



# Warner Creek Trails

MAY 2025

WARNER CREEK TRAILS

VOLUME 25 ISSUE 5



## Zodiac Signs for

### May:

*Taurus: April 21 to May  
20*

*Gemini: May 21*

## WINNING

### WORDS:

*A dry May and a leak-  
ing June  
Make the farmer  
whistle a merry tune.*

*A snowstorm in May  
Is worth a wagonload  
of hay.*

*Among the changing  
months, May stands  
confessed  
The sweetest, and in  
fairest colors dressed!*  
–James Thomson,

## The Month of May

May is known as a month of transition. If you live in the northern hemisphere, the fresh cold winds are gone, as are the rains of early spring.

By the time May comes around, the spring flowers are blooming, birds are chirping, and life is starting to seem a little more joyful day by day!

If you're on the other side of the world, in the southern hemisphere, then it's a time when summer is long gone. The fall winds have swept by, and the nights are getting colder and darker.

It's a time of change, yet still delightfully warm.

Again, May is a time of change, no matter where in the world you are.

What is it about May that's so significant though? Let's take a look at this a-may-zing month!

The name *May* is the modern-day English adaption of the Latin word *Maius*, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth.

A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word *Maiores*, the Latin for "elders," that the month gained its name.

The word *May* wasn't actually used until the middle ages were on their way out, around the 15<sup>th</sup> Century AD. Up until then, the Roman word *Maius* was still used.

May used to have a very different name in Old English. Back then, the month was referred to as the “month of three milkings.” Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!

May was once considered an incredibly ill-omened time to get married. There’s an adage for it actually, which goes: “*Marry in May and you’ll rue the day.*” It’s not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!

May isn’t just a bad time to get married, though. There’s the Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn’t wash any blankets either!

May is the month that the Eurovision song contest is held every year. For those not in the know. Eurovision is an international song contest that has been held every year since 1956. Some of the contest winners over the years have gone on to be incredibly successful groups, with the most notable being ABBA!

May is a special time for *Star Wars* fans worldwide and always a good reason to re-watch the movies. May the 4<sup>th</sup> is celebrated as Star Wars day, due to the way the date sounds similar to “*May the Force.*” We won’t start the debate over whether the old movies are better than the new ones, because we all know the answer to that!

Every year there is a particular meteor shower in May called the Eta Aquariids meteor shower. Discovered in 1870, this meteor shower passes by Earth between April 19 and May 28. It’s easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn. It is said that those born in May have a greater chance of being more successful in life and experience more love. While this may not be scientifically factual, it has been noticed that people born in May understand the importance of love and success more than others.

The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it’s still an awe-inspiring feature of the New York cityscape!

Back in the day in Europe, it wasn’t a good May if you didn’t celebrate it with a may-pole. In the UK, at least, they were present since at least 1350 AD. Celebrants would erect a long pole and attach flowers, garlands, and strips of fabric to it, around which certain dances would take place.

May is a pretty good month for US presidents. Every other month of the year, at least one US president has died, but never in May!

May is pretty exclusive when it comes to days of the week. No other month in one single year starts or finishes on the same weekday as May. Basically, if the first of May is on a Friday, and the 31<sup>st</sup> of May is on a Sunday, no other months in the year will start or end on a Friday or a Sunday!

The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter color. Emeralds are symbols of fertility and rebirth.

May actually has two birth flowers – Lily-of-the-Valley and the Hawthorn. The Hawthorn flower is a symbol of hope, while the Lily-of-the-Valley represents the return of happiness and sweetness.

May also has two Zodiac signs, Taurus and Gemini. People born under the sign of Taurus are said to be ambitious and smart, yet trustworthy. Those born under the sign of Gemini are said to be passionate, adaptable, and smart.

May has some pretty interesting month-long observances. In the U.K., May is National Pet Month and National Smile Month. In the US, May is National Burger Month, Older Americans Month, and National Military Appreciation Month.

May also has some pretty wacky days! Hawaii celebrates Lei Day on the first of May, which also happens to be May Day. Utah celebrates Golden Spike Day on May 10<sup>th</sup> after the First Transcontinental Railroad was completed. May 29<sup>th</sup> is celebrated as Put a Pillow on Your Fridge Day!

Many famous people were born in May, such as Mark Zuckerberg, Karl Marx, Clint Eastwood, Wes Anderson, John F. Kennedy, Queen Victoria, and Catherine the Great!



## May Calendar

**May 1** is May Day. Mark the return of spring by bringing in branches of forsythia, lilacs, or other flowering shrubs from your region. May Day is also “Lei Day” in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers such as plumeria. Nowadays, they are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha.

**May 5** is Cinco de Mayo (“The Fifth of May”). This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.

**May 11** is Mother’s Day—don’t forget! Do you have something planned to show appreciation for your mother?

**May 17** is Armed Forces Day, which honors those who serve in all branches of the United States military.

**May 19** is Victoria Day in Canada. This holiday celebrates the birthday of Queen Victoria, who was born on May 24, 1819. The holiday is observed on the penultimate Monday in May.

**May 22** is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.

**May 26** is Memorial Day—a poignant reminder of the tenacity of life. We honor our fallen soldiers and their ultimate sacrifice. It’s tradition to raise the flag on this day;



## “Just for Fun” Days

May is **Get Caught Reading Month** and **National Good Car-Keeping Month**.

Here are some more fun things to celebrate this May:

- **May 1:** School Principals' Day
- **May 2:** World Tuna Day
- **May 8:** No Socks Day
- **May 14 (second Wednesday in May):** Root Canal Appreciation Day
- **May 14:** Dance Like a Chicken Day
- **May 28:** Slugs Return from Capistrano Day

## May Full Moon

May's full Moon, called the **Flower Moon**, appears on Monday, May 12, reaching peak illumination at 12:56 P.M. (EDT). It will be below the horizon at this time, so for the best view of this full Moon, step outside on the night of the 12th or the 13th and look for that big, bright, shining lunar disk!

## May Birth Symbols

May's **birth flowers** are the Hawthorn and the Lily-of-the-valley. The hawthorn means hope, while the lily-of-the-valley symbolizes sweetness or the return of happiness.

May's **birthstone** is the emerald. Here are a few fun facts about emeralds:

- The emerald is a green type of beryl. Its color ranges from light to rich green; the more saturated hues are more valuable, especially if pure- or blue-green.
- Natural emeralds are flawed, with fractures or other materials mixed in, called inclusions, which may appear as needles, columns, or cubes of minerals or bubbles of gas or liquid. Sometimes, oil or resin is added to fill fractures and improve appearance.
- Some of the best emeralds come from South American mines, although perhaps the oldest known came from Egypt. The emerald was a favorite gem of Cleopatra.

The emerald symbolizes rebirth and fertility and was thought to grant foresight, cure various diseases, soothe nerves, improve memory, and ensure loyalty.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**STAR WARS**

# MAY THE 4TH BE WITH YOU WORD SEARCH



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

HOTH

PALPATINE

EMPIRE

SITH

CHEWBACCA

JEDI

X-WING

PRINCESS LEIA

LUKE SKYWALKER

THE FORCE AWAKENS

SLAVE I

YODA

BOBA FETT

NABOO

STAR WARS

LIGHTSABER

TATOOINE

OBI WAN KENOBI

FORCE

HAN SOLO

MANDALORIAN

DARTH VADER

TIE FIGHTER

MILLENNIUM FALCON





**State of Oregon**  
**Department of Corrections Commissary**

**DATE:** TUESDAY, APRIL 08, 2025  
**TO:** Adults in Custody  
**FROM:** Dustin Hoffman, Distribution Services Statewide Operations Manager  
**SUBJECT:** Commissary News, Updates and Reminders

**News:**

Due to year-end inventory, sales of the following pre-sale items will be suspended from  
 May 5<sup>th</sup> close of business – June 30<sup>th</sup>, 2025.

Incentive form

<b>Incentive Order Form</b>			
Please use my Protected Funds for this order		Please allow upto 6 weeks for delivery as we do not carry an inventory of items.	
Signature Required		Your order was processed	
SID: _____ Date: _____		Shoe Order #	
Name _____		Incentive Order #	
<div style="display: flex; justify-content: space-between;"> <span>Last</span> <span>First</span> </div> <div style="display: flex; justify-content: space-between;"> <span>Institution</span> <span>Block-Unit</span> <span>Cell-Bunk</span> </div>		TV Order #	

Any orders submitted for suspended items during this period will be cancelled. Normal sales of these items will resume beginning June 30, 2025.

# ODOC Health Services

## Health Matters: Learn About the New EHR System



### Your Health

Taking care of your health is important, and the new Electronic Health Record (EHR) system will help make it easier. This new system stores your healthcare information safely on a computer instead of paper, helping your healthcare team understand your health better. It can:

- Keep your medical history accurate.
- Help healthcare workers share information quickly.



### Why You Should be Involved in Your Healthcare

You are an important part of your healthcare! Asking questions and talking to your healthcare team helps them understand your needs. Being involved means:

- You can make good choices about your health.
- You can work better with your healthcare providers.
- You stay on track to improve your health.



### How to Ask Questions About the EHR System

It's okay to ask about the EHR. Here's how:

- Submit your questions on a Kyte addressed to: ASKEHR.
- Watch for flyers and additional articles in AIC Newsletters.
- Join Info Sessions: Attend Town Hall about the EHR system when offered.

**We look forward to hearing from you!**



### Take Charge of Your Health

The EHR system is here to help you. Asking questions and learning about it lets you stay involved and take charge of your healthcare. Your health is your journey—be an active part of it!



# Servicios de salud de ODOC

## La salud importa: Conozca el nuevo sistema EHR



### Su salud

Cuidar su salud es importante, y el nuevo sistema de Historia Clínica Electrónica (EHR por sus siglas en inglés) le facilitará este proceso. Este nuevo sistema almacena su información médica de forma segura en una computadora en lugar de papel, lo que ayuda a su equipo médico a comprender mejor su salud. Puede:

- Mantener la exactitud de su historial médico.
- Ayudar al personal sanitario a compartir información rápidamente.



### Por qué debe participar en su atención médica

Usted es una parte importante de su atención médica. Hacer preguntas y hablar con su equipo de atención médica les ayuda a comprender sus necesidades. Participar significa:

- Podrá tomar buenas decisiones sobre su salud.
- Podrá colaborar mejor con el personal sanitario.
- Podrá seguir mejorando su salud.



### Cómo hacer preguntas sobre el sistema EHR

Está bien preguntar sobre EHR. A continuación le explicamos cómo:

- Envía sus preguntas en un Kyte dirigido a: ASKEHR.
- Esté atento a los folletos y artículos adicionales en los boletines de AIC.
- Únase a las sesiones informativas: Asista al ayuntamiento sobre el sistema EHR cuando se ofrezca.

**¡Esperamos saber de usted!**



### Tome el control de su salud

El sistema de EHR está aquí para ayudarle. Hacer preguntas e informarte sobre él te permite mantenerte involucrado y tomar el control de tu atención médica. Tu salud es tu camino: ¡sea parte activa de él!

Date: April 4, 2025  
To: All Adults in Custody  
From: DOC Health Services Division



Beginning May 1st, aspirin will no longer be offered at medline. For those patients who are suffering from mild to moderate pain from headaches, muscle aches, menstrual periods, colds and sore throats, backaches and other associated symptoms, ibuprofen and acetaminophen are available at the housing unit. In addition to calcium carbonate (Tums®) for acid indigestion, heartburn and upset stomach, these products are available for self-use. If your health care needs are of a greater need, please see your medical provider.

Fecha: 4 de abril de 2025  
Para: Todos los adultos en custodia  
De: División de Servicios Salud

Comenzando el 1 de mayo, la aspirina ya no se ofrecerá en medline. Para esos pacientes que padecen dolor leve a moderado de dolor de cabeza, dolores musculares, periodo menstrual, resfriado y dolor de garganta, dolor de espalda y otros síntomas asociados, ibuprofeno y paracetamol están disponible en la unidad de Vivienda. Además del carbonato de calcio (Tums®) para indigestión acida, acidez y malestar estomacal, estos productos estarán disponibles para uso propio. Si sus necesidades de atención medica son mayores, por favor vea a su proveedor médico.

# May

## Education Dates

<b>May 2</b>	<b>No school</b>
<b>May 6</b>	<b>GED testing</b>
<b>May 8</b>	<b>GED testing</b>
<b>May 9</b>	<b>No school</b>
<b>May 11</b>	<b>Happy Mother's Day – don't forget to call your mother</b>
<b>May 12-14</b>	<b>No school</b>
<b>May 20</b>	<b>GED testing</b>
<b>May 22</b>	<b>GED testing</b>
<b>May 23</b>	<b>No school</b>
<b>May 26</b>	<b>Memorial Day – No school</b>
<b>May 30</b>	<b>No school</b>



# Education Library Book of the Month



## 213.RIA.01.001 "Pandemic" by A.G. Riddle

*A deadly outbreak in Kenya. A conspiracy beyond imagination. And a race to save humanity in its darkest hour. A hundred miles north of Alaska, an American Coast Guard vessel discovers a sunken submarine at the bottom of the Arctic Ocean. Deep within, researchers find evidence of a scientific experiment that will alter our very understanding of the human race. In Atlanta, Dr. Shaw is the CDC's leading epidemiologist and is among the first responders to outbreaks around the world. This time, she may have met her match...*

## *Independent Study of the Month*

### *The Entrepreneur's Toolkit*

The course starts with practical approaches to discover great business ideas all around you. Even if you already have a great business idea, these approaches will help you imagine it in a new way and make it even better. You will examine what entrepreneurship is and what entrepreneurs do. The second lecture describes how to create a proof of concept that helps you develop and refine your business idea. Understanding who the *real* customer is and what the *real* problem is forms the basis for creating the proof of concept. Finally, we discuss how to prototype the idea and monetize the concept. Eight lectures examine one of the greatest stumbling blocks for entrepreneurs – building and writing a strong business plan. All the key concepts are covered: how to grab your reader's attention with an executive summary and a sound business description, how to conduct market research and analysis, how to line up a management team that will win investors over, and how to organize your operations.

## Language change over time - LORD'S PRAYER in English



### **In Modern English:**

Our Father who is in heaven, may your name be kept holy. May your kingdom come, and your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. Amen

### **In “King James” English – first printing 1611:**

Our Father which art in heaven, Hallowed by thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us of our trespasses as we forgive those who trespass upon us. And lead us not into temptation but deliver us from evil.

Amen

*(Printing press invented about 1500. The Prayer changed less in 400 years after the printing press – above - than it did in 200 years before it - below. All languages change over time, but less so after that language has writing, and then printing. Without writing and reading, sounds changed more. See below.)*

### **In “Middle English” – on parchment, about 1400:**

Oure fadir that art in heuenes, halwid be thi name; thi reume come to be. Be thi wille don in herthe as it is dounin heuene. Yeue to us today oure eche dayes bred. And foryeue to us oure dettis that is oure synnys as we foryeuen to oure dettouris that is to men that han synned in us. And lede us not into temptacion, but delyuere us from euyl.

Amen

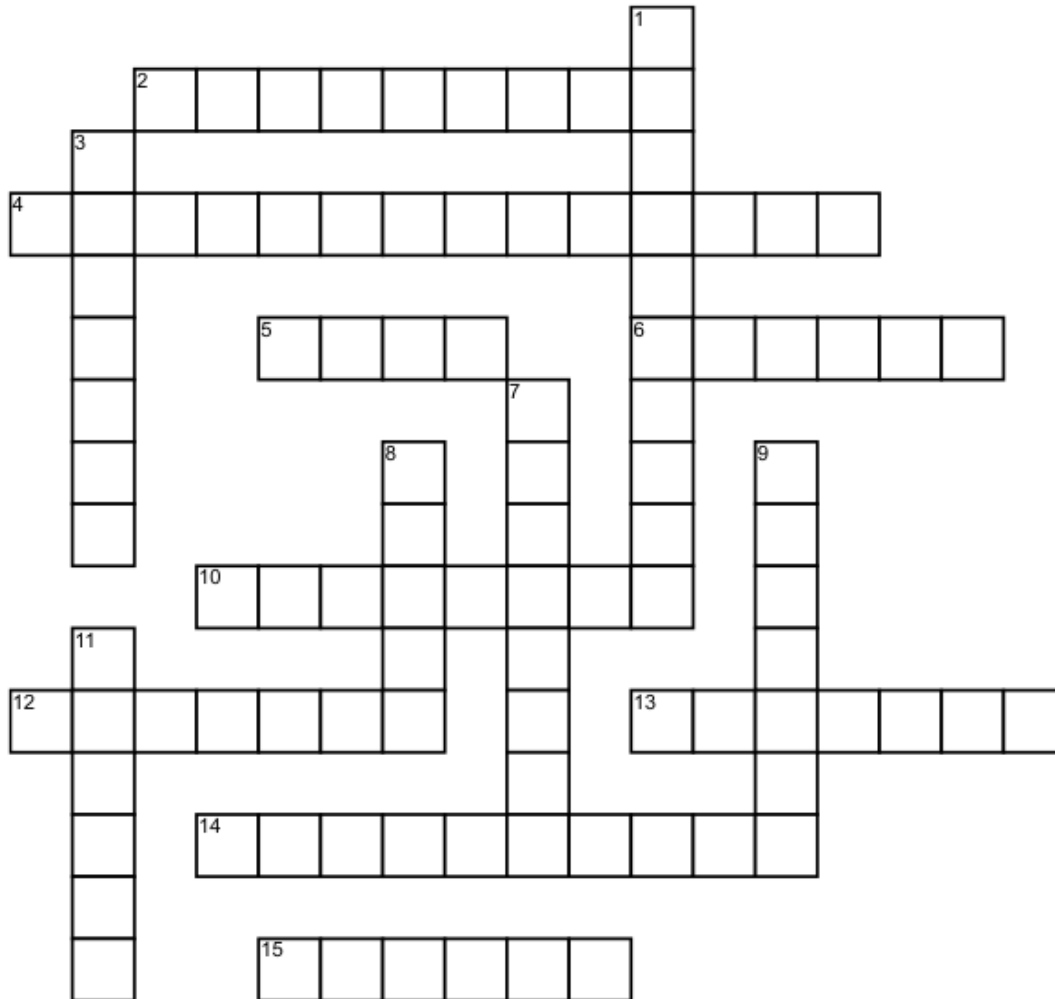
### **In “Old English” – from a scroll, about 1000:**

Fæder ure thu the eart on heofonum, si thin nama gehalgod.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# May the force be with you



## Across

2. The direction of a force is shown by the \_\_\_\_\_ of the arrow.
4. When an apple is falling through the air the force that opposes gravity is the push force of \_\_\_\_\_.
5. when an apple is hanging on a tree the type of force that holds it on the branch is the \_\_\_\_\_ of the branch.
6. On a 'free body diagram' forces are represented by \_\_\_\_\_.

10. When forces are this an object either does not move, change shape, direction or speed.

12. Weight is measured in thisn (grams/Newtons/litres).

13. A force that pulls everything towards the centre of the Earth (magnetic/gravity)

14. Gravity, magnetism and electricity are this type of force.

15. When an apple is sitting on the ground, the type of force that stops it from falling through the ground is the push force of \_\_\_\_\_.

## Down

1. When an object changes speed, direction or shape or begins to move or stop the forces are said to be this.
3. Our weight on the moon would be \_\_\_\_\_ than our weight on Earth (lighter/heavier)
7. A force that opposes motion (friction/gravity)
8. Mass can be measured in this.
9. Push, pull, friction, normal and air resistance are this type of force (non-contact/contact/balanced).
11. The size of the force is shown by the \_\_\_\_\_ of the arrow.

# **LAW LIBRARY**

# **UPDATES**

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

**THE LAW LIBRARY WILL BE CLOSED**  
**STATE WIDE FOR YEARLY TRAINING FROM**

**April 28th 2025**

**Through**

**May 2nd 2025**



# **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

## **\*Food Handlers\***

Food handler testing is May 8th. Fire crew season is coming, it would be a good idea for anyone interested to have their food handler card. Seats are limited now. 24 open spots for testing at a time. If you want to participate in fire crew you should sign up for testing now. If you are releasing and want a food handler card or to renew it and have 3 years before expiration, you need to test 8 week before your release date.

## **\*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



## **\*Indigent Paper\***

Please kyte Ms. Cobian for indigent paper.



Warner Creek Correctional Facility : Warner Creek Correctional Facility

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MONDAY		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
04/14 05/19 06/23 07/28 09/01 10/06		04/15 05/20 06/24 07/29 09/02 10/07		04/16 05/21 06/25 07/30 09/03 10/08		04/17 05/22 06/26 07/31 09/04 10/09		04/18 05/23 06/27 08/01 09/05 10/10		04/19 05/28 06/28 08/02 09/06 10/11		04/20 06/09 06/29 08/03 09/07 10/12	
BREAKFAST													
1 Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Peanut Butter (Sta) - 2.00 TBS Pancakes (Sod,Ch) - 3.00 EA 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,Ch) - 2.00 EA Refried 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,Ch) - 1.00 EA Cheese Slice (Sta,Ch) - 1.00 SLC English Muffin (Sta,Ch) - 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 (Ch) - 1.00 EA French Toast (Ch) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA		Fruit - 1.00 CP Canned Fruit - 0.50 CP Ham & Cheese Scramble (Ch,Sta) - 0.75 CP 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		Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Peanut Butter (Sta) - 2.00 TBS Hard Boiled Egg (Sta,Ch) - 1.00 EA Breakfast Pastry (Sta,Ch) - 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,Ch) - 0.33 CP Poultry Sausage (Ch) - 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													
1 FLOZ Grilled Cheese Sandwich on Wheat (Sod,Ch,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,Ch,Sta) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sta,Sod,Ch) - 0.75 CP Green Beans - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ		Potato Soup - 10.00 FLOZ Tuna Salad (Ch) - 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,Ch) - 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 (Ch,Sta) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Ch) - 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,Ch) - 10.00 FLOZ Meat & Cheese Sandwich on Wheat (Sod,Ch,Sta) - 1.00 EA Shredded Onions - 2.00 TBS Sliced Onions - 0.25 CP 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		Teas Slaw - 0.75 CP Burnt Meat (Ch,Sta) - 0.50 CP Refried Beans - 0.50 CP Shredded Cheese (Sta,Ch) - 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	
DINNER													
1 Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Amish Hamburger Bake (Ch,Sta) - 1.00 SV Brown Rice - 0.75 CP 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 (Ch) - 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 Chili (Ch,Sta) - 10.00 FLOZ Baked Potato - 1.00 EA Scor Cream (Sta,Ch) - 2.00 TBS Green Beans - 0.75 CP Combread (Sod,Ch) - 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,Ch,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta,Ch,Sug) - 1.00 EA Tea - 8.00 FLOZ		Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Pot Pie (Ch) - 0.75 CP Cauliflower - 0.75 CP Biscuit (Sta,Sod) - 1.00 EA Margarine (Sta) - 1.00 TBS Choice Cookie (Sta,Ch,Sug) - 1.00 EA Tea - 8.00 FLOZ		Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Chicken Marinara (1 CP) (Ch) - 1.00 CP Pasta (Sod) - 1.00 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ		Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Ch,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	

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## Mainline

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Week at a Glance  
Sunday

	4/21 5/26 6/30 8/4 9/8	4/22 5/27 7/1 8/5 9/9	4/23 5/28 7/2 8/6 9/10	4/24 5/29 7/3 8/7 9/11	4/25 5/30 7/4 8/8 9/12	4/26 5/31 7/5 8/9 9/13	4/27 6/1 7/6 8/10 9/14
<b>BREAKFAST</b>							
Week 2	Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Ch) - 1.00 EA Cheese Slice (Sta,Ch) - 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 (Ch,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 (Ch) - 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	Cereal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Ch) - 0.50 CP Yogurt (Sug) - 0.75 CP Shredded Cheese (Sta,Ch) - 2.00 TBS Scone (Sta,Sod,Ch) - 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 Fresh Fruit - 1.00 EA Yogurt (Sug) - 0.75 CP Breakfast Pastry (Sta,Ch,Sug) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Ch) - 0.50 CP *Pork Bacon (Sta,Sod,Ch) - 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
<b>LUNCH</b>							
Week 2	Polish Soup - 10.00 FLOZ Wheat & Cheese Sandwich on Wheat (Sod,Ch,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	Mimestone Soup - 10.00 FLOZ Tuna Salad (Ch) - 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	Corn Chowder (Sod) - 10.00 FLOZ Chicken-Lettuce Salad (Ch) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta,Ch) - 2.00 TBS Sliced 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,Ch,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 Chili Mac (Ch,Sta) - 1.25 CP Shredded Cheese (Sta,Ch) - 2.00 TBS Sliced Onions - 2.00 TBS Broccoli - 0.75 CP Combread (Sod,Ch) - 1.00 EA Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Ch) - 10.00 FLOZ Chicken Salad (Ch) - 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 Sliced Dressing - 1.00 FLOZ Meat Sauce (Ch,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
<b>DINNER</b>							
Week 2	Lettuce Salad - 1.00 CP Sliced Dressing - 1.00 FLOZ Chicken Quesadilla (Sod,Ch,Sta) - 2.00 EA Salsa (Sod) - 0.25 CP Sour Cream (Sta,Ch) - 2.00 TBS Brown Rice - 0.75 CP Zucchini - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Sliced Dressing - 1.00 FLOZ Sloppy Joe (Sod,Ch,Sta) - 0.75 CP Wheat Burger Bun (Sta,Ch) - 1.00 EA Carrots - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 TBS Fruit Bar (Sta,Sod,Ch,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Sliced Dressing - 1.00 FLOZ Wheat Loaf (Ch,Sta) - 1.00 EA Baked Potatoes - 1.00 EA Sour Cream (Sta,Ch) - 2.00 TBS Green Beans - 0.75 CP Wheat Bread (Sod) - 4.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Sliced Dressing - 1.00 FLOZ Cheese Pizza (Sod,Ch,Sta) - 1.00 EA Choice Dessert (Sta,Ch,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Sliced Dressing - 1.00 FLOZ Chicken & Rice Casserole (Ch) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Gelatin & Whip Topping (Sta) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Sliced Dressing - 1.00 FLOZ Beef Enchilada Casserole (Sod,Ch,Sta) - 1.00 SV Brown Rice - 0.75 CP Seasoned Beans - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Sliced Dressing (Sod) - 1.00 FLOZ Roast Turkey (Ch) - 3.00 OZKOD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Chocolate Cupcake (Ch) - 1.00 EA Fortified Drink - 8.00 FLOZ

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Mainline		Week at a Glance	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4/28 6/27 8/11 9/16	4/29 6/3 7/8 8/12/16	4/30 6/4 7/9 8/13 9/17	5/1 6/5 7/10 8/14 9/18
FRIDAY	SATURDAY	SUNDAY	
5/2 6/6 7/11 8/16 9/19	5/3 6/7 7/12 8/16 9/20	5/4 6/8 7/13 8/17 9/21	
BREAKFAST		BREAKFAST	
3 Cereal - 1.00 CP Canned Fruit - 0.50 CP Peanut Butter (Sta) - 3.00 TBS Parcates (Sod,Ch) - 3.00 EA 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,Ch) - 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,Ch) - 1.00 EA Cheese Slice (Sta,Ch) - 1.00 SLC English Muffin (Sta,Ch) - 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 (Ch) - 1.00 EA French Toast (Ch) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
LUNCH		LUNCH	
3 Lentil Soup - 10.00 FLOZ Barbeque Chicken (Ch) - 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,Ch) - 10.00 FLOZ Tuna Melt Sandwich on Wheat (Sod,Ch,Sta) - 1.00 EA Polish Salad (Sta,Ch) - 0.75 CP Peas & Carrots - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Turkey Club Sandwich on Wheat (Sod,Ch) - 1.00 EA Shredded Lettuce - 0.25 CP Mayonnaise - 1.00 TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Vegetable Soup (Sod) - 10.00 FLOZ Chicken-Lettuce Salad (Ch) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta,Ch) - 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
DINNER		DINNER	
3 Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stroganoff (Ch,Sta) - 0.75 CP Pasta - 0.75 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 & White Bean Chili (Ch) - 10.00 FLOZ Shredded Cheese (Sta,Ch) - 2.00 TBS Brown Rice - 0.75 CP Green Beans - 0.75 CP Combread (Sod,Ch) - 1.00 EA Margarine (Sta) - 1.00 TBS Choice Cookie (Sta,Ch,Sug) - 1.00 EA Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP Creamed Ground Beef (Ch,Sta) - 0.75 CP Fried Egg (Sta,Ch) - 2.00 EA Fried Potatoes - 0.75 CP Biscuit (Sta,Sod) - 1.00 EA Margarine (Sta) - 1.00 TBS Coffee - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod,Ch,Sta) - 1.00 EA Fried Potatoes - 0.75 CP Blended Vegetables - 0.75 CP Choice Dessert (Sta,Ch,Sug) - 1.00 EA Tea - 8.00 FLOZ
DINNER		DINNER	
3 Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheeseburger (Ch,Sta) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sta,Ch) - 1.00 EA Green Beans - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Bread Pudding (Sod,Ch,Sug) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Jambalaya (Sod,Ch) - 1.25 CP Blended Vegetables - 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 Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Ch,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

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Mainline		Week at a Glance	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5/5 6/9 7/14 8/18 9/22	5/6 6/10 7/15 8/19 9/23	5/7 6/11 7/16 8/20 9/23	5/8 6/12 7/17 8/21 9/25
BREAKFAST		FRIDAY	
4	4	5/9 6/13 7/18 8/22 9/26	5/10 6/14 7/19 8/23 9/27
Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Ch) - 1.00 EA Cheese Slice (Sta,Ch) - 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 (Ch,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	Fatira - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy (Ch) - 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
LUNCH		SATURDAY	
4	4	5/10 6/14 7/19 8/23 9/27	5/11 6/15 7/20 8/24 9/28
Coleslaw (Sod) - 0.75 CP Barbeque Pork (Sod,Ch,Sta) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Ch) - 10.00 FLOZ Meat & Cheese Sandwich on Wheat (Sod,Ch,Sta) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS TBS Peas - 0.75 CP Fruit - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Minestrone Soup - 10.00 FLOZ Chicken Salad (Ch) - 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 (Ch,Sta) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Ch) - 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
DINNER		SUNDAY	
4	4	5/11 6/15 7/20 8/24 9/28	
Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Noodle Casserole (Sod,Ch) - 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 Slaw (Ch) - 10.00 FLOZ Brown Rice - 0.75 CP Carrots - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sta,Ch) - 2.00 TBS Fruit Bar (Sta,Sod,Ch,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Ch,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 Piza (Sod,Ch,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta,Ch,Sug) - 1.00 EA Tea - 8.00 FLOZ
Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Teriyaki (Sod,Ch) - 1.00 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Milk Roll - 1.00 EA Gelatn & Whip Topping (Sta) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Ch,Sta) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Wheat Burger Bun (Sta,Ch) - 1.00 EA Seasoned Potatoes - 0.75 CP Peas - 0.75 CP Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Breaded Fish (Ch) - 1.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sta,Sod,Ch) - 0.75 CP Cauliflower - 0.75 CP Breadstuck - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Breaded Fish (Ch) - 1.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sta,Sod,Ch) - 0.75 CP Cauliflower - 0.75 CP Breadstuck - 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 (Ch) - 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 Chocolate Cupcake (Ch) - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Ch) - 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 Chocolate Cupcake (Ch) - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Ch) - 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 Chocolate Cupcake (Ch) - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Ch) - 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 Chocolate Cupcake (Ch) - 1.00 EA Fortified Drink - 8.00 FLOZ

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## Mainline

Mainline	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week at a Glance
6/12 6/16 7/21 8/25 9/29	6/13 6/17 7/22 8/26 9/30	6/14 6/18 7/23 8/27 10/1	6/16 6/19 7/24 8/28 10/2	6/16 6/20 7/25 8/29 10/3	6/17 6/21 7/25 8/30 10/4	6/18 6/22 7/27 8/31 10/6		
BREAKFAST								
Week 5 Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod Ch) - 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 Scrambled Eggs (Sta, Ch) - 0.33 CP Wheat Toast (Sta, Ch) - 1.00 CP OZKXD Shredded Cheese (Sta, Ch) - 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 (Sta, Ch) - 2.00 EA Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Ch) - 1.00 EA French Toast (Ch) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fatma - 1.00 CP Canned Fruit - 0.50 CP Veggie & Cheese Scramble (Ch, 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 Peanut Butter (Sta) - 2.00 TBS Hard Boiled Egg (Sta, Ch) - 2.00 EA Breakfast Pastry (Sta, Ch) - 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, Ch) - 0.33 CP Poultry Sausage (Ch) - 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 5 Coleslaw (Sod) - 0.75 CP Ground Beef (Sta, Ch) - 2.00 OZKXD Shredded Cheese (Sta, Ch) - 2.00 TBS Whole Wheat Tortilla (Sta, Sod) - 2.00 EA Shredded Lettuce - 0.25 CP Saled Dressing (Sod) - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 CP Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Posito Soup - 10.00 FLOZ Tuna Salad (Ch) - 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	Posito Soup - 10.00 FLOZ Chicken Bacon Ranch Salad (Ch, Sta) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta, Ch) - 2.00 TBS Saled Dressing - 1.00 FLOZ Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Broccoli Cheese Soup (Sta, Sod) - 10.00 FLOZ Fried Egg Sandwich on Wheat (Ch, Sta) - 1.00 EA Mayonnaise - 1.00 TBS Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	"Soup of the Day (Sod Ch) - 10.00 FLOZ Wheat & Cheese Sandwich on Wheat (Sod Ch, Sta) - 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 (Ch, Sta) - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sta) - 2.00 FLOZ Lettuce Salad - 1.00 CP Salda (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Zucchini - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Saled Dressing - 1.00 FLOZ Circio Chicken (Ch) - 1.00 CP Brown Rice Pfaf - 0.75 CP Peas - 0.75 CP French Bread - 1.00 SLC Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ		
DINNER								
Week 5 Lettuce Salad - 1.00 CP Saled Dressing - 1.00 FLOZ Spicy Rice Casserole (Sod, Ch, Sta) - 1.25 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Saled Dressing - 1.00 FLOZ Philly Beef (Sod Ch) - 3.00 OZKXD Shredded Cheese (Sta, Ch) - 2.00 TBS Onions & Bell Peppers - 0.50 CP Wheat Burger Bun (Sta, Ch) - 1.00 EA Broccoli - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Saled Dressing - 1.00 FLOZ Chicken Enchilada Casserole (Sod, Ch, Sta) - 1.00 SV Brown Rice - 0.75 CP Seasoned Beans - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Saled Dressing - 1.00 FLOZ Pizza (choice) (Sod, Ch, Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta, Ch, Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Saled Dressing - 1.00 FLOZ Cheeseburger (Ch, Sta) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sta, Ch) - 1.00 EA Carrots - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Fruit Crisp (Sta, Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Saled Dressing - 1.00 FLOZ Chicken Alfredo Sauce (Ch, Sta) - 0.75 CP Spaghetti - 0.75 CP Blended Vegetables - 0.75 CP Farofa Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Saled Dressing - 1.00 FLOZ Roast Pork Loin (Ch, Sta) - 3.00 OZKXD Scalloped Potatoes (Sod) - 0.75 CP Broccoli - 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		

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    chl = High cholesterol    Suf = High Sugar