

Issue 24
December 6, 2024



OREGON DEPT OF CORRECTIONS

OSCILLATOR

FROM EDUCATION:

Tutors Needed

Education Program

GED/ABE/AIM Classes

Minimum Requirements

- At least 12 months Clear Conduct
- Minimum Availability: 12 months before Release
- Willing to Stay on Job for at least 12 Months
- Other Programing such as Pathfinders, Alcohol & Drug Treatment must not interfere with work schedule.
- Available from 7:30am – 10:50am and 12:30-3:50pm Monday, Tuesday, Wednesday, Thursday, Friday
- Previous Experience Preferred
- *Current* Score of 239 or above in Reading and Math. If current information is not available, will be retested before job is offered
- GED or HS Diploma
- If bilingual, state on application, but not a requirement
- Strong written and Oral Communication skills

Send completed application to Ms. Goldblatt.

Assessments and interviews will be scheduled as applications are received.

WHO'S WHO:

Superintendent - Mr. J. Highberger
Asst. Supt., General Services - Ms. T. Dav-enport
Asst. Supt., Security - Mr. J. Wagner
Behavioral Health Svs. Mgr. - Ms. K. Gates
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 - Ms. G. Kast
Library Coordinator - Mr. D. Cleland / Ms. J. Belluno
Management Asst. to Supt. - Ms. R. Mondragon
Operations Captain - Mr. N. Jones
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. C. Ocupe
Religious Services - Chaplain D. Hodney
Special Population Lieutenant - Lt. S. Bennett
Transitions Coordinator - Mr. A. Lara



Financial Services

Informational Briefing

Adult in Custody (AIC) Trust Accounts

General Spending Account	• Primary spending account for AICs • Eligible deposits are received into this account ◦ 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	• This is a spending account established for AICs who receive protected money ◦ 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	• 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	• 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. 158 • Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
Obligated Reserve Accounts	• 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 didactrustinfo@dca.state.or.us

Saturday Clothing Problems isn't Clothing Exchange

Clothing problems are as follows:

- Wrong size
- Soiled
- Damaged
- Blanket exchange during units authorized week
- Belt exchange
- Short exchange
- Coat exchange

If you have questions, ask the
clothing room Sergeant|

OCE Position Announcement - Statewide

Braille Transcriber - Training and Certification Position

Oregon State Penitentiary (OSP) – Salem, OR



In partnership with ODOC, OCE is offering a Braille Transcription Training and Certification program. This program is designed to provide an opportunity to obtain the skills and certifications necessary for braille transcription, with a focus on achieving the Unified English Braille (UEB) literary certification. By learning braille transcription, you become a vital link in bridging the gap between the sighted and visually impaired communities, empowering individuals to access literature and education. Your dedication to this program will not only equip you with highly valuable and marketable skills upon reentry but also ignite a sense of purpose and fulfillment as you contribute to a more inclusive society.

Applicants will participate in a collaborative learning environment. Position awards 10 PRAS points, with the opportunity to earn a matching Team Goal Award. This position has opportunities for advancement after initial UEB certification is earned and move into producing braille transcriptions while meeting deadlines.

Skills that enhance the experience of successful applicants (not required):

- **Passion** – a genuine passion for helping others and a strong desire to make a positive impact in the lives of individuals with visual impairments.
- **Attention to Detail** – braille transcription requires precise attention to detail to accurately transcribe written text into braille symbols.
- **Patience and Perseverance** – learning braille transcription is a gradual process that requires patience and perseverance.
- **Collaboration and Communication** – effective collaboration with instructors and peers is essential for maximizing learning opportunities.

Applicants must meet the following qualifications:

- Must have a valid social security number
- Have at least 6 months' time incarcerated with clear conduct and no program failures in the past 6 months
- Must have no convictions for ID Theft, Fraud and/or Computer-related crimes
- Be willing to sign a 12-month retention agreement
- A release date after June 2030
- Must have a High School Diploma or GED

Essential functions include ability to:

- Remain seated at a monitor and operate a computer for extended periods of time throughout the workday
- Communicate respectfully with staff and AICs
- Work in an office setting subject to potential interruptions and background noises
- Receive training and quality-control advice and corrections from other AICs and staff
- Balance multiple time-sensitive projects with deadlines at the same time
- Stay on task while working in a team setting and independently, depending on the project

If you are interested in becoming highly marketable upon release, utilizing modern software, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process: Please complete a DOC Work Application referencing OCE Braille Program and submit it to Stasha Kellogg at OSP Call Center. Applications are currently being accepted for the January cohort. Submit your application now for priority consideration. We will continue accepting applications for future cohorts and openings.





ELECTRONIC HEALTH RECORDS (EHR)

*Coming
Spring*
2025

THE FOLLOWING ARE 5 EXAMPLES HOW THE EHR WILL HELP YOU AND YOUR HEALTHCARE PROVIDERS IN YOUR HEALTHCARE JOURNEY

01

EMERGENCIES

- THE EHR WILL HELP ALL YOUR HEALTHCARE PROVIDERS GET IMPORTANT INFORMATION ABOUT YOUR HEALTH QUICKLY IN THE EVENT OF AN EMERGENCY



02

HEALTH RECORDS REQUESTS

- ONCE ALL PAPER MEDICAL CHARTS ARE SCANNED, HEALTH RECORDS REQUESTS WILL TAKE LESS TIME TO FULFILL BECAUSE THE CHARTS WILL ALL BE DIGITAL
- MANY OUTSIDE PROVIDERS CAN RECEIVE AND SEND PATIENT HEALTH RECORDS THROUGH THE EHR SAVING THE EXTRA TIME IT TAKES TO MAIL OR FAX THE RECORDS



03

BARCODE MEDICATION ADMINISTRATION

- BARCODE SCANNERS WILL BE USED TO SCAN YOUR ID CARD AT MEDLINE WHICH PULLS UP YOUR MEDICATION RECORD IN THE EHR



04

CHART ACCURACY

- ELECTRONIC CHART OPENED BY SID NUMBER OR BY SCANNING PATIENT ID CARD



05

OUT OF FACILITY SCHEDULING

- EHR IMPROVES COORDINATION AND SCHEDULING OF OUTSIDE APPOINTMENTS
- NEW WORKFLOW AND PROCESSES WILL MAKE IT LESS LIKELY THAT OUTSIDE APPOINTMENTS ARE MISSED



*Do you have EHR
questions?*

**SEND A KYTE ADDRESSED TO:
ASK EHR**



REGISTROS MÉDICOS ELECTRÓNICOS (EHR)

*En la
primavera
de
2025*

LOS SIGUIENTES SON 5 EJEMPLOS DE CÓMO EL EHR LE AYUDARÁ A USTED Y A SUS
PROVEEDORES DE ATENCIÓN MÉDICA EN SU TRAYECTORIA DE ATENCIÓN MÉDICA

01

EMERGENCIAS

- EL EHR AYUDARÁ A TODOS SUS PROVEEDORES SANITARIOS A OBTENER INFORMACIÓN IMPORTANTE SOBRE SU SALUD RÁPIDAMENTE EN CASO DE UNA EMERGENCIA.



02

SOLICITUDES DE HISTORIALES MÉDICOS

- UNA VEZ QUE SE HAYAN ESCANEADO TODOS LOS CUADROS MÉDICOS EN PAPEL, LAS SOLICITUDES DE REGISTROS MÉDICOS TOMARÁN MENOS TIEMPO PARA SER ATENDIDAS PORQUE TODOS LOS HISTORIALES SERÁN DIGITALES
- MUCHOS PROVEEDORES EXTERNOS PUEDEN RECIBIR Y ENVIAR REGISTROS MÉDICOS DE PACIENTES A TRAVÉS DEL EHR, AHORRÁNDOSE EL TIEMPO ADICIONAL QUE SE NECESITA PARA ENVIAR LOS REGISTROS POR CORREO O FAX.



03

ADMINISTRACIÓN DE MEDICAMENTOS CON CÓDIGO DE BARRAS

- LOS ESCANERES DE CODIGO DE BARRAS SE UTILIZARAN PARA ESCANEAR SU TARJETA DE IDENTIFICACION EN MEDLINE, LO QUE PONE EN LISTA SUS REGISTROS DE MEDICACION



04

EXACTITUD DE LOS HISTORIALES

- HISTORIAL ELECTRÓNICO ABIERTO POR NÚMERO SID O ESCANEANDO LA TARJETA DE IDENTIFICACIÓN DEL PACIENTE



05

PROGRAMACIÓN DE CITAS FUERA DEL CENTRO

- EHR MEJORA LA COORDINACIÓN Y PROGRAMACIÓN DE CITAS EXTERNAS
- EL NUEVO FLUJO DE TRABAJO Y PROCESOS HARÁN QUE SEA MENOS PROBABLE QUE SE PIERDAN CITAS EXTERNAS.



*¿Tiene preguntas sobre su
historial clínico electrónico?*

**ENVIE UN KYTE DIRIGIDO A:
ASK EHR**

FROM THE ADMINISTRATIVE RULES PROGRAM:

Below is the list of status changes made to DOC administrative rules since 10/28/2024.

PROPOSED RULES:

291-180 Interstate Compact

- Amends rule to align with state statute (ORS 144.600) regarding Oregon's participation in the Interstate Compact for Adult Offender Supervision (ICAOS); clarify Purpose statement by adding reference to the enabling legislation establishing Oregon's participation in the ICAOS; make changes for consistency throughout these rules and change "offender" to "adult on supervision" to align with department philosophy; adopt definitions for these rules; reorganize for clarity; make non-substantive edits (such as, capitalization); update Extradition Services mailing address, and update statutory authority.
- Last day of comment period: 1/13/25 at 12:00 PM

Below is the list of status changes made to DOC administrative rules since 8/30/2024.

PROPOSED RULES:

291-006 Discrimination Complaint Review System

- Amends rule to exempt reports related to sexual abuse and sexual harassment from the department's grievance and discrimination complaint systems to simplify and clarify the process for AICs who are seeking to report a PREA-related issue; and for revisions that improve clarity of the rules and consistency within these rules, align these rules with other department rules, and reorganize these rules.
- Last day of comment period: 12/16/24 at 12:00 PM

291-109 Grievance Review System

- Amends rule to exempt reports related to sexual abuse and sexual harassment from the department's grievance and discrimination complaint systems to simplify and clarify the process for AICs who are seeking to report a PREA-related issue; and for revisions that improve clarity of the rules and consistency within these rules, align these rules with other department rules, remove gendered language, and reorganize these rules.
- Last day of comment period: 12/16/24 at 12:00 PM

Culinary
Suite

Mainline

Week at a Glance

	Monday 10/21/2024	Tuesday 10/22/2024	Wednesday 10/23/2024	Thursday 10/24/2024	Friday 10/25/2024	Saturday 10/26/2024	Sunday 10/27/2024
BREAKFAST							
Week 1	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod,Chi) - 3.00 EA Peanut Butter (Sta) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sta,Chi) - 2.00 EA Refined Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP White Flour Tortilla (Sta) - 1.00 EA Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chi) - 1.00 EA Cheese Slice (Sta,Chi) - 1.00 SLC English Muffin (Sta,Chi) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chi) - 1.00 EA French Toast (Chi) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk- 10.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Ham & Cheese Scramble (Chi,Sta) - 0.75 CP Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sta,Chi) - 1.00 EA Breakfast Pastry (Sta,Chi) - 1.00 EA Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk- 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Chi) - 0.33 CP Poultry Sausage (Chi) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sta) - 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,Chi,Sta) - 2.00 EA Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit-1.00 EA Fortified Drink - 8.00 FLOZ	Coleslaw (Sod)- 0.75 CP Barbeque Pork (Sod,Chi,Sta) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sta,Sod,Chi) - 0.75 CP Green Beans - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chi) - 10.00 FLOZ Tuna Salad (Chi) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Asian Cabbage Salad - 0.75 CP Beef & Broccoli (Sod,Chi) - 0.75 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Milk Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chi,Sta) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Chi) - 2.00 TBS Salsa (Sod) - 0.25 CP Salad Dressing (Sta,Sod) - 2.00 FLOZ Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chi) - 10.00 FLOZ Meat & Cheese Sandwich on Wheat (Sod,Chi,Sta) - 1.00 EA Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chi,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FLOZ
DINNER							
Week 1	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salisbury Steak (Chi,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken & Broccoli Casserole (Chi) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chi (Chi,Sta) - 10.00 FLOZ Baked Potato - 1.00 EA Sour Cream (Sta,Chi) - 2.00 TBS Green Beans - 0.75 CP Cornbread (Sod,Chi) - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Pizza (choice) (Sod,Chi,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta,Chi,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stew (Sod,Chi) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Choice Cookie (Sta,Chi,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Marinara (Chi) - 0.75 CP Pasta - 0.75 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Meat (Chi,Sta) - 0.50 CP Refined Beans - 0.50 CP Shredded Cheese (Sta,Chi) - 2.00 TBS Lemon Cilantro Rice - 0.75 CP Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu subject to change without notice. Meat-Alternative-Trays available at lunch & dinner only.
*Contains or may contain pork.

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

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Culinary Suite

Mainline

Week at a Glance

	Monday 10/28/2024	Tuesday 10/29/2024	Wednesday 10/30/2024	Thursday 10/31/2024	Friday 11/1/2024	Saturday 11/2/2024	Sunday 11/3/2024
BREAKFAST							
Week 2	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chl) - 1.00 EA Cheese Slice (Sta,Chl) - 1.00 SLC Bagel - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Veggie & Cheese Scramble (Chl,Sta) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fatma - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy - 0.75 CP Biscuit (Sta,Sod) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Waffles (Sod) - 2.00 EA Peanut Butter (Sta) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Chl) - 0.50 CP Breakfast Pastry (Sta,Chl, Sug) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Yogurt (Sug) - 0.75 CP Breakfast Pastry (Sta,Chl, Sug) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fresh Fruit - 1.00 EA Scrambled Eggs (Sta,Chl) - 0.33 CP Fork Bacon (Sta,Sod,Chl) - 3.00 SLC Fried Potatoes - 0.75 CP Wheat Toast-2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
LUNCH							
Week 2	Potato Soup - 10.00 FLOZ Meat & Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Tuna Noodle Casserole (Chl,Sta) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta,Chl) - 2.00 TBS Salad Dressing (Sta,Sod) - 2.00 FLOZ Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Bean Soup - 10.00 FLOZ *Grilled Ham & Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Texas Slaw - 0.75 CP Cincinnati Chili (Chl,Sta) - 8.00 FLOZ Shredded Cheese (Sta,Chl) - 2.00 TBS Sliced Onions - 2.00 TBS Spaghetti - 0.75 CP Broccoli - 0.75 CP Combroid (Sod,Chl) - 1.00 EA Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZC/D Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Frosted Cake (Sta,Sod,Sug) - 1.00 PIECE Fortified Drink - 8.00 FLOZ
DINNER							
Week 2	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quesadilla (Sod,Chl,Sta) - 2.00 EA Salsa (Sod) - 0.25 CP Sour Cream (Sta,Chl) - 2.00 TBS Wheat Burger Bun (Sta,Chl) - 1.00 EA Carrots - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 TBS Fruit Bar (Sta,Sod,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Meat Loaf (Chl,Sta) - 1.00 EA Baked Potato - 1.00 EA Sour Cream (Sta,Chl) - 2.00 TBS Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Loaf (Chl,Sta) - 1.00 EA Baked Potato - 1.00 EA Sour Cream (Sta,Chl) - 2.00 TBS Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheese Pizza (Sod,Chl,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken & Rice Casserole (Chl) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Salatin & Whip Topping (Sta) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Enchilada Casserole (Sod,Chl,Sta) - 1.00 SV Brown Rice - 0.75 CP Seasoned Beans - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl,Sta) - 0.75 CP Spaghetti - 0.75 CP Cauliflower - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu subject to change without notice. Meat-Alternative-Trays c/Vailable at lunch & dinner only.

*Contains or may contain pork.

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

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Mainline

Week at a Glance

	Monday 11/4/2024	Tuesday 11/5/2024	Wednesday 11/6/2024	Thursday 11/7/2024	Friday 11/8/2024	Saturday 11/9/2024	Sunday 11/10/2024
BREAKFAST							
Week 3	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod,Chl) - 3.00 EA Peanut Butter (Sfa) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa,Chl) - 2.00 EA Refined Beans - 0.50 CP Hanchero Sauce (Sod) - 0.25 CP White Flour Tortilla (Sfa) - 1.00 EA Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA Cheese Slices (Sfa,Chl) - 1.00 SLC English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast (Chl) - 2.00 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 Ham & Cheese Scramble (Chl, Sfa) - 0.75 CP Fried Potatoes - 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) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
LUNCH							
Week 3	Lentil Soup - 10.00 FLOZ Barbeque Chicken (Chl) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Brown Rice - 0.75 CP Blended Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl)- 10.00FLOZ Tuna Melt Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Potato Salad (Sfa,Chl) - 0.75 CP Peas & Carrots - 0.75CP Fresh Fruit - 1.00EA Fortified Drink - 8.00FLOZ	Coleslaw (Sod) - 0.75 CP Hot Turkey Sandwich on Wheat (Chl) - 1.00 SV Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Carrots - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Vegetable Soup (Sod) - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00EA Fresh Fruit - 1.00EA Fortified Drink- 8.00 FLOZ	*Soup of the Day (Sod,Chl)- 10.00 FLOZ Meat & Cheese Sandwich on Wheat (Sod,Chl, Sfa) - 1.00 EA Shredded Lettuce- 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Texas Slaw- 0.75 CP Beef Fajita Mix (Sod,Chl,Sfa) - 0.50 CP Onions & Bell Peppers - 0.50 CP Salisa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Spanish Rice - 0.75 CP Fresh Fruit - 1.00EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl, Sfa) - 1.00 EA Mashed Potatoes - 0.75CP Poultry Gravy - 2.00FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FLOZ
DINNER							
Week 3	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stroganoff (Chl,Sfa) - 0.75 CP Pasta - 0.75 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken & White Bean Chili (Chl)-10.00 FLOZ Shredded Cheese (Sfa,Chl) - 2.00 TBS Brown Rice - 0.75 CP Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Choice Cookie (Sfa,Chl,Sug) - 1.00 EA Tea-8.00 FLOZ	Canned Fruit - 0.50 CP Creamed Ground Beef (Chl, Sfa) - 0.75 CP Fried Potatoes - 0.75 CP Biscuit (Sfa,Sod)- 1.00 EA Margarine (Sfa) - 1.00 TBS Coffee - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Pizza (choice) (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod)-1.00 FLOZ Cheeseburger (Chl,Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sfa,Chl) - 1.00 EA Green Beans - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Bread Pudding (Sod,Chl,Sug) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Jambalaya (Sod,Chl) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Macaroni & Cheese (Sod,Chl,Sfa) - 1.25 CP Cauliflower - 0.75 CP French Bread - 1.00 SLC Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

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Mainline

Week at a Glance

	Monday 11/11/2024	Tuesday 11/12/2024	Wednesday 11/13/2024	Thursday 11/14/2024	Friday 11/15/2024	Saturday 11/16/2024	Sunday 11/17/2024
BREAKFAST							
Week 4	Oatmeal - 1.00 CP Canned Fruit - 1.00 EA Fried Egg (Sta,Chl) - 1.00 EA Cheese Slice (Sta,Chl) - 1.00 SLC Bagel - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Veggie & Cheese Scramble (Chl,Sta) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 1.00 EA Sausage Gravy-0.75 CP Biscuit (Sta,Sod)-1.00 EA Fried Potatoes - 0.75 CP Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Waffles (Sod) - 2.00 EA Peanut Butter (Sta) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Canned Fruit - 1.00 EA Scrambled Eggs (Sta,Chl) - 0.50 CP Scone (Sta,Sod,Chl) - 1.00 EA Jelly (Sug) - 2.00 TBS Margarine (Sta)-1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 1.00 EA Yogurt (Sug) - 0.75 CP Breakfast Pastry (Sta,Chl,Sug) - 1.00 EA Skim Milk-16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fresh Fruit - 1.00 EA Scrambled Eggs (Sta,Chl) - 0.33 CP Pork Bacon (Sta,Sod,Chl) - 3.00 SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sta)-1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
LUNCH (holiday)							
Week 4	Coleslaw (Sod) - 0.75 CP Double Cheeseburger (Chl,Sta)- 1.00 EA Onions & Pickles (Sod) - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Wheat Burger Bun (Sta,Chl) - 1.00 EA Green Beans - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Apple Pie (Sta,Sod,Sug) - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Meat & Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Shredded Lettuce-0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Minestrone Soup - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce-0.25 CP Wheat Hoagie Roll - 1.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sta) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Salad Dressing (Sta,Sod) - 2.00 FLOZ Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Soup of the Day (Sod,Chl) - 10.00 FLOZ Hot Dog (Sod,Chl) - 2.00 EA Chili with Beans - 6.00 FLOZ Shredded Cheese (Sta,Chl) - 2.00 TBS Wheat Hoagie Roll - 1.00 EA Chips - 0.75 CP Carrots - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Breaded Fish (Chl) - 1.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sta,Sod,Chl) - 0.75 CP Cauliflower - 0.75 CP Bratstock - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes-0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Frosted Cake (Sta,Sod,Sug) - 1.00 PIECE Fortified Drink - 8.00 FLOZ
DINNER							
Week 4	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Noodle Casserole (Sod,Chl)-1.25 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Tortilla Stew (Chl) - 10.00 FLOZ Brown Rice - 0.75 CP Carrots - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sta,Chl) - 2.00 TBS Fruit Bar (Sta,Sod,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl,Sta) - 0.75 CP Spaghetti - 0.75 CP Broccoli - 0.75 CP Focaccia Bread (Sod)-1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheese Pizza (Sod,Chl,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choose Dessert (Sta,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Teriyaki (Chl) - 0.50 CP Brown Rice - 0.75 CP Ste-Fry Vegetables - 0.75 CP Milk Roll - 1.00 EA Gelatin & Whip Topping (Sta) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl,Sta)-1.00 EA Onions & Pickles (Sod) - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Wheat Burger Bun (Sta,Chl) - 1.00 EA Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sta,Sod) - 2.00 EA Spanish Rice - 0.75 CP Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

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Mainline

Week at a Glance

	Monday 11/18/2024	Tuesday 11/19/2024	Wednesday 11/20/2024	Thursday 11/21/2024	Friday 11/22/2024	Saturday 11/23/2024	Sunday 11/24/2024
Week 5	BREAKFAST Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod, Chl) - 3.00 EA Peanut Butter (Sfa) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa, Chl) - 0.33 CP Ground Beef (Sfa, Chl) - 1.00 OZCKD Shredded Cheese (Sfa, Chl) - 2.00 TBS Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa, Chl) - 2.00 EA Wheat Toast - 2.00 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	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast (Chl) - 2.00 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 Veggie & Cheese Scramble (Chl, Sfa) - 0.75 CP Fried Potatoes - 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) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
Week 5	LUNCH Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Cheese Ravioli (Chl, Sfa) - 8.00 EA Marinara Sauce (Sod) - 0.50 CP Peas - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified 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 Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Potato Soup - 10.00 FLOZ *Chicken-Bacon-Ranch Salad (Chl, Sfa) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa, Chl) - 2.00 TBS Ranch Dressing (Sfa, Sod) - 2.00 FLOZ Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Broccoli Cheese Soup (Sfa, Sod) - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl, Sfa) - 1.00 EA Mayonnaise - 1.00 TBS Green Beans - 0.75 GP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ Meat & Cheese Sandwich on Wheat (Sod, Chl, Sfa) - 1.00 EA Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Cauliflower - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Nacho Meat (Chl, Sfa) - 0.50 CP Refined Beans - 0.50 CP Cheese Sauce (Sfa) - 2.00 FLOZ Lettuce Salad - 1.00 CP Salata (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Zucchini - 0.75 GP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Roast Pork Loin (Chl, Sfa) - 3.00 OZCKD Scalloped Potatoes (Sod) - 0.75 GP Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FLOZ
Week 5	DINNER Lettuce Salad - 1.00 GP Salad Dressing - 1.00 FLOZ Spicy Rice Casserole (Sod, Chl, Sfa) - 1.25 GP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 GP Salad Dressing - 1.00 FLOZ Philly Beef (Sod, Chl) - 3.00 OZCKD Cheese Sauce (Sfa) - 2.00 FLOZ Onions & Bell Peppers - 0.50 GP Wheat Hoagie Roll - 1.00 EA Broccoli - 0.75 GP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 TBS Pudding - 0.50 GP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 GP Salad Dressing - 1.00 FLOZ Chicken Enchilada Casserole (Sod, Chl, Sfa) - 1.00 SV Brown Rice - 0.75 CP Seasoned Beans - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 GP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Blended Vegetables - 0.75 GP Choices Dessert (Sfa, Chl, Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 GP Salad Dressing (Sod) - 1.00 FLOZ Cheeseburger (Chl, Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sfa, Chl) - 1.00 EA Carrots - 0.75 GP Seasoned Potatoes - 0.75 GP Ketchup (Sod) - 2.00 TBS Fruit Crisp (Sfa, Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 GP Salad Dressing - 1.00 FLOZ Chicken Alfredo Sauce (Chl, Sfa) - 0.75 GP Spaghetti - 0.75 GP Blended Vegetables - 0.75 CP Pocahontas bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 GP Salad Dressing - 1.00 FLOZ Creole Chicken (Chl) - 1.00 GP Brown Rice Pilaf - 0.75 GP Peas - 0.75 GP French Bread - 1.00 SLC Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

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DECEMBER 2024



Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by making a language selection, then dialing 91 from any AIC phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Constituent Services Office
900 Court Street NE, Suite 254
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Opposite Gender Viewing/Announcements

Opposite gender staff announcement themselves when entering a housing unit by ringing a bell. This must be done any time the status quo of the gender supervision on a housing unit changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). When you hear the doorbell, opposite gender staff will be entering the housing unit so please make sure you are covered up appropriately.

It is also important you undress in the appropriate locations. If you are located in a bunk area, there are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments. Opposite gender viewing may happen incidentally when staff are conducting routine cell checks. You can minimize this by keeping aware of the gender of supervision in your housing unit and ensuring you cover up when possible.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by making a language selection, entering your AIC PIN, then press 0*711 AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail. All advocacy calls are not monitored or recorded.

Advocates provide confidential support and crisis intervention, inform you about the investigation and medical examination process, educate you about healing from sexual abuse and offer resources and referrals.

Advocates will not tell you what to do, communicate with the institution unless you request them to do so and sign a release and will not provide legal advice.

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

Just Detention International Headquarters is a national advocacy resource and can be reached at:
3325 Wilshire Blvd., Suite 340 Los Angeles, CA 90010

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St. NE
Salem, Oregon 97301

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DICIEMBRE 2024

Ley de Eliminación de Violaciones en Prisión (Información PREA)

El Departamento Correccional de Oregon (ODOC) tiene cero tolerancias para el abuso sexual, el acoso sexual, y las represalias por denunciar un incidente. Puede informar en persona a cualquier miembro personal a través de una comunicación de AIC (adulto bajo custodia) o a través del sistema de quejas. Puede llamar a la línea directa de PREA, seleccionar el idioma y luego marcar 91 de cualquier teléfono de AIC.



Presentación de un informe PREA anónimo

Si no está seguro de presentar una acusación ante PREA, puede presentar un informe anónimo con una agencia externa.

Puede escribir a:

Governor's Constituent Services Office
900 Court Street NE, Suite 254
Salem, Oregon 97301

Por favor indique al comienzo de su carta, que está presentando una denuncia ante PREA y quiere permanecer anónimo. La Oficina del Gobernador remitirá todas las denuncias anónimas al Coordinador de PREA para garantizar que se complete una investigación basada en la información proporcionada.

Visualización/Anuncios de género opuesto

El personal del género opuesto se anunciará cuando ingresa a una unidad de vivienda, tocando un timbre. Esto debe hacerse cada vez que cambie el statu quo de la supervisión de género en una unidad de vivienda (si ya hay un miembro del personal del sexo opuesto en la unidad, entonces no es necesario volver a anunciar).

Cuando escuche el timbre, el personal del sexo opuesto estará ingresando a la unidad de vivienda, así que asegúrese de estar cubierto adecuadamente.

También es importante que se desnude en los lugares apropiados. Si se encuentra en un área de literas, hay cámaras en toda la instalación. Existen áreas designadas para cambiarse, el baño es la única área en la que puede estar sin ropa interior. La visualización de sexo opuesto puede ocurrir incidentalmente cuando el personal realiza controles de celda de rutina. Puede minimizar esto siendo consciente del género de la supervisión en su unidad de vivienda y asegurándose de cubrirse cuando sea posible.

Programa de defensa (apoyo) basado en la comunidad PREA

ODOC se ha asociado con defensores confidenciales basados en la comunidad de víctimas de abuso sexual para brindar servicios a los AIC.

Los AIC en ODOC que han pasado por abuso sexual pueden comunicarse con un defensor comunitario seleccionando un idioma, ingresando su PIN de AIC, luego presionando 0*711 sistemas telefónicos. También pueden solicitar una llamada privada a través del Gerente de Cumplimiento de PREA en la instalación. Los defensores brindan a las víctimas de abuso sexual información sobre sus opciones, recursos, y apoyo emocional. No hay ningún cargo por las llamadas a los defensores.

La línea de crisis de defensa basada en la comunidad es para personas que necesitan ayuda acerca de los problemas relacionados con el abuso sexual y no debe usarse para otros fines.

Las llamadas telefónicas y el correo con los centros de defensa basados en la comunidad se consideran comunicaciones privilegiadas y se manejarán de manera similar a las llamadas legales/correo oficial. Todas las llamadas de defensa no son monitoreadas ni grabadas.

Los defensores brindan apoyo confidencial e intervención en crisis, le informaran sobre la investigación y el proceso del examen médico, lo educaran sobre cómo curarse del abuso sexual y ofrecen recursos y referencias.

Los defensores no le dirán qué hacer, no se comunicarán con la institución a menos de que usted les solicite que lo hagan y firmen un comunicado. No le brindarán asesoramiento legal.

Los centros de defensa basados en la comunidad brindaran apoyo en caso de abuso sexual a personas de todos los géneros. Los defensores comunitarios no informarán a nadie a menos de que usted les solicite que lo hagan y si usted firma una divulgación de información.

[La sede internacional de Just Detención \(Just Detention International Headquarters\) es un recurso de defensa nacional y se puede contactar en:](#)

3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

Si tiene cualquier pregunta sobre PREA, puede preguntarle a un miembro del personal, escribir al Gerente de Cumplimiento de PREA en su institución, o puede escribir a:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St.NE
Salem, Oregon 97301

December 2024

November '24							January '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	1	2	3	4	5	6	7
10	11	12	13	14	15	16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Aft. YARD: 1,2,4 CHOW: 11/1,2,4/3,13 PM Chow: 11,3,13/1,2,4 EVE Rec: 11,3,13/1,2/4	2 Aft. YARD: 3,13,11 CHOW: 11,3,13/1,2,4 PM Chow: 1,2,4/3,13,11 EVE Rec: 1,2/4/3,13,11	3 Aft. YARD: 2,4,1 CHOW: 11/2,4,1/3,13 PM Chow: 3,13,11/2,4,1 EVE Rec: 3,13,11/2,1/4	4 Aft. YARD: 13,11,3 CHOW: 11,13,3/2,4,1 PM Chow: 2,4,1/13,11,3 EVE Rec: 4/2,1/13,11,3	5 Aft. YARD: 4,1,2 CHOW: 4,1,2/13,11,3 PM Chow: 13,11,3/4,1,2 EVE Rec: 13,3,11/4/1,2	6 Aft. YARD: 11,3,13 CHOW: 11,3,13/4,1,2 PM Chow: 4,1,2/11,3,13 EVE Rec: 4/1,2/11,3,13	7 Aft. YARD: 1,2,4 CHOW: 11/1,2,4/3,13 PM Chow: 11,3,13/1,2,4 EVE Rec: 11,3,13/1,2/4
8 Aft. YARD: 3,13,11 CHOW: 11,3,13/1,2,4 PM Chow: 1,2,4/3,13,11 EVE Rec: 1,2/4/3,13,11	9 Aft. YARD: 2,4,1 CHOW: 11/2,4,1/3,13 PM Chow: 3,13,11/2,4,1 EVE Rec: 3,13,11/2,1/4	10 Aft. YARD: 13,11,3 CHOW: 11,13,3/2,4,1 PM Chow: 2,4,1/13,11,3 EVE Rec: 4/2,1/13,11,3	11 Aft. YARD: 4,1,2 CHOW: 4,1,2/13,11,3 PM Chow: 13,11,3/4,1,2 EVE Rec: 13,3,11/4/1,2	12 Aft. YARD: 11,3,13 CHOW: 11,3,13/4,1,2 PM Chow: 4,1,2/11,3,13 EVE Rec: 4/1,2/11,3,13	13 Aft. YARD: 1,2,4 CHOW: 11/1,2,4/3,13 PM Chow: 11,3,13/1,2,4 EVE Rec: 11,3,13/1,2/4	14 Aft. YARD: 3,13,11 CHOW: 11,3,13/1,2,4 PM Chow: 1,2,4/3,13,11 EVE Rec: 1,2/4/3,13,11
15 Aft. YARD: 2,4,1 CHOW: 11/2,4,1/3,13 PM Chow: 3,13,11/2,4,1 EVE Rec: 3,13,11/2,1/4	16 Aft. YARD: 13,11,3 CHOW: 11,13,3/2,4,1 PM Chow: 2,4,1/13,11,3 EVE Rec: 4/2,1/13,11,3	17 Aft. YARD: 4,1,2 CHOW: 4,1,2/13,11,3 PM Chow: 13,11,3/4,1,2 EVE Rec: 13,3,11/4/1,2	18 Aft. YARD: 11,3,13 CHOW: 11,3,13/4,1,2 PM Chow: 4,1,2/11,3,13 EVE Rec: 4/1,2/11,3,13	19 Aft. YARD: 1,2,4 CHOW: 11/1,2,4/3,13 PM Chow: 11,3,13/1,2,4 EVE Rec: 11,3,13/1,2/4	20 Aft. YARD: 3,13,11 CHOW: 11,3,13/1,2,4 PM Chow: 1,2,4/3,13,11 EVE Rec: 3,13,11/2,4,1	21 Aft. YARD: 2,4,1 CHOW: 11/2,4,1/3,13 PM Chow: 3,13,11/2,4,1 EVE Rec: 3,13,11/2,1/4
22 Aft. YARD: 13,11,3 CHOW: 11,13,3/2,4,1 PM Chow: 2,4,1/13,11,3 EVE Rec: 4/2,1/13,11,3	23 Aft. YARD: 4,1,2 CHOW: 4,1,2/13,11,3 PM Chow: 13,11,3/4,1,2 EVE Rec: 13,3,11/4/1,2	24 Aft. YARD: 11,3,13 CHOW: 11,3,13/4,1,2 PM Chow: 4,1,2/11,3,13 EVE Rec: 4/1,2/11,3,13	25 Aft. YARD: 1,2,4 CHOW: 11/1,2,4/3,13 PM Chow: 11,3,13/1,2,4 EVE Rec: 11,3,13/1,2/4	26 Aft. YARD: 3,13,11 CHOW: 11,3,13/1,2,4 PM Chow: 1,2,4/3,13,11 EVE Rec: 1,2/4/3,13,11	27 Aft. YARD: 2,4,1 CHOW: 11/2,4,1/3,13 PM Chow: 3,13,11/2,4,1 EVE Rec: 3,13,11/2,1/4	28 Aft. YARD: 13,11,3 CHOW: 11,13,3/2,4,1 PM Chow: 2,4,1/13,11,3 EVE Rec: 4/2,1/13,11,3
29 Aft. YARD: 4,1,2 CHOW: 4,1,2/13,11,3 PM Chow: 13,11,3/4,1,2 EVE Rec: 13,3,11/4/1,2	30 Aft. YARD: 11,3,13 CHOW: 11,3,13/4,1,2 PM Chow: 4,1,2/11,3,13 EVE Rec: 4/1,2/11,3,13	31 Aft. YARD: 1,2,4 CHOW: 11/1,2,4/3,13 PM Chow: 11,3,13/1,2,4 EVE Rec: 11,3,13/1,2/4	1 Aft. YARD: 3,13,11 CHOW: 11,3,13/1,2,4 PM Chow: 1,2,4/3,13,11 EVE Rec: 1,2/4/3,13,11	2 Aft. YARD: 1,2,4 CHOW: 11,3,13/1,2,4 PM Chow: 1,2,4/3,13,11 EVE Rec: 1,2/4/3,13,11	3 Aft. YARD: 2,4,1 CHOW: 11/2,4,1/3,13 PM Chow: 3,13,11/2,4,1 EVE Rec: 3,13,11/2,1/4	4 Aft. YARD: 13,11,3 CHOW: 11,13,3/2,4,1 PM Chow: 2,4,1/13,11,3 EVE Rec: 4/2,1/13,11,3
5	Notes					