEP and WIOA Programs. Learn more at WorkSource!

To be eligible to work with the WCCF WorkSource Team, you MUST register for AND complete the Employment portion of the Roads to Success Classes!

Transferring to a different release facility? You are still able to work with the WCCF Team! Your completed resume and other work you've done will transfer with you! WorkSource Services are not currently available in all ODOC institutions.

Send a kytic to Ms. Way to request registration in the upcoming Roads to Success classes!



**State of Oregon
Department of Corrections Commissary**

DATE: FRIDAY, MAY 03, 2024
TO: Adults in Custody
FROM: Dustin Hoffman, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

(Handwritten signature over "News:" text)

**Due to year-end inventory, sales of the all pre-sale items will be suspended from
May 17th close of business - July 1, 2024.**

Incentive form

Incentive Order Form	
Please use my Protected Funds for this order	
Signature Required	
SID: _____	Date: _____
Name _____	Last _____ First _____
Institution _____	Last _____ First _____
Block-Unit _____	Cell-Bunk _____
Please allow upto 6 weeks for delivery as we do not carry an inventory of items.	
Your order was processed	
Shoe Order # _____	
Incentive Order # _____	
TV Order # _____	

Any orders submitted for suspended items during this period will be cancelled. Normal
sales of these items will resume beginning July 1, 2024.

TO: All Adults in Custody
FROM: Oregon Department of Corrections (ODOC) Health Services
DATE: May 1, 2024
RE: Electronic Health Records (EHR)

Blue Charts, Green Charts and Scanning: What is happening?

New processes are in place for scanning patient paper healthcare records for ODOC Health Services' upcoming Electronic Health Records (EHR) system. It is important to understand what the new processes mean for your private health information.

Blue Charts: Your paper health information is currently being stored in a blue medical chart. Those paper records will be scanned and turned into electronic files for use in the EHR. It is important to know that some people's blue chart will not be scanned if they are scheduled to release before the EHR is turned on.

Green Charts: Once your blue medical chart is scanned, a green medical chart will be created. All new health information will be put in your green medical chart.

The green chart always stays with the scanned blue chart, but any new documents will only be added to the green chart.

A few weeks before an Institution's EHR is turned on, our scanning partners will return and scan all documents contained in green charts.

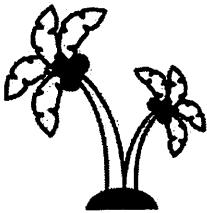
These processes will help make sure your paper health records become part of your electronic health record (EHR).

Scanning Process: Our scanning partners have lots of experience—over 55 years! They scan thousands of pages every day. When your paper health records are scanned, the electronic files are stored, protected, and backed-up on hard drives.

Privacy Matters: Your health information belongs to you, and your privacy is important. Throughout the EHR project, patient confidentiality and privacy remain our top priority. Health Services wants to make sure you fully understand that your information is kept safe and only authorized people in health services can see those records.

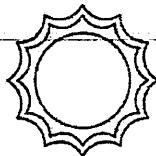
SUMMER SUDOKU

FILL EACH ROW, COLUMN, AND BLOCK WITH UNIQUE NUMBERS FROM 1 TO 6



2		4		5	6
	4	5			
6	5	2		4	1
	2	1	5		4
4	6	3		1	
5		6	4		2

1	6	5		4	
2			6	5	1
5	4	1	2	3	
	1	2	5	6	
4		6	1	2	
			4	1	



1	4	3	5	2	6
5		2		1	
2	6	1		3	
	5		1		
4		6		5	3
6	2	5	3		

	4		2		
2			5	3	4
3	1				2
1	2	3			4
4			6	1	3
6		4	1	5	2



	4	2	3		6
		6		2	1
2	6		1	3	4
3			6	4	
6	5		2		3
4	1	3	5		

		3	2		6
2	4	6	1	5	3
			5	1	
5	2			6	
4		5	6	3	1
	3	1		2	5



LAW LIBRARY

UPDATES

Legal mail

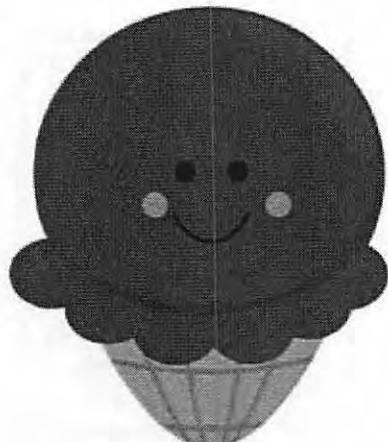
All legal mail will now be handed out by R&D in the evenings.

****ALL MISSED LEGAL CALLOUTS WILL RESULT IN AN
AUTOMATIC 4-HOUR CELL IN****

Law Library will be closed June 19th

Call out codes for the Law Library

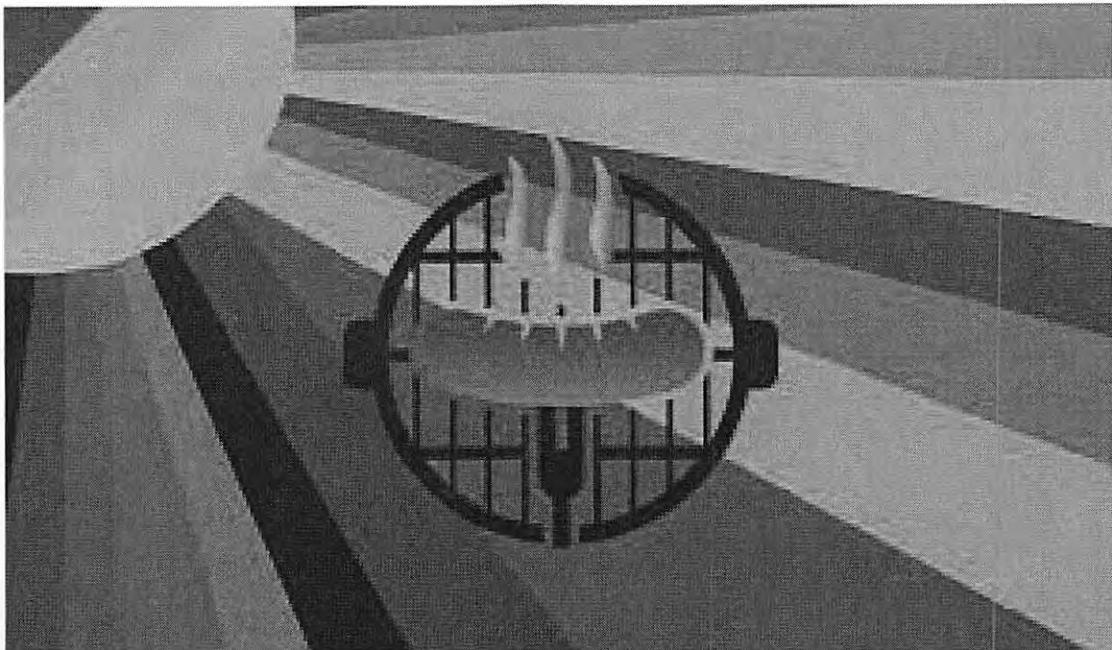
Abbreviation in Location Field	Meaning of Abbreviation
DR	Desk Research
TC	Research/Word Processing
LA	Legal Assistant
MO	Mail Out
N	Notary
F	Forms
A/V	Review CDs of discovery
C	Copies
Box	Legal Boxes
MISC	Miscellaneous
MU	Make Up (will have service scheduled fol-



The next food handlers test is JULY 11TH!!

Please Kyte Ms. S. Snyder

to be added to the list if you need to take this test.



VETERANS SERVICES

Mr. Pereyra the Lake County Veterans Service Officer has offered to come in and meet with any veterans in need of help or resources from Veterans Services.

To be added to a call out kyte Ms. B Haveli in the Law Library by the 15th of each month to be added to Mr. Pereyra's next visit day.



U.S. Department
of Veterans Affairs

Have a drug or alcohol problem? Looking for a solution? Come Join us!

Sunday/ Monday

6-7 pm

AA/NA

Kyte

Ms. Carpenter

to be added to the call outs



From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 4/3/2024.

PROPOSED RULES:

291-100 Admission, Sentence Computation, and Release

- Amends rule to clarify rules; remove references to "inmate" and gendered language; add definitions and information on legal name changes; match standard rule definitions; update information on ORS 137.370(4) to align with the statute language; update rule titles and statutory references; and for minor punctuation.

Last day of comment period: 7/4/24 at 5:00 PM

291-079 Shared Information Systems

- Repeals rule division based on 2011 statutory changes that made the policy and procedures non-applicable to the Department of Corrections.

Last day of comment period: 7/4/24 at 5:00 PM

TEMPORARY RULES

291-127 Visiting

- Amends rule to expand eligibility criteria for consideration for visitation; authorize the Assistant Director of Correctional Services or designee to approve visits for certain minor children with their incarcerated parents under specific conditions; make the eligibility criteria apply retroactively to all persons who have submitted or will submit a visiting application prior to, on, and after the effective date of the rule amendments; delete and add definitions of terms; and clarify the Department's policies and procedures for administrative review of decisions denying an application for visiting.

Effective: 5/16/24 through 11/11/24

PERMANENT RULES:

291-005 Information Systems Access and Security

Amends rule to better reflect and implement the direction of the agency, statewide standards, and industry modernization; improve consistency and clarity of the rules; further define and update process; update position titles and timelines; and establish guidelines around separation of duties, authorizing access, shared or group credentials, open user accounts, and physical security.

Effective: 4/29/24

291-078 Community Case Management (Community Corrections)

Amends rule to update definitions to align with current business terminology and with revisions to substantive provisions of these rules; to reorganize the rules to a more logical format for ease of reference and use; to add gender-specific case management practices through the use of the Women's Risk Needs Assessment; per SB 1510 (2022) to adopt new rule concerning minimum contact standards; to clarify process for counties around the use of OMS case planning tools; and to change "inmate" to "AIC" per statutory requirement.

Effective: 5/1/24

291-105 Prohibited Conduct and Processing Disciplinary Actions

Amends rule to standardize definitions of terms across Department of Corrections rules; adopt a definition for "digital currency"; and update misconduct violations (Violations Involving Property, Violations Against Persons) to address trends affecting the safety and security of our facilities.

Effective: 5/23/24

291-202 Sex Offenders, Special Provisions

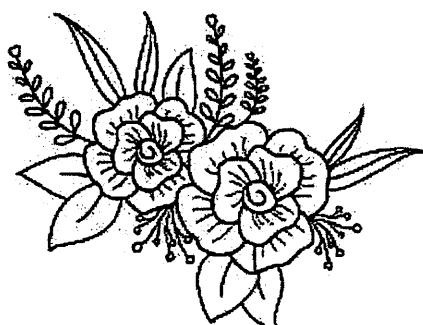
Amends rule to incorporate changes in legislation per HB2549 (2013) and HB2520 (2015); to incorporate changes in practice or department philosophy (change "inmate" to "AIC" per HB 3146 (2019); to clarify terminology; to update definitions and statutory references or further define process; to expand exception authority within county community corrections agencies; and to perform technical corrections.

Effective: 4/29/24

291-209 Earned Discharge

Amends rule per SB 581 (2023) to make the changes included as part of HB2172 retroactive to the August 1, 2013 date of the original HB3194 legislation.

Effective: 5/24/24



Physical Plant News

Just an FYI- Physical Plant does not make special trips to go up on the roof to retrieve any kind of balls. When the maintenance specialists go up on the roof to complete needed maintenance, balls will be kicked/thrown down.



How to Reach an Advocate

Simply dial 711 or the telephone number listed from any inmate telephone. You will be connected directly to the local community-based advocacy center where the institution you are housed is located. There is no charge when calling 711 or directly dialing the numbers listed.

You may also write to an advocate at the address listed inside this pamphlet.

The advocacy centers listed are available to assist you. Regardless of the name of the advocacy center all of them provide sexual abuse support to people of all genders.

Questions about how to reach an advocate may also be directed to a SART member or the ODOC PREA Office.

**Communications with community-based advocates are considered privileged as of the 2015 legislative session (House Bill 3476). ODOC telephone calls and mail with community-based advocates will be handled similar to legal calls/official mail.

If you feel you are in immediate danger, contact the nearest staff member or OIC.

Options for filing a report of sexual abuse:

- Contact the Inspector General Hotline by dialing 9 on the inmate telephone system.
- File a grievance
- File an anonymous report with an outside agency by writing to:
Governor's Office of Constituent Services
900 Court Street NE, Suite 160
Salem, Oregon 97301

(Your letter will need to indicate at the beginning you wish to file a PREA allegation and remain anonymous.)

Oregon Department of Corrections

Sexual Abuse Advocacy



Oregon Department of Corrections
PREA Advocacy Office
2575 Center Street NE
Salem, OR 97301
4-2016



In partnership with



PREA Sexual Abuse Advocacy (Support)

 After a sexual assault you may want to speak with someone who can assist you with what happens next. Whether you choose to have a forensic medical exam and report the assault to the institution or not, you can get help from an advocate. The advocate will help you by providing you with information about the process as well as provide emotional support. This help is called advocacy.

Advocates offer survivors information about the different options available to them and support a survivor's decision-making. Advocates do not tell survivors what to do. Advocates are committed to maintaining the highest possible levels of confidentiality in their communications with survivors.

Oregon Department of Corrections has a ZERO TOLERANCE policy towards sexual abuse and sexual harassment of incarcerated persons

Institution	Community-Based Advocacy Center
CCCF	Sexual Assault Resource Center (SARC) 4900 SW Griffith Drive, Suite 100 Beaverton, Oregon 97005 (971) 330-5838
CRCI	Call to Safety (formerly PWCL) Advocacy Program PO Box 42610 Portland, OR 97242 1 (888) 235-5333
DRCI	Saving Grace 1004 NW Milwaukee Ave, Suite 100 Bend, OR 97701 1 (866) 504-8992
EOCI	Domestic Violence Services (DVS) PO Box 152 Pendleton, OR 97801 1 (800) 833-1161
MCCF	Center for Hope and Safety (CHS)
OSCI	605 Center Street NE
OSP	Salem, OR 97301
SCI	1 (866) 399-7722
PRCF	May Day 1834 Main Street Baker City, OR 97814 (541) 403-0291
SCCI	Women's Safety & Resource Center 1681 Newmark Avenue Coos Bay, Oregon 97420 1 (888) 793-5612
SRCI	Project Dove PO Box 980 Ontario, OR 97914 (208) 739-5061
SFFC	Tillamook County Women's Resource Center (TCWRC) PO Box 187 Tillamook, OR 97141 1 (800) 992-1679
TRCI	Domestic Violence Services (DVS) PO Box 152 Pendleton, OR 97801 1 (800) 833-1161
WCCF	Lake County Crisis Center PO Box 774 Lakeview, Oregon 97630 1 (800) 338-7590

Role of Advocate

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse
- Talk with a survivor about their current and ongoing safety
- Explain reporting options available through PREA
- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

An advocate's role is

- Not make decisions or tell a survivor what to do
- Not tell a survivor whether or not to report
- Not investigate a crime
- Not provide legal advice
- Not be a survivor's friend
- Not provide therapy
- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information

Additional Resources

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

Como Alcanzar a un Defensor

Simplemente marca 711, o el número listado. Usted sera conectado con el centro de apoyo, que esta situado cerca de el institución, en donde tu estas. No hay cobro para marcar 711, ni para llamar a los centros de apoyo.

También puede escribir a un defensor a la dirección que aparece en el interior de este folleto.

Los centros de defensa enumerados están disponibles para ayudarle. Sin tener en cuenta el nombre del centro de defensa, todos pueden ayudar a personas de todos los géneros, sobre la tema de abuso sexual.

Preguntas sobre como contactar a un defensor pueden ser dirigidos a un miembro de SART or la Defensora de PREA

**Comunicaciones con defensores en la comunidad son considerados privilegiados desde el sesion parlamentaria de 2015 (House Bill 3476). Las llamadas de los encarcelados con defensores en la comunidad, seran administrados similarmente a las llamadas legales/correo oficial.

Si usted siente que estás en peligro inmediato, informe le a un oficial tan pronto que puede.

Las opciones para reportar el abuso sexual:

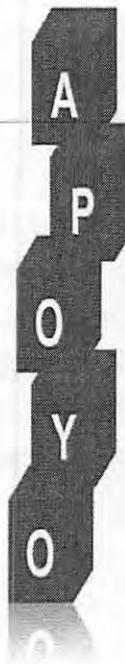
- Llame a la linea directa de el Inspector General, marcando el numero 9, en la sistema de teléfono
- Presentar una queja (Grievance)
- Presentar un informe anónimo con una agencia externa por escrito a:

Governor's Office of Constituent Services
900 Court Street NE, Suite 160
Salem, Oregon 97301

(Su carta debe indicar al principio que deseas presentar una denuncia de PREA, y que desea permanecer en el anonimato.)

Oregon Department of Corrections

Apoyo Para Víctimas de Abuso Sexual



Oregon Department of Corrections
PREA Advocacy Office
2575 Center Street NE
Salem, OR 97301

4-2016



En alianza con



Oregon Coalition
Against Domestic & Sexual Violence



PREA Apoyo Para Víctimas de Abuso Sexual

Después de un asalto sexual, quizás necesitas hablar con alguien quién te puede ayudar con lo que sigue. Sin importar si usted toma un examen forense y reportes el asalto a los oficiales, usted puede obtener ayuda por un defensor. El defensor te proporcionará información sobre el proceso, y tambien apoyo emocional. Esto se llama apoyo.

Los defensores ofrecen a la víctima información sobre los diferentes opciones disponibles, y los apoyan en sus decisiones. Los defensores no les dice a las víctimas que hacer. Los defensores estan comprometidos a mantener la confidencialidad de todo comunicación con las victimas.

El Departamento de Correcciones de Oregon tiene una regla de ZERO TOLERANCIA hacia el abuso sexual y el acoso sexual a los encarcelados.

Institution	Community-Based Advocacy Center
CCCF	Sexual Assault Resource Center (SARC) 4900 SW Griffith Drive, Suite 100 Beaverton, Oregon 97005 (971) 330-5838
CRCI	Call to Safety (formerly PWCL) Advocacy Program PO Box 42610 Portland, OR 97242 1 (888) 235-5333
DRCI	Saving Grace 1004 NW Milwaukee Ave, Suite 100 Bend, OR 97701 1 (866) 504-8992
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TRCI	Domestic Violence Services (DVS) PO Box 152 Pendleton, OR 97801 1 (800) 833-1161
WCCF	Lake County Crisis Center PO Box 774 Lakeview, Oregon 97630 1 (800) 338-7590

Participación de el Defensor

- Proveer apoyo confidencial y intervención de crisis por el teléfono, para sobrevivientes de el abuso sexual
- Hablar con el sobreviviente acerca de su seguridad actual y en curso
- Explicar las opciones de informes disponibles a través de PREA
- Apoyar a el sobreviviente durante el examen fisico
- Apoyar a el sobreviviente durante la entrevista de investigación, sobre el abuso sexual, si es necesario
- Educar a el sobreviviente sobre el curación de el abuso sexual
- Ofrecer recurso y referencia
- Proporcionar apoyo continuo

Los Defensores

- No hace decisiones, ni te dice que hacer
- No le dirá a un sobreviviente si debe o no informar
- No va a investigar un crimen
- No proporcionará consejos legales
- No va a ser amigo de un sobreviviente
- No proporcionará la terapia
- No se comunicará con la institución a menos que el preso se lo solicite, y sólo con una forma firmada, dando liberación de información limitada



Recursos adicionales

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

Results of the food survey for 2024

Out of the 340 is surveys we received 69 back.

The results of the top three answers are as follows:

1. Listed below are the top main dishes from 2022. Please check you three favorite items.

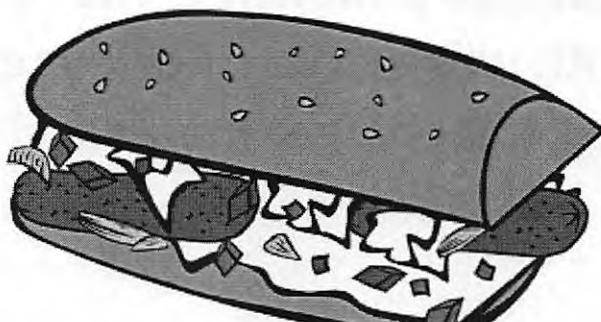
Enchilada Casserole	54
Chicken Drumsticks	34
Nacho	33

2. What are your favorite breakfast items?

Hobo Breakfast and Sausage gravy tied for first place	33
Fried/Scrambled Eggs	28
Veggie Scramble	24

3. How many calories do you think you need in a day?

2500 to 3000	16
2000	9
1500	3



4. Write down three recipes or food items you would like to remove from the menu.

Chicken Sausage	18
Tuna Ceviche	11
Pancakes	10

5. Write down three recipes or food items you would like added to the menu.

Pepperoni Pizza	9
Chicken strips	8
Tie for third, Veggie Pizza and Tater tots	6

6. Give one suggestion that you think would improve institution meal service.

Bigger portions / More food	22
More seasonings	8
Hire AICs with cooking experience properly train AICs to cook that want to work in Food Service	6
Healthy more balance foods / Fresh vegetables	6

I appreciate all that participated in this survey.

-Food Service Manager Chase



We will be releasing the Special Information menus one a month in the newsletter. So this month will be the calorie menu, next month will be the protein menu and so on.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Oatmeal (137.6 Kcal) Canned Fruit (47.6 Kcal) Hard Boiled Egg (81.1 Kcal) Pancakes (513.8 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) Fried Egg (287.5 Kcal) Refried Beans (120.9 Kcal) Ranchero Sauce (25.4 Kcal) Flour Tortilla (180.5 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) Poultry Sausage (72.2 Kcal) French Toast (280.2 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (71.7 Kcal) Poultry Sausage (72.2 Kcal) (204.6 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 (47.6 Kcal) Veggie & Cheese Scramble (204.6 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.6 Kcal) Fresh Fruit (107.1 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 (84.6 Kcal) Scrambled Eggs (119.1 Kcal) Poultry Sausage (72.2 Kcal) Fried Potatoes (205.6 Kcal) Wheat Toast (160.8 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)
Week :1 Calorie Count - Mainline - Repeat Cycle	Total : 1,879.5 Kcal	Total : 1,901.5 Kcal	Total : 1,907.5 Kcal	Total : 1,907.5 Kcal	Total : 1,907.5 Kcal	Total : 1,907.5 Kcal
Lunch Tomato Soup (51.7 Kcal) Grilled Cheese Sandwich on Wheat (501.1 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Soup of the Day (98.6 Kcal) *Barbeque Pork (280.9 Kcal) Wheat Hoagie Roll (228.4 Kcal) Macaroni & Cheese (254.8 Kcal) Broccoli (35.9 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	Taco Soup (87.8 Kcal) Tuna Ceviche (87.5 Kcal) Spanish Rice (119.6 Kcal) Blended Vegetables (59.5 Kcal) Tortilla Chips (283.5 Kcal) Salsa (15.9 Kcal) Fresh Fruit (107.7 Kcal) Fortified Drink (5.1 Kcal)	Lentil Soup (140.0 Kcal) Chicken-Lettuce Salad (108.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Broccoli (35.9 Kcal) Spanish Rice (119.6 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Taco Salad with Meat (147.0 Kcal) Seasoned Beans (158.0 Kcal) Salsa (15.9 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Broccoli (35.9 Kcal) Spanish Rice (119.6 Kcal) Tortilla Chips (283.5 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	*Soup of the Day (98.6 Kcal) Peanut Butter & Jelly Sandwich on Wheat (948.6 Kcal) Blended Vegetables (59.5 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken Quarter (384.5 Kcal) Mashed Potatoes (146.7 Kcal) Poultry Gravy (51.5 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Ice Cream Cup (80.0 Kcal) Fortified Drink (5.1 Kcal)
Dinner Lettuce Salad (7.9 Kcal) Salad Dressing (60.6 Kcal) Salisbury Steak (288.4 Kcal) Mashed Potatoes (148.7 Kcal) Beef Gravy (44.7 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Chicken Alfredo Sauce (229.3 Kcal) Spaghetti (147.7 Kcal) Carrots (39.4 Kcal) Focaccia Bread (376.0 Kcal) Pudding (92.4 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Ranch Style Chili (378.2 Kcal) Baked Potato (134.4 Kcal) Sour Cream (56.1 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.0 Kcal) *Pizza (choice) (653.1 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Beef Stew (319.2 Kcal) Brown Rice (163.9 Kcal) Cauliflower (32.4 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Choice Cookie (241.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.6 Kcal) Beef & Broccoli Casserole (348.4 Kcal) Carrots (39.4 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Texas Slaw (104.7 Kcal) Burrito Meat (201.9 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (98.2 Kcal) Lemon Cilantro Rice (227.1 Kcal) Salsa (15.9 Kcal) Whole Wheat Tortilla (337.4 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.0 Kcal)
Total	Total : 1,824.3 Kcal	Total : 1,821.7 Kcal	Total : 1,749.1 Kcal	Total : 2,866.9 Kcal	Total : 2,850.3 Kcal	Total : 2,824.2 Kcal
Total	Total : 1,824.3 Kcal	Total : 1,821.7 Kcal	Total : 1,749.1 Kcal	Total : 2,866.9 Kcal	Total : 2,850.3 Kcal	Total : 3,228.2 Kcal

Posted in July AIC Newsletter



SINGLE NUTRIENT REPORT : CALORIES
Warner Creek Correctional Facility : Warner Creek Correctional Facility

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) Bagel (231.1 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Scrambled Eggs (119.1 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (98.2 Kcal) Salsa (15.9 Kcal) Flour Tortilla (160.5 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 (162.2 Kcal) Biscuit (280.0 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (71.7 Kcal) Waffles (147.4 Kcal) Peanut Butter (254.3 Kcal) Maple Syrup (90.7 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Scrambled Eggs (170.1 Kcal) Shredded Cheese (98.2 Kcal) Wheat Toast (160.6 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Multigrain Hot Cereal (131.5 Kcal) Fresh Fruit (107.1 Kcal) Yogurt (143.1 Kcal) Breakfast Pastry (292.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (84.6 Kcal) Scrambled Eggs (119.1 Kcal) *Pork Bacon (287.4 Kcal) Fried Potatoes (205.6 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: 1,935.9 Kcal	Total: 1,909.8 Kcal	Total: 1,939.1 Kcal	Total: 1,921.2 Kcal	Total: 1,937.7 Kcal	Total: 1,937.7 Kcal	Total: 1,934.9 Kcal
Week 2 : (Calories / Day) - Mainline - Repeat Cycle	Week 2 : (Calories / Day) - Mainline - Repeat Cycle	Week 2 : (Calories / Day) - Mainline - Repeat Cycle	Week 2 : (Calories / Day) - Mainline - Repeat Cycle	Week 2 : (Calories / Day) - Mainline - Repeat Cycle	Week 2 : (Calories / Day) - Mainline - Repeat Cycle	Week 2 : (Calories / Day) - Mainline - Repeat Cycle
Bean Soup (155.0 Kcal) *Grilled Ham and Cheese Sandwich on Wheat (344.1 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Mинestrone Soup (119.2 Kcal) Tuna Salad (115.7 Kcal) Shredded Lettuce (2.5 Kcal) Wheat Hoagie Roll (228.4 Kcal) Blended Vegetables (59.5 Kcal) Chips (140.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	*Soup of the Day (98.8 Kcal) Chef Salad with Turkey (67.8 Kcal) Hard Boiled Egg (81.1 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Broccoli (35.9 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Fresh Fruit (107.7 Kcal) Fortified Drink (5.1 Kcal)	Potato Soup (181.6 Kcal) Meat & Cheese Sandwich on Wheat (387.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.6 Kcal) Mayo & Mustard (42.4 Kcal) Peas (92.3 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Texas Slaw (104.7 Kcal) Mexican Picadillo (199.8 Kcal) Brown Rice (163.9 Kcal) Broccoli (35.9 Kcal) Cornbread (212.7 Kcal) Peas (92.3 Kcal) Chips (140.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	*Soup of the Day (98.6 Kcal) Chicken Salad (131.8 Kcal) Shredded Lettuce (2.5 Kcal) Wheat Hoagie Roll (228.4 Kcal) Blended Vegetables (59.5 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (80.8 Kcal) Roast Turkey (125.0 Kcal) Poultry Gravy (51.5 Kcal) Mashed Potatoes (148.7 Kcal) Green Beans (32.7 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Chocolate Cupcake (264.6 Kcal) Fortified Drink (5.1 Kcal)
Total: 1,749.7 Kcal	Total: 1,749.7 Kcal	Total: 1,817.0 Kcal	Total: 1,830.0 Kcal	Total: 1,830.0 Kcal	Total: 1,830.0 Kcal	Total: 1,830.0 Kcal
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken Quesadilla (601.9 Kcal) Salsa (15.9 Kcal) Sour Cream (58.1 Kcal) Spanish Rice (119.6 Kcal) Butternut Squash (60.5 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Hot Roast Beef Sandwich on Wheat (303.0 Kcal) Beef Gravy (44.7 Kcal) Mashed Potatoes (146.7 Kcal) Carrots (39.4 Kcal) Fruit Bar (288.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Chili Mac (249.1 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.3 Kcal) Cheese Pizza (472.4 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Chicken & Rice Casserole (370.4 Kcal) Carrots (39.4 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Gelatin & Whip Topping (102.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Shepherd's Pie (435.8 Kcal) Peas (92.3 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Meat Sauce (211.1 Kcal) Spaghetti (147.7 Kcal) Cauliflower (32.4 Kcal) French Bread (121.8 Kcal) Garlic Margarine (97.4 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.0 Kcal)
Total: 1,845.0 Kcal	Total: 1,845.0 Kcal	Total: 1,867.4 Kcal	Total: 1,869.0 Kcal	Total: 1,873.7 Kcal	Total: 1,873.7 Kcal	Total: 1,873.7 Kcal
Total	Total	Total	Total	Total	Total	Total
2,644.7 Kcal	2,558.2 Kcal	2,573.1 Kcal	2,621.0 Kcal	2,650.0 Kcal	2,510.6 Kcal	2,917.0 Kcal

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Oatmeal (137.5 Kcal) Canned Fruit (47.8 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) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Multigrain Hot Cereal (131.5 Kcal) Canned Fruit (64.8 Kcal) Beef Hash (224.3 Kcal) Ketchup (14.3 Kcal) Wheat Toast (180.6 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 (71.7 Kcal) Waffles (147.4 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)	Farina (136.0 Kcal) Canned Fruit (47.6 Kcal) "Ham & Cheese Scramble" (218.7 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Fresh Fruit (107.1 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 (64.6 Kcal) Scrambled Eggs (119.1 Kcal) Poultry Sausage (72.2 Kcal) Fried Potatoes (205.6 Kcal) Wheat Toast (180.6 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	
Total : 1,501.5 Kcal	Total : 1,502.5 Kcal	Total : 1,602.5 Kcal	Total : 1,650.0 Kcal	Total : 1,719.5 Kcal	Total : 1,709.5 Kcal	Total : 1,719.5 Kcal	
Coleslaw (68.8 Kcal) Hot Dog (200.0 Kcal) Wheat Hoagie Roll (228.4 Kcal) Ketchup (14.3 Kcal) Mustard (8.8 Kcal) Peas (92.3 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	*Soup of the Day (98.6 Kcal) Chicken-Lettuce Salad (108.0 Kcal) Shredded Onions (11.3 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Carrots (39.4 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	Potato Soup (161.6 Kcal) Tuna Salad (115.7 Kcal) Shredded Lettuce (2.5 Kcal) Wheat Hoagie Roll (228.4 Kcal) Blended Vegetables (59.5 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.7 Kcal) Fortified Drink (5.1 Kcal)	Corn Chowder (160.9 Kcal) Fried Egg Sandwich on Wheat (448.0 Kcal) Mayonnaise (33.7 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	*Soup of the Day (176.6 Kcal) "Meat & Cheese Sandwich on Wheat (387.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Cauliflower (32.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	Nacho Meat (201.9 Kcal) Refried Beans (120.9 Kcal) Cheese Sauce (117.0 Kcal) Lettuce Salad (7.9 Kcal) Salsa (15.9 Kcal) Tortilla Chips (283.5 Kcal) Corn (125.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) *Roast Pork Loin (177.8 Kcal) Scalloped Potatoes (208.4 Kcal) Broccoli (35.9 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Ice Cream Cup (80.0 Kcal) Fortified Drink (5.1 Kcal)	
Total : 892.5 Kcal	Total : 852.5 Kcal	Total : 920.5 Kcal	Total : 922.5 Kcal	Total : 917.5 Kcal	Total : 923.5 Kcal	Total : 923.5 Kcal	
Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Spicy Rice Casserole (318.6 Kcal) Green Beans (32.7 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.8 Kcal) Sloppy Joe (306.2 Kcal) Wheat Burger Bun (237.0 Kcal) Broccoli (36.9 Kcal) Seasoned Potatoes (204.1 Kcal) Ketchup (14.3 Kcal) Pudding (92.4 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken Enchilada Casserole (529.1 Kcal) Seasoned Beans (158.0 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) *Pizza (choice) (553.1 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.8 Kcal) Loco Moco Patty (210.7 Kcal) Fried Egg (91.1 Kcal) Beef Gravy (44.7 Kcal) White Rice (148.0 Kcal) Peas & Carrots (86.0 Kcal) Fruit Crisp (228.8 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.8 Kcal) Salad Dressing (85.3 Kcal) Turkey Noodle Casserole (386.8 Kcal) Blended Vegetables (59.5 Kcal) Focaccia Bread (376.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Creole Chicken (158.5 Kcal) Brown Rice Pilaf (144.9 Kcal) Carrots (39.4 Kcal) French Bread (121.6 Kcal) Margarine (97.2 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.0 Kcal)	
Total : 742.5 Kcal	Total : 733.5 Kcal	Total : 747.5 Kcal	Total : 747.5 Kcal	Total : 747.5 Kcal	Total : 729.5 Kcal	Total : 730.5 Kcal	
Total	2,740.6 Kcal	2,777.9 Kcal	2,758.8 Kcal	2,678.9 Kcal	2,526.5 Kcal	2,665.2 Kcal	2,574.8 Kcal

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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) Fried Egg (287.5 Kcal) Refried Beans (120.9 Kcal) Ranchero Sauce (25.4 Kcal) Flour Tortilla (180.5 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) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (71.7 Kcal) Poultry Sausage (72.2 Kcal) French Toast (290.2 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 (47.6 Kcal) Veggie & Cheese Scramble (204.6 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Fresh Fruit (107.1 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (263.8 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (84.6 Kcal) Scrambled Eggs (119.1 Kcal) Poultry Sausage (72.2 Kcal) Fried Potatoes (205.6 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: 1,457.5 Kcal	Total: 1,708.1 Kcal	Total: 1,988.1 Kcal	Total: 2,091.7 Kcal	Total: 2,097.7 Kcal	Total: 2,166.4 Kcal	Total: 2,135.7 Kcal
Asian Cabbage Salad (118.5 Kcal) Sweet & Sour Chicken (240.7 Kcal) Brown Rice (183.9 Kcal) Stir-Fry Vegetables (88.5 Kcal) Japanese Milk Roll (160.2 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Soup of the Day (98.6 Kcal) Tuna Melt Sandwich on Wheat (315.0 Kcal) Potato Salad (174.5 Kcal) Peas & Carrots (68.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	Coleslaw (98.6 Kcal) Turkey Club Sandwich on Wheat (354.8 Kcal) Shredded Lettuce (2.5 Kcal) Mayonnaise (33.7 Kcal) Carrots (39.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.7 Kcal) Fortified Drink (5.1 Kcal)	Corn Chowder (160.9 Kcal) Chicken-Lettuce Salad (108.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.8 Kcal) Broccoli (35.9 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Soup of the Day (178.8 Kcal) Meat & Cheese Sandwich on Wheat (367.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Peas (92.3 Kcal) Chips (140.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	Texas Slaw (104.7 Kcal) Beef Fajita Mix (217.2 Kcal) Lemon Cilantro Rice (227.1 Kcal) Onions & Bell Peppers (44.4 Kcal) Salsa (15.8 Kcal) Whole Wheat Tortilla (337.4 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken Quarter (384.5 Kcal) Mashed Potatoes (148.7 Kcal) Poultry Gravy (51.5 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Ice Cream Cup (80.0 Kcal) Fortified Drink (5.1 Kcal)
Total: 1,757.5 Kcal	Total: 1,959.1 Kcal	Total: 2,028.1 Kcal	Total: 2,028.1 Kcal	Total: 2,090.6 Kcal	Total: 2,153.7 Kcal	Total: 2,035.7 Kcal
Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Beef Stroganoff (219.8 Kcal) Pasta (152.1 Kcal) Broccoli (35.9 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Turkey & White Bean Chili (352.4 Kcal) Shredded Cheese (98.2 Kcal) Brown Rice (163.9 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Choice Cookie (236.4 Kcal) Tea (0.0 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)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Pizza (choice) (553.1 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Turkey Tetrazzini (267.9 Kcal) Green Beans (32.7 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Bread Pudding (219.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Beef Patty (210.7 Kcal) Sliced Cheese (45.0 Kcal) Wheat Burger Bun (237.0 Kcal) Blended Vegetables (59.5 Kcal) Seasoned Potatoes (204.1 Kcal) Ketchup (28.6 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.6 Kcal) Macaroni & Cheese (424.4 Kcal) Cauliflower (32.4 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.0 Kcal)
Total: 2,766.3 Kcal	Total: 2,986.5 Kcal	Total: 2,724.8 Kcal	Total: 2,687.8 Kcal	Total: 2,560.2 Kcal	Total: 2,702.9 Kcal	Total: 2,605.0 Kcal

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oatmeal (137.6 Kcal) Canned Fruit (47.8 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) Bagel (231.1 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Scrambled Eggs (119.1 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (98.2 Kcal) Salsa (15.9 Kcal) Flour Tortilla (160.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Canned Fruit (64.8 Kcal) Sausage Gravy (162.2 Kcal) Biscuit (289.0 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (71.7 Kcal) Waffles (147.4 Kcal) Peanut Butter (254.3 Kcal) Maple Syrup (90.7 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Canned Fruit (47.8 Kcal) Scrambled Eggs (170.1 Kcal) Shredded Cheese (98.2 Kcal) Wheat Toast (160.6 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Multigrain Hot Cereal (131.5 Kcal) Fresh Fruit (107.1 Kcal) Yogurt (143.1 Kcal) Breakfast Pastry (292.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (64.6 Kcal) Scrambled Eggs (119.1 Kcal) *Pork Bacon (267.4 Kcal) Fried Potatoes (205.8 Kcal) Wheat Toast (160.8 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)
Total : 1,834.6 Kcal	Total : 1,809.4 Kcal	Total : 1,856.5 Kcal	Total : 1,871.9 Kcal	Total : 1,877.9 Kcal	Total : 1,877.9 Kcal	Total : 1,877.9 Kcal
Lentil Soup (140.0 Kcal) Chicken Salad (131.8 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 Drink (5.1 Kcal)	Coleslaw (98.8 Kcal) *Barbeque Pork (280.9 Kcal) Wheat Hoagie Roll (228.4 Kcal) Peas (92.3 Kcal) Seasoned Potatoes (204.1 Kcal) Ketchup (14.3 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	*Soup of the Day (98.8 Kcal) *Meat & Cheese Sandwich on Wheat (367.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.6 Kcal) Mayo & Mustard (42.4 Kcal) Blended Vegetables (59.5 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.7 Kcal) Fortified Drink (5.1 Kcal)	Mинestrone Soup (119.2 Kcal) Chef Salad with Turkey (67.8 Kcal) Hard Boiled Egg (81.1 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Taco Salad with Meat (147.0 Kcal) Seasoned Beans (158.0 Kcal) Shredded Cheese (98.2 Kcal) Salsa (15.9 Kcal) Salad Dressing (129.9 Kcal) Peas (92.3 Kcal) Spanish Rice (119.6 Kcal) Tortilla Chips (283.5 Kcal) Fresh Fruit (71.7 Kcal) Fortified Drink (5.1 Kcal)	*Soup of the Day (98.8 Kcal) Breaded Fish (180.0 Kcal) Tartar Sauce (95.2 Kcal) Macaroni & Cheese (254.8 Kcal) Cauliflower (32.4 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (107.1 Kcal) Fortified Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (80.6 Kcal) Roast Turkey (125.0 Kcal) Poultry Gravy (51.5 Kcal) Mashed Potatoes (146.7 Kcal) Green Beans (32.7 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Chocolate Cupcake (264.6 Kcal) Fortified Drink (5.1 Kcal)
Total : 1,834.6 Kcal	Total : 1,809.4 Kcal	Total : 1,856.5 Kcal	Total : 1,871.9 Kcal	Total : 1,877.9 Kcal	Total : 1,877.9 Kcal	Total : 1,877.9 Kcal
Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Cajun Meat Loaf (312.8 Kcal) Brown Rice (163.9 Kcal) Butternut Squash (80.5 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.0 Kcal) Chicken Tortilla Stew (222.5 Kcal) Lemon Cilantro Rice (227.1 Kcal) Carrots (39.4 Kcal) Tortilla Chips (141.8 Kcal) Sour Cream (58.1 Kcal) Gelatin & Whip Topping (102.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Meat Sauce (211.1 Kcal) Spaghetti (147.7 Kcal) Broccoli (35.0 Kcal) Focaccia Bread (376.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Cheese Pizza (472.4 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Chicken Teriyaki (129.5 Kcal) Brown Rice (163.9 Kcal) Stir-Fry Vegetables (88.5 Kcal) Japanese Milk Roll (160.2 Kcal) Fruit Bar (288.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Beef Patty (210.7 Kcal) Onions & Pickles (11.3 Kcal) Wheat Burger Bun (237.0 Kcal) Blended Vegetables (58.5 Kcal) Seasoned Potatoes (204.1 Kcal) Ketchup (28.6 Kcal) Tea (0.0 Kcal)	Texas Slaw (104.7 Kcal) Burrito Beans (164.9 Kcal) Shredded Cheese (98.2 Kcal) Spanish Rice (119.6 Kcal) Salsa (15.9 Kcal) Whole Wheat Tortilla (337.4 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.0 Kcal)
Total : 1,834.6 Kcal	Total : 1,809.4 Kcal	Total : 1,856.5 Kcal	Total : 1,871.9 Kcal	Total : 1,877.9 Kcal	Total : 1,877.9 Kcal	Total : 1,877.9 Kcal
Total	2,809.4 Kcal	2,748.0 Kcal	2,730.0 Kcal	2,813.8 Kcal	2,849.8 Kcal	2,570.4 Kcal
						3,064.6 Kcal

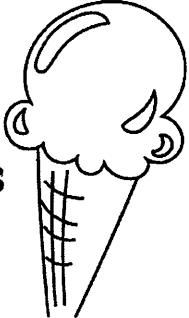
Posted in July AIC Newsletter

Summer Fun Word Search

Find all the words!

G	F	I	J	R	T	I	I	P	E	C	G	R	V	G	L	Z	P	O	C
V	L	K	E	T	T	O	R	F	V	W	C	T	I	Q	J	N	Q	A	W
W	A	T	T	V	Q	K	C	C	X	O	H	I	D	S	C	M	W	K	G
E	A	I	J	S	P	R	H	V	S	B	L	K	M	K	F	G	A	I	K
W	C	C	S	L	E	N	B	A	G	C	C	L	Y	I	E	Z	T	S	Z
H	P	E	K	A	P	G	N	V	L	N	U	S	E	T	I	K	E	K	A
D	O	G	M	G	I	D	H	P	X	U	G	Y	B	Y	R	X	R	K	Y
O	P	F	T	F	C	F	N	B	H	C	A	E	B	A	B	X	M	E	T
T	S	A	Y	A	N	P	Y	P	V	D	Q	N	P	B	P	A	E	N	K
H	I	F	S	C	I	F	N	X	E	N	F	V	X	O	S	J	L	I	T
J	C	T	L	P	C	X	G	M	L	F	Z	D	O	V	E	X	O	L	D
M	L	Q	W	T	B	O	S	N	O	O	L	L	A	B	L	C	N	O	O
E	E	Y	J	B	L	L	A	B	E	S	A	B	C	Q	B	V	J	P	E
Q	D	T	B	F	F	I	R	E	F	L	I	E	S	I	K	W	L	M	E
M	M	V	D	Z	N	K	U	X	I	S	N	O	T	N	I	M	D	A	B
J	T	E	Z	I	F	B	U	T	T	R	F	L	I	E	S	J	R	S	
G	D	U	M	I	A	L	R	P	K	Y	Y	H	J	K	B	D	M	T	I
A	P	W	M	X	N	C	O	S	X	A	Y	B	O	V	U	A	V	C	R
G	E	F	D	F	Z	Z	H	Y	I	T	L	A	L	Z	Q	M	D	X	F
D	S	J	A	X	Y	E	D	A	N	O	M	E	L	T	K	M	M	Y	U

VOLLEYBALL



WATER

CREAM

LEMONADE

BUTTERFLIES

MINI

FIREFLIES

POOL

FRISBEE

BALLOONS

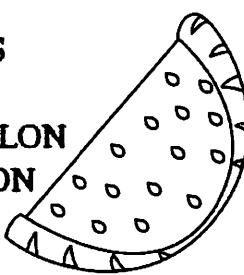
BEACH

WATERMELON

BADMINTON

GOLF

POPSICLE



KITES

ICE

SANDCASTLE

PICNIC

PARK

BASEBALL

TRAMPOLINE

