



Warner Creek Trails

DECEMBER 2024

WARNER CREEK TRAILS

VOLUME 24 ISSUE 12



December's Zodiac signs are:

- **Sagittarius:**
November 23–
December 21
- **Capricorn:**
December 22–
January 19

WINNING WORDS:

*Christmas is coming, the
geese are getting fat,
Please put a penny in
the old man's hat;
If you haven't got a pen-
ny, a ha'penny will do,
If you haven't got a
ha'penny, God bless
you!
—Beggar's rhyme.*

Why December's Not the 10th Month

December is the 12th month (and last month) in our modern-day Gregorian calendar (as it was in the preceding Julian calendar).

However, it was initially the 10th month of the Roman calendar (until 153 BC). Hence, "December" comes from the Latin *decem*, meaning "ten."

In Roman times, the calendar only had ten months and began with March! The winter period was not even assigned months because it was not an active time for military, agriculture, or civil life.

The month of December originally consisted of 30 days. After January and February were added to the calendar (around 700 BCE), December was shortened to 29 days. Then, two days were added to December in the subsequent Julian calendar, making it 31 days long.

"Just for Fun" Holidays

Celebrate these fun holidays this month:

- **Dec. 11:** International Mountain Day
- **Dec. 13:** National Violin Day
- **Dec. 13:** National Day of the Horse
- **Dec. 16:** Underdog Day
- **Dec. 26:** National Candy Cane Day

December Holidays

December 1 is the First Sunday of Advent, marking the beginning of the Advent season.

December 6 is Saint Nicholas Day. The patron saint of children is the model for Santa Claus and gift-giving.

December 7 is National Pearl Harbor Remembrance Day.

December 8 is Bodhi Day in the Buddhist calendar, celebrating Buddha's enlightenment; it's celebrated in a way that's similar to how Christians celebrate Christmas to honor Jesus Christ.

December 13 is St. Lucia's Day, which has long been associated with festivals of light. Before the Gregorian calendar reform in 1752, her feast day occurred on the shortest day of the year (hence the saying "Lucy light, Lucy light, shortest day and longest night").

December 15 is Bill of Rights Day.

December 17 is Wright Brothers Day.

December 21 is the Winter Solstice—the astronomical day when Earth is farthest away from the Sun. Starting in ancient times, people celebrated the rebirth of the Sun event through Yule.

December 25 is Christmas Day, a Christian holiday commemorating the birth of Jesus Christ.

December 25 also marks the beginning of Hanukkah this year, the 8-day Jewish festival of lights.

December 26 is Boxing Day (Canada, UK) and the first day of Kwanzaa.



December Astronomy

Winter Solstice

The month of December brings the winter solstice in the Northern Hemisphere. This is the shortest day of the year (the day with the least amount of daylight). In 2024, the solstice occurs on Saturday, December 21.

Full Cold Moon

December's full Moon, the Full **Cold Moon**, appears on Friday, December 15, reaching peak illumination at 4:02 A.M. EST.

Geminid Meteor Shower

Look skyward on the night of December 13 after 9 P.M. for a chance to catch a glimpse of the **Geminid meteors**. The Geminid meteor shower is the most active shower of the year.

This year, the peak of the meteor shower meets a waxing gibbous Moon, meaning that the sky will still be affected somewhat by the light of the Moon. If the sky is clear and temperatures aren't too chilly, it's still worth venturing outside to try to see the Geminids. The best viewing will be before the Moon rises around 1:00 A.M.

December Birthstone

December's traditional birthstone is **turquoise**. It is considered a symbol of good fortune and success. **Zircon** and **tanzanite** are also considered to be December birthstones.

December Birth Flower

December's birth flowers are the **holly** *:Ilex aquifolium:* and the **paperwhite** Narcissus *:Euphorbia pulcherrima:*—a relative of the daffodil with lovely white blooms.



Odd Moments This Month in History

December 14, 1807: Space Invader

At 6:30 a.m. on this day in 1807, residents from Vermont to Connecticut looked up at the sky and saw a red fireball. About two-thirds the size of a full Moon, it raced across the heavens, broke apart, and fell to earth in at least six areas of Weston (now Easton), Trumbull, and Fairfield, Connecticut. Whizzing sounds were heard close to the impact sites, and three sonic booms were heard as far as 40 miles away. The entire event took about 30 seconds.

Upon hearing the news a few days later, Yale professor Benjamin Silliman and his colleague, professor James Kingsley, traveled to the impact area to talk to witnesses, examine impact sites, and collect specimens (including some that enterprising townsfolk were selling as souvenirs). Silliman confirmed it was a meteorite—the first officially recorded in the New World.

Meteorites, rocks that fell from space, were a concept slowly gaining acceptance in Europe, but their study was still a relatively new science. In an article in the *Connecticut Herald* published on December 29, Silliman and Kingsley described the Weston event. The news rapidly spread to other newspapers, and accounts were published in literary and philosophical journals. Later, Silliman performed a chemical analysis of the rocks and published a revised report. Notable scientific organizations in Philadelphia, London, and Paris discussed the findings. Still, there were skeptics about the idea of meteorites, including U.S. President Thomas Jefferson, who said, “It is easier to believe that two Yankee professors could lie than to admit that stones could fall from heaven.”

Fun Fact: Silliman’s and Kingsley’s Weston meteorite fragments were the first cataloged items in the Yale meteorite collection, which is the oldest in the United States.



Financial Services Electronic

Communication Form

Financial Services encourages AICs to use the electronic CD214 Financial Services AIC communication form accessible on the tablet. This communication tool is an environmentally friendly, efficient, and convenient way for AICs to address trust account questions and concerns. Paper communications can take longer to receive and respond to while electronic communications allow our Business Services and Central Trust staff to better support our AIC population.

Below are the steps to navigate through the tablet screens and access the electronic forms.

Once logged onto the tablet, go to “Free Profile” and select the “Requests” app

Select *Financial Services*

Choose the appropriate topic and then type your question or concern

Please remember that the Financial Services AIC electronic communication form is to be used for Financial Services / Trust related questions and concerns. Please do not use this communication tool to address commissary or other unrelated matters.



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



Christmas Word Search

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

ANGEL
CANDLES
CANDY
CHESTNUT
CHRIST
CHRISTMAS
DASHER
EGGNOG
ELVES
FAMILY

FROSTY
FRUITCAKE
GREEN
GREETINGS
HAPPY
HOLIDAY
HOLLY
ICICLE
SNOWMAN
STAR



December Education Dates

December 10	GED Testing
December 12	GED Testing
December 18	Last Day of Fall Term
December 19	Student Movie/ Popcorn
December 20	Tutor Feed and Movie
December 23 – January 6	Winter Break – NO SCHOOL



Graduate for November 2024

Timothy Smith

Congratulate this man on his accomplishment!



Education Library

Book of the Month

127.IMD.99.001 “How to Hide an Empire” by Daniel Immerwahr

We are familiar with maps that outline all fifty states. And we are also familiar with the idea that the U.S. is an “empire,” exercising power around the world. But what about the actual territories—the islands, atolls, and archipelagoes—this country has conquered and governed? Richly stocked with memorable vignettes and a fresh analysis of what colonialism and globalization mean today, How to Hide an Empire is a major and compulsively readable work of history.



Independent Study of the Month:

Conquest of the Americas

The societies of the Americas emerge out of the collision, convergence, and complex mixture of Native Americans, Europeans, and Africans. This process begins with the conquest of the sixteenth century, and its major features are complete and in place by about 1700. This course presents both the unity and diversity in the early history of the Americas — the common patterns, as well as the enormous differences, across the region.

Colors and Collars

We have used colors to identify ourselves for thousands of years. Religions, gangs, tribes, sports teams, flags, school subjects and Harry Potter houses have all used colors as identification. For the Irish, Catholic is green (like Ireland!) and Protestant is orange (for William of Orange, the Protestant King who conquered them). More than one gang in more than one country has used red or blue. About 1500 years ago, The Blues and The Greens were the rival horse racing teams at the Hippodrome chariot races in Constantinople. We've learned that "royal purple" came from a rare dye that comes from a tiny sea snail. Blue can come from several easy sources of dyes and has been one of the most common colors around the world because of that. We've already learned that Indigo was grown on plantations and so much blue dye was produced that it created "The Blues" for the slaves working the plantations, and it seems like denim only comes in blue, when it can be dyed any color. But we've gotten used to blue from back when it was the only cheap choice for the masses (as any Oregon AIC knows!).

Notice with clothes: the rarer the dye, the more prestigious the person who wore it, like "royal purple." And the more common the dye, the more it represented the poor: like blue does. From "Blue Collar" and "The Blues" to the Pioneer dresses of the American religious groups who, in the 1800s, decided everyone should wear the same clothes by gender. Apparently, 1800s fashion was the fashion God prefers, those styles with their blue hues are still with us. Blue is common, so it has represented the poor, even if just referencing how we feel or the color of your "collar" at work.

In 20th Century America, (and maybe still) we had "Blue Collar" jobs and "White Collar" jobs to designate the labor who sweated for a living (Blue) and those who worked mostly with their brains (White). Also known as: Labor and Management (until lots of White Collar jobs became low paying labor with the introduction of computers and high tech).

The reason for those colors is easy:

Cotton and Linen are already mostly white (so we don't have to dye them, just bleach the cloth) and they should stay clean since the work is indoors and isn't hard labor.

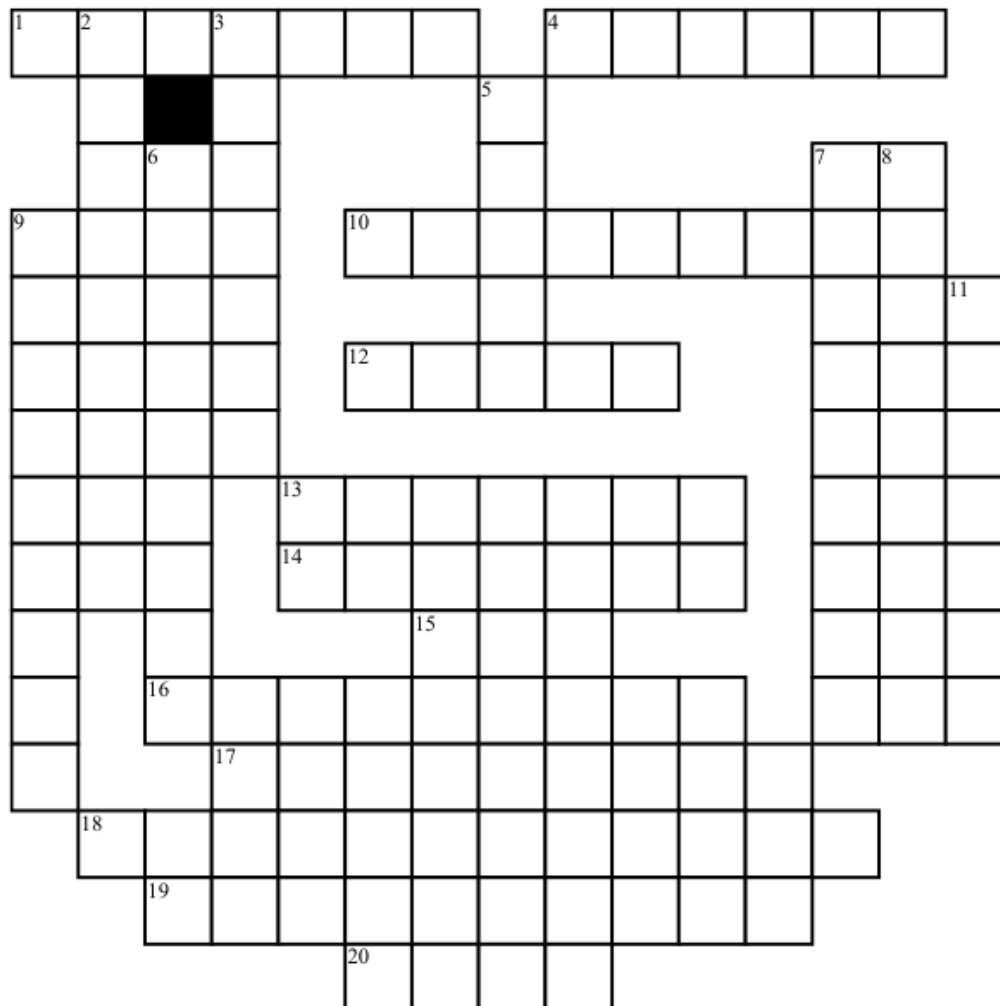
Blue is easy to create so it's okay to get dirty, and cheap to replace if needed.

Colors provide identity, and even emotion, if you get *The Blues* once in a while, or are just in a dark place. Whether you're "true blue" or "green with envy" or "scared yellow" or even "red hot" (or worse: "white hot") with emotion, colors help describe things that aren't color. This little essay on colors is just "golden" isn't it?



Name: _____ Date: _____

Christmas Crossword Puzzle



Across

1. What forms when snow starts to melt but then re-freezes while dripping
4. Traditional Christmas beverage
10. A minty treat that is usually red and white
12. What people traditionally put on top of their christmas trees
13. The most famous reindeer of all
14. When you get cold, you put them on your hands

15. What you put on top of a present when all finished

16. Not anyone is alike

17. "Its the most

_____ time of the year!"

18. Where santa and his elves live

19. The flower associated with Christmas

20. The drink you leave out for Santa

Down

2. What we are counting down to

3. Santa comes down the _____ to deliver the toys

5. Who delivers toys to kids every December 24?

6. What people hang above their fireplace

7. What you make when you lay in the snow and move your arms back-and-forth

8. The birthplace of Jesus

9. When 2 people walk underneath it, you are supposed to kiss

11. The sweet treat you leave out for santa



Oregon

Tina Kotek, Governor

Oregon Department of Corrections

Operations Division

3723 Fairview Industrial Drive SE.

Suite 200

Salem, OR 97302

Voice: (503) 945-9090



Date: November 1, 2024

To: All Adults in Custody (AICs)

From: Josh Highberger, Assistant Director of Operations

Subject: 2024 Holiday Period

The 2024 Holiday Period begins Monday, December 2, and goes through Friday, January 3, 2025. During this time, for AICs with DOC debt and external obligations, the following parameters will be in place:

DOC Debt and External Obligations

- DOC debt (*examples: disciplinary fines, copy, and postage debt*) will be collected through Wednesday, November 27, 2024, prior to the start of the Holiday Period.
- During the Holiday Period, Central Trust will not collect existing DOC debt.
- External obligations (non-DOC debt) such as court filing fees (County / U.S. Court), garnishment orders, and Court-Ordered Financial Obligations (COFOs) will continue to be collected as DOC does not have the authority to suspend statutory collections.
- At the conclusion of the 2024 Holiday Period, on Friday, January 3, 2025, any funds remaining in the General Spending Trust Account of AICs with DOC debt will be collected in accordance with OAR 291 Div. 158-0065(d).

Spending Funds During the Holiday Period

- Commissary spending limits will be doubled.
- AICs who have DOC debt may spend funds during the 2024 Holiday period from their General Spending Trust Account for the following: postage, copies, institution club & DOC activities, DOC programs, phone transfers, and commissary items.
- AICs with DOC debt cannot make external purchases or disbursements from their General Spending Trust Account during the 2024 Holiday Period.
- AICs should plan accordingly when submitting financial requests, such as commissary orders and Request for Withdrawal of Funds (CD28 or CD28P).

Other Considerations

- All plans are subject to staffing, and AIC commissary worker / supply chain availability.
- Transitional Savings deductions will continue to take place in accordance with ORS 423.105

The Holiday Period occurs at the discretion of the Assistant Director of Operations in accordance with OAR 291 Div. 158-0065(d). AICs with questions may submit an AIC communication to Business Services (*electronic option available on the tablet*).

DO YOU WANT THE HALLMARK CHANNEL ?

Please kyte ISM Abston if you would like to see the Hallmark
channel added to the line up!

Also what channel would you prefer to replace?

Kyte ISM Abston!!!





Legal & Library Services Thin Client and Thumb Drive Notice

Thumb Drives:

In accordance with OAR 291-139-0190 (2)(a), Legal and Library services, "may make removable media devices available for inmate use for saving and storing legal documents created using word processing equipment in the facility law library." Please note that access to thumb drives is a privilege.

Allowable Documents:

In accordance with OAR 291-139-0190(2)(c), only legal documents are allowed to be stored on the legal thumb drive that is assigned to you. Per OAR 291-139-0110 the following are considered legal documents:

- Pleadings (i.e., complaint, petition, or response)
- Legal motions and memoranda
- Affidavits
- Court orders and Judgments
- Necessary papers submitted to a court in connection with a legal action.
- Necessary papers submitted to a paroling authority in connection with official actions and proceedings of such authorities.

General Print and Thumb Drive Information:

- It is possible for thumb drives to be corrupted. To help prevent this, please ensure that you properly eject your thumb drive every time.
- ODOC is not responsible for corrupted files.
- A cursory review is required for all documents that are copied and printed (See OAR 291-139-0170(1)(c)).
- Printed documents must contain your name and SID to verify that the documents belong to you and are legal in nature (See OAR 291-139-0110(2)).
- We may not have the forms that you need – you may need to make your own form.
- Correspondence (letters) with legal counsel is not considered a legal document (See OAR 291-139-0110(10)).
- Thumb drives are subject to cursory review (See OAR 291-139-0190 (2) (c)).

Effective 10/17/2024



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**

CHRISTMAS SUDOKU

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



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

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



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

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



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

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



FROM THE MAIL ROOM

Greetings, through the recent Christmas flurry in the mailroom, a few things have come to mind that about AIC outgoing mail. Below is a gentle reminder.

(3) AIC's shall not send, receive, transfer, or possess mail to or from the victim(s) of their crime(s) of conviction (both past and present), except as authorized in writing by the functional unit manager or designee.

(A) AIC's may send only the following items to another AIC:

- (i) Correspondence;
- (ii) One drawing per envelope; and
- (ii) One photograph per envelope.

(B) AIC's shall not send newspaper or magazine clippings, photocopies, printed web pages, or any other material not listed in subsection (A) above to another inmate through the mail.

(c) AIC Sender: Any enclosures (i.e., photographs, hand-made drawings in excess of that allowed) that are not illegal or evidence of a crime, or that are otherwise not prohibited in outgoing mail under these rules shall be returned to the inmate sender with the contents of the envelope or package intact, together with a Mail Violation Notice (CD 618a). Any item that poses a threat or is a detriment to the security, good order, or discipline of the facility, or that would encourage or instruct in criminal activity, may be confiscated and retained pending an investigation. If appropriate, the AIC may be issued a misconduct report, in accordance with the rule on Prohibited Inmate Conduct and Processing Disciplinary Actions (OAR 291-105).

(5) New and used books, magazines, newspapers, and blank journals shall only be received directly from the publisher or distributor. (24) Publisher, Distributor, or Book Vender: A business, organization, or firm that issues and makes available to the public (generally for sale and wide distribution) magazines, newspapers, new and used books, and other publications.

The above was taken directly from OAR 291.

AIC's sending mail in an envelope that was purchased from canteen must not go over weight restrictions and must be flat. Large envelopes that do not bend are considered packages by USPS and require additional postage. Speak with R&D if you have a package that needs mailed.



ODOC Pharmacies

ODOC Pharmacies will be making a minor change on the pharmacy label for your medications. It is a small change, but it will be noticeable for some and we want to explain it now to help avoid any confusion. You shouldn't see any difference on medications that are dispensed in capsules or tablets, that will remain the same. However, for tubes, inhalers and other pharmaceutical containers you'll see that the quantity now indicates the number of grams or milliliters that the container holds. Previously if you had received a 30 gram tube of ointment, the pharmacy label would have read "1", indicating that you received one tube of ointment. Now you will see on the pharmacy label that the quantity has changed to "30", the number of grams in the tube. We are making the change because the pharmacies are about to use a new computer program that requires us to record the quantity dispensed in grams and milliliters.

LAW LIBRARY

UPDATES

Law Library will be closed

December 25

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



CANTEEN SHEETS REMINDERS

Fill out completely

Make sure it's verified

Please do not; Circle, Underline, Highlight, or Doodle on sheet

Last but not least; turn in to

Canteen Mailbox only

in Dining

UNIT ONE ANNOUNCEMENT

Starting JANUARY 1ST 2025

Unit one will return to being

A general population unit.



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 Havely in the Law Library by the 15th of each month to be added to Mr. Pereyra's next visit day.

**VA**

U.S. Department
of Veterans Affairs

Have a drug or alcohol problem?

Looking for a solution?

Come Join us!

AA Thursday 7-8 pm

NA Saturday 6-7 pm

Kyte

Ms. Carpenter

to be added to the call outs



Counts

Formal counts are conducted six times daily. Facility count times are at 12:00 am, 2:30 am, 4:30 am, 11:30 am, 4:30 pm and 9:30 pm. The 11:30 am and 4:30 pm counts are mandatory sit up counts. During sit up counts you are required to be sitting upright facing the isle so the Unit Officer can see your face, electronics are to be turned off, **your TV may remain on, but you must be facing away from you and your headphones / ear buds must be completely removed from the head / neck.** You are not to engage in any activity that would distract the Housing Unit Officer during count time. **If you are off your bunk when count is announced, it is an automatic 24-hour cell-in. Other count violations including watching your tv, using other electronic items, wearing headphones or ear buds, talking or sleeping during count or any distraction to the count process will be an automatic 8-hour cell-in. Progressive discipline will be utilized for any future count violations.**

Electronics are only required to be turned off during the 11:30 am and 4:30 pm Sit Up Counts. Personal electronics may remain on during all other counts (12:00 am, 2:30 am, 4:30 am, and 9:30 pm) with the volume turned down. Abuse of this privilege will be handled on a case-by-case basis.



Food Handlers

We will skip December and testing will resume on January 2nd 2025. Send Kytes to Mr. Bucher.

DOC Headquarters Mail

Just a friendly reminder that when you are sending mail through the US Postal Service to the Department of Corrections Headquarters, you should use the address below:

DOC Headquarters

Name of unit or employee

3723 Fairview Industrial Drive SE,
Ste 200

Salem, OR 97302



Sewing Kits

Unit 4 is the only unit allowed to have a sewing kit. As of 9-27-2024 all sewing kits have been from Housing Units 1, 2 and 3.

Unit 4 Laundry Soap

WCCF will not be supplying laundry soap beginning November 1st. AICs can purchase laundry soap from the canteen list.

Indigent Paper

Please kyte Ms. Cobian for indigent paper.

SINGLE NUTRIENT REPORT : CARBOHYDRATES

Warner Creek Correctional Facility - Warner Creek Correctional Facility

	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	Oatmeal (24.6 g) Canned Fruit (12.8 g) Pancakes (82.9 g) Peanut Butter (9.5 g) Maple Syrup (22.1 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 180.0 g	Dry Cereal (22.8 g) Fresh Fruit (25.5 g) Fried Egg (0.8 g) Refried Beans (21.8 g) Ranchero Sauce (2.9 g) White Flour Tortilla (28.1 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 130.0 g	Multigrain Hot Cereal (26.4 g) Canned Fruit (17.2 g) Fried Egg (0.4 g) Cheese Slice (1.0 g) English Muffin (43.1 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 144.9 g	Dry Cereal (22.8 g) Fresh Fruit (18.0 g) Poultry Sausage (0.5 g) French Toast (43.9 g) Maple Syrup (22.1 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 135.4 g	Farina (27.7 g) Canned Fruit (12.8 g) *Ham & Cheese Scramble (3.8 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 101.1 g	Oatmeal (24.6 g) Fresh Fruit (25.5 g) Hard Boiled Egg (0.4 g) Breakfast Pastry (36.6 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 115.2 g	Canned Fruit (17.2 g) Scrambled Eggs (0.7 g) Poultry Sausage (0.5 g) Fried Potatoes (28.7 g) Wheat Toast (31.8 g) Jelly (21.7 g) Margarine (0.0 g) Total - 128.7 g
Lunch	Tomato Soup (9.7 g) Grilled Cheese Sandwich on Wheat (67.9 g) Broccoli (6.6 g) Chips (19.0 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total - 129.4 g	Coleslaw (11.7 g) *Barbecue Pork (9.7 g) Wheat Hoagie Roll (44.5 g) Macaroni & Cheese (30.4 g) Green Beans (7.5 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g) Total - 122.8 g	*Soup of the Day (13.6 g) Tuna Salad (6.1 g) Shredded Lettuce (0.5 g) Wheat Hoagie Roll (44.5 g) Blended Vegetables (12.8 g) Chips (19.0 g) Fresh Fruit (27.6 g) Fortified Drink (1.0 g) Total - 125.1 g	Asian Cabbage Salad (13.6 g) Beef & Broccoli (12.6 g) Brown Rice (33.7 g) Stir-Fry Vegetables (17.8 g) Milk Roll (31.4 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total - 135.6 g	Taco Salad with Meat (3.6 g) Seasoned Beans (28.5 g) Shredded Cheese (2.0 g) Salsa (3.2 g) Salad Dressing (6.1 g) Spanish Rice (25.6 g) Tortilla Chips (40.5 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g) Total - 128.5 g	*Soup of the Day (28.8 g) *Meat & Cheese Sandwich on Wheat (46.0 g) Shredded Lettuce (0.5 g) Mayo & Mustard (2.1 g) Blended Vegetables (12.8 g) Chips (19.0 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total - 135.7 g	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Chicken Quarter (0.0 g) Mashed Potatoes (27.7 g) Poultry Gravy (4.2 g) Peas (16.3 g) Wheat Dinner Roll (24.0 g) Margarine (0.0 g) Ice Cream Cup (15.0 g) Fortified Drink (1.0 g) Total - 92.9 g
Dinner	Lettuce Salad (1.7 g) Salad Dressing (4.4 g) Salisbury Steak (16.5 g) Mashed Potatoes (27.7 g) Beef Gravy (3.2 g) Peas (16.3 g) Wheat Dinner Roll (24.0 g) Margarine (0.0 g) Tea (0.0 g) Total - 93.8 g	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Chicken & Broccoli Casserole (38.4 g) Carrots (8.6 g) Wheat Bread (31.7 g) Margarine (0.0 g) Pudding (18.4 g) Tea (0.0 g) Total - 100.1 g	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Ranch Style Chili (44.6 g) Baked Potato (30.7 g) Sour Cream (1.3 g) Green Beans (7.5 g) Cornbread (30.0 g) Margarine (0.0 g) Tea (0.0 g) Total - 117.1 g	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) *Pizza (choice) (54.7 g) Blended Vegetables (12.8 g) Choice Dessert (42.4 g) Tea (0.0 g) Total - 114.6 g	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Beef Stew (28.2 g) Brown Rice (33.7 g) Cauliflower (6.3 g) Wheat Dinner Roll (24.0 g) Margarine (0.0 g) Choice Cookie (40.7 g) Tea (0.0 g) Total - 137.6 g	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Chicken Marinara (13.9 g) Pasta (30.4 g) Carrots (8.6 g) Focaccia Bread (67.7 g) Tea (0.0 g) Total - 123.6 g	Texas Slaw (18.7 g) Burrito Meat (3.3 g) Refried Beans (21.8 g) Shredded Cheese (2.0 g) Lemon Cilantro Rice (41.2 g) Salsa (3.2 g) Whole Wheat Tortilla (55.4 g) Fresh Fruit (27.6 g) Tea (0.0 g) Total - 173.2 g
Total	403.2 g	352.9 g	387.1 g	385.6 g	367.2 g	374.5 g	394.8 g

Week : 1 10/21/2024 : 10/27/2024 - Mainline - Repeat Cycle

SINGLE NUTRIENT REPORT : CARBOHYDRATES

Warner Creek Correctional Facility : Warner Creek Correctional Facility

	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	Oatmeal (24.6 g) Canned Fruit (12.8 g) Fried Egg (0.4 g) Cheese Slice (1.0 g) Bagel (46.1 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g)	Dry Cereal (22.8 g) Fresh Fruit (25.5 g) Veggie & Cheese Scramble (4.9 g) Wheat Toast (31.8 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g)	Farina (27.7 g) Canned Fruit (17.2 g) Sausage Gravy (10.5 g) Biscuit (47.7 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g)	Dry Cereal (22.8 g) Fresh Fruit (18.0 g) Waffles (25.9 g) Peanut Butter (9.5 g) Maple Syrup (22.1 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g)	Oatmeal (24.6 g) Canned Fruit (12.8 g) Scrambled Eggs (1.0 g) Scone (35.8 g) Jelly (21.7 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g)	Multigrain Hot Cereal (26.4 g) Canned Fruit (17.2 g) Yogurt (33.0 g) Breakfast Pastry (45.3 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g)	Fresh Fruit (25.5 g) Scrambled Eggs (0.7 g) Pork Bacon (0.0 g) Fried Potatoes (28.7 g) Wheat Toast (31.8 g) Jelly (21.7 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g)
	Total - 141.7 g	Total - 113.1 g	Total - 159.9 g	Total - 126.4 g	Total - 124.0 g	Total - 150.0 g	Total - 136.5 g
Lunch	Potato Soup (33.4 g) Meat & Cheese Sandwich on Wheat (48.0 g) Shredded Lettuce (0.5 g) Mayo & Mustard (2.1 g) Green Beans (7.5 g) Chips (19.0 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g)	Coleslaw (11.7 g) Tuna Noodle Casserole (46.2 g) Blended Vegetables (12.8 g) Wheat Bread (31.7 g) Margarine (0.0 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g)	"Soup of the Day" (13.6 g) Chicken-Lettuce Salad (1.3 g) Sliced Onions (2.6 g) Shredded Cheese (2.0 g) Salad Dressing (6.1 g) Broccoli (6.6 g) Wheat Dinner Roll (24.0 g) Fresh Fruit (27.6 g) Fortified Drink (1.0 g)	Bean Soup (27.6 g) "Grilled Ham & Cheese Sandwich on Wheat (34.1 g) Peas (16.3 g) Chips (19.0 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g)	Texas Slaw (18.7 g) Cincinnati Chili (35.7 g) Shredded Cheese (2.0 g) Sliced Onions (2.6 g) Spaghetti (29.5 g) Broccoli (6.6 g) Cornbread (30.0 g) Margarine (0.0 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g)	"Soup of the Day" (13.6 g) Chicken Salad (4.7 g) Shredded Lettuce (0.5 g) Wheat Hoagie Roll (44.5 g) Blended Vegetables (12.8 g) Chips (19.0 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g)	Lettuce Salad (1.7 g) Salad Dressing (4.4 g) Roast Turkey (0.0 g) Poultry Gravy (4.2 g) Mashed Potatoes (27.7 g) Green Beans (7.5 g) Wheat Bread (31.7 g) Margarine (0.0 g) Frosted Cake (54.5 g) Fortified Drink (1.0 g)
	Total - 137.0 g	Total - 121.4 g	Total - 84.8 g	Total - 123.7 g	Total - 144.1 g	Total - 121.6 g	Total - 132.7 g
Dinner	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Chicken Quesadilla (59.4 g) Salsa (3.2 g) Sour Cream (1.3 g) Brown Rice (33.7 g) Zucchini (4.9 g) Tea (0.0 g)	Lettuce Salad (1.7 g) Salad Dressing (4.4 g) Sloppy Joe (21.9 g) Wheat Burger Bun (40.8 g) Carrots (8.6 g) Seasoned Potatoes (36.4 g) Ketchup (3.9 g) Fruit Bar (47.7 g) Tea (0.0 g)	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Meat Loaf (25.0 g) Baked Potato (30.7 g) Sour Cream (1.3 g) Green Beans (7.5 g) Wheat Bread (31.7 g) Margarine (0.0 g) Tea (0.0 g)	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Cheese Pizza (52.3 g) Blended Vegetables (12.8 g) Choice Dessert (42.4 g) Tea (0.0 g)	Lettuce Salad (1.7 g) Salad Dressing (6.1 g) Chicken & Rice Casserole (43.9 g) Carrots (8.6 g) Wheat Bread (31.7 g) Margarine (0.0 g) Gelatin & Whip Topping (21.4 g) Tea (0.0 g)	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Beef Enchilada Casserole (44.9 g) Brown Rice (33.7 g) Seasoned Beans (28.5 g) Tea (0.0 g)	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Meat Sauce (19.4 g) Spaghetti (29.5 g) Cauliflower (6.3 g) French Bread (22.6 g) Garlic Margarine (0.1 g) Fresh Fruit (27.6 g) Tea (0.0 g)
	Total - 107.2 g	Total - 165.4 g	Total - 99.2 g	Total - 110.5 g	Total - 113.1 g	Total - 111.8 g	Total - 110.2 g
Total	385.9 g	389.9 g	343.9 g	360.6 g	381.2 g	383.4 g	379.4 g

Week : 2 10/28/2024 : 11/3/2024 - Mainline - Repeat Cycle

SINGLE NUTRIENT REPORT : CARBOHYDRATES

Warner Creek Correctional Facility : Warner Creek Correctional Facility

	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	Oatmeal (24.6 g) Canned Fruit (12.8 g) Pancakes (82.9 g) Peanut Butter (9.5 g) Maple Syrup (22.1 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 180.0 g	Dry Cereal (22.8 g) Fresh Fruit (25.5 g) Fried Egg (0.8 g) Refried Beans (21.8 g) Ranchero Sauce (2.9 g) White Flour Tortilla (28.1 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 130.0 g	Multigrain Hot Cereal (26.4 g) Canned Fruit (17.2 g) Fried Egg (0.4 g) Cheese Slice (1.0 g) English Muffin (43.1 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 144.9 g	Dry Cereal (22.8 g) Fresh Fruit (18.0 g) Poultry Sausage (0.5 g) French Toast (43.9 g) Maple Syrup (22.1 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 135.4 g	Farina (21.7 g) Canned Fruit (12.8 g) *Ham & Cheese Scramble (3.8 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 101.1 g	Oatmeal (24.6 g) Fresh Fruit (25.5 g) Hard Boiled Egg (0.4 g) Breakfast Pastry (38.6 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 115.2 g	Canned Fruit (17.2 g) Scrambled Eggs (0.7 g) Poultry Sausage (0.5 g) Fried Potatoes (28.7 g) Wheat Toast (31.8 g) Jelly (21.7 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 128.7 g
Lunch	Lentil Soup (26.0 g) Barbecue Chicken (9.7 g) Wheat Hoagie Roll (44.5 g) Brown Rice (33.7 g) Blended Vegetables (12.8 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total - 153.2 g	*Soup of the Day (13.6 g) Tuna Melt Sandwich on Wheat (37.4 g) Potato Salad (20.8 g) Peas & Carrots (12.5 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g) Total - 103.3 g	Coleslaw (11.7 g) Hot Turkey Sandwich on Wheat (31.8 g) Poultry Gravy (4.2 g) Mashed Potatoes (27.7 g) Carrots (8.6 g) Fresh Fruit (27.6 g) Fortified Drink (1.0 g) Total - 112.6 g	Vegetable Soup (10.9 g) Chicken-Lettuce Salad (1.3 g) Sliced Onions (2.6 g) Shredded Cheese (2.0 g) Salad Dressing (8.1 g) Broccoli (8.6 g) Wheat Dinner Roll (24.0 g) Margarine (0.0 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total - 80.0 g	*Soup of the Day (26.8 g) *Meat & Cheese Sandwich on Wheat (48.0 g) Shredded Lettuce (0.5 g) Mayo & Mustard (2.1 g) Peas (16.3 g) Chips (19.0 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g) Total - 131.7 g	Texas Slaw (18.7 g) Beef Fajita Mix (5.5 g) Onions & Bell Peppers (10.3 g) Salsa (3.2 g) Whole Wheat Tortilla (55.4 g) Spanish Rice (25.5 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total - 145.2 g	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Chicken Quarter (0.0 g) Mashed Potatoes (27.7 g) Poultry Gravy (4.2 g) Peas (16.3 g) Wheat Dinner Roll (24.0 g) Margarine (0.0 g) Ice Cream Cup (14.0 g) Fortified Drink (1.0 g) Total - 91.9 g
Dinner	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Beef Stroganoff (7.1 g) Pasta (30.4 g) Broccoli (6.6 g) Wheat Bread (31.7 g) Margarine (0.0 g) Tea (0.0 g) Total - 80.5 g	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Chicken & White Bean Chili (40.0 g) Shredded Cheese (2.0 g) Brown Rice (33.7 g) Green Beans (7.5 g) Cornbread (30.0 g) Margarine (0.0 g) Choice Cookie (40.7 g) Tea (0.0 g) Total - 158.6 g	Canned Fruit (12.8 g) Creamed Ground Beef (10.2 g) Fried Potatoes (28.7 g) Biscuit (47.7 g) Margarine (0.0 g) Coffee (0.0 g) Total - 99.4 g	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) *Pizza (choice) (54.7 g) Blended Vegetables (12.8 g) Choice Dessert (42.4 g) Tea (0.0 g) Total - 114.6 g	Lettuce Salad (1.7 g) Salad Dressing (4.4 g) Cheeseburger (5.0 g) Onions & Pickles (3.7 g) Wheat Burger Bun (40.8 g) Green Beans (7.5 g) Seasoned Potatoes (36.4 g) Ketchup (7.8 g) Bread Pudding (39.5 g) Tea (0.0 g) Total - 146.8 g	Lettuce Salad (1.7 g) Salad Dressing (4.4 g) *Jambalaya (56.3 g) Blended Vegetables (12.8 g) Wheat Bread (31.7 g) Margarine (0.0 g) Tea (0.0 g) Total - 108.6 g	Lettuce Salad (1.7 g) Salad Dressing (4.4 g) Macaroni & Cheese (50.6 g) Cauliflower (6.3 g) French Bread (22.6 g) Margarine (0.0 g) Fresh Fruit (27.6 g) Tea (0.0 g) Total - 113.2 g
Total	Total - 413.7 g	Total - 391.9 g	Total - 356.9 g	Total - 330.0 g	Total - 379.6 g	Total - 389.0 g	Total - 333.8 g

Week :3 11/4/2024 : 11/10/2024 - Mainline - Repeat Cycle

SINGLE NUTRIENT REPORT : CARBOHYDRATES

Warner Creek Correctional Facility : Warner Creek Correctional Facility

	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	Oatmeal (24.6 g) Canned Fruit (12.8 g) Fried Egg (0.4 g) Cheese Slice (1.0 g) Bagel (46.1 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 141.7 g	Dry Cereal (22.8 g) Fresh Fruit (25.5 g) Veggie & Cheese Scramble (4.9 g) Wheat Toast (31.8 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 113.1 g	Farina (27.7 g) Canned Fruit (17.2 g) Sausage Gravy (10.5 g) Biscuit (47.7 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 159.9 g	Dry Cereal (22.8 g) Fresh Fruit (18.0 g) Waffles (25.9 g) Peanut Butter (9.5 g) Maple Syrup (22.1 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 126.4 g	Oatmeal (24.6 g) Canned Fruit (12.8 g) Scrambled Eggs (1.0 g) Scone (35.8 g) Jelly (21.7 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 124.0 g	Multigrain Hot Cereal (26.4 g) Canned Fruit (17.2 g) Yogurt (33.0 g) Breakfast Pastry (45.3 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 150.0 g	Fresh Fruit (25.5 g) Scrambled Eggs (0.7 g) *Pork Bacon (0.0 g) Fried Potatoes (28.7 g) Wheat Toast (31.8 g) Jelly (21.7 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total - 136.5 g
Lunch	Coleslaw (11.7 g) Double Cheeseburger (9.0 g) Onions & Pickles (3.7 g) Mayo & Mustard (2.1 g) Wheat Burger Bun (40.8 g) Green Beans (7.5 g) Seasoned Potatoes (36.4 g) Ketchup (7.8 g) Apple Pie (47.5 g) Ice Cream Cup (15.0 g) Fortified Drink (1.0 g) Total - 182.5 g	*Soup of the Day (13.6 g) *Meat & Cheese Sandwich on Wheat (48.0 g) Shredded Lettuce (0.5 g) Mayo & Mustard (2.1 g) Peas (16.3 g) Chips (19.0 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g) Total - 118.5 g	Minestrone Soup (23.4 g) Chicken Salad (4.7 g) Shredded Lettuce (0.5 g) Wheat Hoagie Roll (44.5 g) Blended Vegetables (12.8 g) Chips (19.0 g) Fresh Fruit (27.6 g) Fortified Drink (1.0 g) Total - 133.5 g	Taco Salad with Meat (3.6 g) Seasoned Beans (28.5 g) Shredded Cheese (2.0 g) Salsa (3.2 g) Salad Dressing (6.1 g) Spanish Rice (25.6 g) Tortilla Chips (40.5 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total - 136.0 g	*Soup of the Day (13.6 g) Hot Dog (4.0 g) Chili with Beans (24.9 g) Shredded Cheese (2.0 g) Sliced Onions (2.6 g) Wheat Hoagie Roll (44.5 g) Carrots (8.6 g) Chips (19.0 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g) Total - 138.2 g	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Breaded Fish (18.0 g) Tartar Sauce (6.3 g) Macaroni & Cheese (30.4 g) Cauliflower (6.3 g) Breadstick (17.5 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total - 109.7 g	Lettuce Salad (1.7 g) Salad Dressing (4.4 g) Roast Turkey (0.0 g) Poultry Gravy (4.2 g) Mashed Potatoes (27.7 g) Green Beans (7.5 g) Wheat Bread (31.7 g) Margarine (0.0 g) Frosted Cake (54.5 g) Fortified Drink (1.0 g) Total - 132.7 g
Dinner	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Turkey Noodle Casserole (60.8 g) Broccoli (6.6 g) Wheat Bread (31.7 g) Margarine (0.0 g) Tea (0.0 g) Total - 102.1 g	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Chicken Tortilla Stew (19.2 g) Brown Rice (33.7 g) Carrots (8.6 g) Tortilla Chips (20.3 g) Sour Cream (1.3 g) Fruit Bar (47.7 g) Tea (0.0 g) Total - 135.5 g	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Meat Sauce (19.4 g) Spaghetti (29.5 g) Broccoli (6.6 g) Focaccia Bread (67.7 g) Tea (0.0 g) Total - 126.2 g	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Cheese Pizza (32.3 g) Blended Vegetables (12.8 g) Choice Dessert (42.4 g) Tea (0.0 g) Total - 110.5 g	Lettuce Salad (1.7 g) Salad Dressing (6.1 g) Chicken Teriyaki (3.9 g) Brown Rice (33.7 g) Stir-Fry Vegetables (17.8 g) Milk Roll (31.4 g) Gelatin & Whip Topping (21.4 g) Tea (0.0 g) Total - 116.0 g	Lettuce Salad (1.7 g) Salad Dressing (6.1 g) Beef Patty (4.0 g) Onions & Pickles (3.7 g) Mayo & Mustard (2.1 g) Wheat Burger Bun (40.8 g) Peas (16.3 g) Seasoned Potatoes (36.4 g) Ketchup (7.8 g) Tea (0.0 g) Total - 118.9 g	Texas Slaw (18.7 g) Burrito Beans (27.9 g) Shredded Cheese (2.0 g) Salsa (3.2 g) Whole Wheat Tortilla (55.4 g) Spanish Rice (25.6 g) Fresh Fruit (27.6 g) Tea (0.0 g) Total - 180.4 g
Total	426.3 g	367.1 g	419.6 g	372.9 g	378.2 g	429.6 g	429.6 g

Week : 4 11/11/2024 : 11/17/2024 - Mainline - Repeat Cycle

SINGLE NUTRIENT REPORT - CARBOHYDRATES
Warner Creek Correctional Facility : Warner Creek Correctional Facility

	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
Breakfast	Oatmeal (24.6 g) Canned Fruit (12.8 g) Pancakes (82.9 g) Peanut Butter (9.5 g) Maple Syrup (22.1 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total: 180.0 g	Dry Cereal (22.8 g) Fresh Fruit (25.5 g) Scrambled Eggs (0.7 g) Ground Beef (0.0 g) Shredded Cheese (2.0 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total: 107.8 g	Multigrain Hot Cereal (26.4 g) Canned Fruit (17.2 g) Hard Boiled Egg (0.8 g) Wheat Toast (31.8 g) Maple Syrup (22.1 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total: 104.3 g	Dry Cereal (22.8 g) Fresh Fruit (18.0 g) Poultry Sausage (0.5 g) French Toast (43.9 g) Maple Syrup (22.1 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total: 135.4 g	Farina (27.7 g) Canned Fruit (12.8 g) Veggie & Cheese Scramble (4.9 g) Fried Potatoes (28.7 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total: 102.2 g	Oatmeal (24.6 g) Fresh Fruit (25.5 g) Hard Boiled Egg (0.4 g) Breakfast Pastry (36.6 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total: 115.2 g	Canned Fruit (17.2 g) Scrambled Eggs (0.7 g) Poultry Sausage (0.5 g) Fried Potatoes (28.7 g) Wheat Toast (31.8 g) Jelly (21.7 g) Margarine (0.0 g) Skim Milk (22.5 g) Coffee (0.0 g) Sugar PC (5.6 g) Total: 128.7 g
Lunch	Lettuce Salad (1.7 g) Salad Dressing (4.4 g) Cheese Ravioli (35.7 g) Marinara Sauce (10.6 g) Peas (16.3 g) French Bread (22.6 g) Garlic Margarine (0.1 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total: 117.9 g	"Soup of the Day" (26.8 g) Tuna Salad (6.1 g) Shredded Lettuce (0.5 g) Wheat Hoagie Roll (44.5 g) Blended Vegetables (12.8 g) Chips (19.0 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g) Total: 128.7 g	Potato Soup (33.4 g) "Chicken-Bacon-Ranch" Salad (1.3 g) Sliced Onions (2.6 g) Shredded Cheese (2.0 g) Ranch Dressing (6.1 g) Carrots (8.6 g) Breadstick (17.5 g) Fortified Drink (1.0 g) Total: 100.1 g	Broccoli Cheese Soup (17.8 g) Fried Egg Sandwich on Wheat (32.6 g) Mayonnaise (1.3 g) Green Beans (7.5 g) Chips (19.0 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total: 104.7 g	"Soup of the Day" (26.8 g) "Meat & Cheese Sandwich on Wheat (46.0 g) Shredded Lettuce (0.5 g) Mayo & Mustard (2.1 g) Cauliflower (6.3 g) Chips (19.0 g) Fresh Fruit (18.0 g) Fortified Drink (1.0 g) Total: 121.7 g	Nacho Meat (3.3 g) Refried Beans (21.8 g) Cheese Sauce (6.7 g) Lettuce Salad (1.7 g) Salsa (3.2 g) Tortilla Chips (40.5 g) Zucchini (4.9 g) Fresh Fruit (25.5 g) Fortified Drink (1.0 g) Total: 108.6 g	Lettuce Salad (1.7 g) Salad Dressing (6.1 g) "Roast Pork Loin (0.0 g) Scalloped Potatoes (41.0 g) Broccoli (6.6 g) Wheat Dinner Roll (24.0 g) Fresh Fruit (25.5 g) Margarine (0.0 g) Ice Cream Cup (15.0 g) Total: 95.4 g
Dinner	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Spicy Rice Casserole (32.0 g) Green Beans (7.5 g) Wheat Bread (31.7 g) Margarine (0.0 g) Tea (0.0 g)	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) Philly Beef (1.5 g) Cheese Sauce (6.7 g) Onions & Bell Peppers (10.3 g) Wheat Hoagie Roll (44.5 g) Broccoli (6.6 g) Seasoned Potatoes (36.4 g) Ketchup (3.9 g) Pudding (18.4 g) Tea (0.0 g) Total: 133.0 g	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Chicken Enchilada Casserole (45.3 g) Brown Rice (33.7 g) Seasoned Beans (28.5 g) Tea (0.0 g) Total: 110.5 g	Lettuce Salad (1.7 g) Salad Dressing (3.0 g) "Pizza (choice) (54.7 g) Blended Vegetables (12.8 g) Choice Dessert (42.4 g) Tea (0.0 g) Total: 114.6 g	Lettuce Salad (1.7 g) Salad Dressing (4.4 g) Cheeseburger (5.0 g) Onions & Pickles (3.7 g) Wheat Burger Bun (40.8 g) Carrots (8.6 g) Seasoned Potatoes (36.4 g) Ketchup (7.8 g) Fruit Crisp (39.5 g) Tea (0.0 g) Total: 147.9 g	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Chicken Alfredo Sauce (9.9 g) Brown Rice Pilaf (28.7 g) Peas (16.3 g) Spaghetti (29.5 g) Blended Vegetables (12.8 g) Focaccia Bread (67.7 g) Tea (0.0 g) Total: 122.9 g	Lettuce Salad (1.7 g) Salad Dressing (1.3 g) Creole Chicken (6.9 g) Brown Rice Pilaf (28.7 g) Peas (16.3 g) French Bread (22.6 g) Margarine (0.0 g) Fresh Fruit (27.6 g) Tea (0.0 g) Total: 105.1 g
Total	372.1 g	369.5 g	314.9 g	354.7 g	371.8 g	346.7 g	330.2 g

Week :5 11/18/2024 : 11/24/2024 - Mainline - Repeat Cycle