



Commissary

Commissary News, Updates and Reminders

Updates

Due to vendor availability the Yamaha Keyboard \$226 is currently out of stock, the vendor is expecting it to be restocked in September of 2020.

Commissary News

We value our customers and will continue to work diligently to introduce new products, maintain a full inventory and offer a wide variety of products. Our vendors have also been working diligently to keep up with orders to ensure products are available to us. However, as the Covid pandemic continues, we are starting to see a few **temporary** manufacturer delays, such as some of the colored pencil options. We have not received notice of discontinuance of any products at this time, just some temporarily out of stock items due to slowed production.

Reminders

Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC communication form requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda ticket(s) and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of the request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda. The use of the soda machine is at your own risk.

Your order will NOT be processed:

If you have insufficient funds.

If the form is soiled, stained and / or contaminated.

If the writing is not legible.

If it is not written in BLUE ink.

If you have doodled or written notes on the form.

If the form has been shaded or highlighted.

8.12.2020 sj

**You are responsible for maintaining all your receipts
and warranty information.**

/s/ S. Jackson, Commissary

Miscellaneous

Optometry Appointments

The OSP optometrist will not be back until the visitor ban is lifted. Once Optometry starts back up there will be two clinics per month. We will be rescheduling appointments in the order that they were originally set, starting from March 2020 and moving forward.

We understand that waiting can be frustrating; however, please be patient for your eye exams; it will take a while to get all caught up and back to normal business.

We can still take eye glass orders if you have an eye exam that is current within the past two years.

Thank you,

/s/ D. "DeeDee" Tretter, Health Services

Interested in AM/PM Runners' Yard?

Looking to get some exercise but your job limits your access to yard? If you want to get on the waitlist for AM or PM Runners' turnout please send an AIC communication to: **AM/PM Runners** via the WHITE Activities box at the bottom of the stairs; specify which waitlist you wish to be placed on. You must be **NCI LEVEL 3** and have a job in order to apply. **If this turnout conflicts with your work schedule you MUST have prior supervisor approval.** Once added to the turnout you will be required to attend two times per week minimum to stay on the list. *(Do not inquire with your counselor they have nothing to do with the General Population Runners' Turnout.)*

AIC Correspondence - CSF

When completing AIC Communication Forms, please make sure that you are including a working location (Address) to speed up delivery and turnaround time.

For those unaware, the former Inmate Management Floor (IMF) is now called the Correctional Services Floor (CSF). The Correctional Counselors, Release Counselors and the Transition Coordinator are now located on the CSF.

The Counselor mailbox on the Control Floor has been updated to reflect this change.

Note the example below:

To
Name: Mr. J. Counselor
Title: Counselor
Address: CSF

/s/ C. Lenex, CRM

Chapel

October Weddings

Due to the continued suspension of visiting in the ODOC statewide there will be no October weddings this year. We are sorry for the inconvenience and look forward to seeing you in April of 2021.

/s/ K. Thompson, Chapel

Weekly Quote

*We are what we repeatedly do.
Excellence, then, is not an act, but a habit.*

– **Aristotle**



Stay hydrated

OREGON DEPARTMENT OF CORRECTIONS - Spring-Summer 2020 Calorie Report Menu (Week 1)

Kent Fanger, Food Service Administrator

Elena Guevara RD, LD
Elena Guevara

MONDAY 8/24/2020	TUESDAY 8/25/2020	WEDNESDAY 8/26/2020	THURSDAY 8/27/2020	FRIDAY 8/28/2020	SATURDAY 8/29/2020	SUNDAY 8/30/2020
<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Oatmeal - 138 ● Canned Fruit - 60 ● Pancakes - 524 ● Syrup - 168 ● Margarine - 80 ● Skim Milk - 169 ● Sugar - 22 ● Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Dry Cereal - 119 ● Fruit Drink - 0 ● Veggie Scramble - 130 ● Fried Potatoes - 165 ● Wheat Toast - 171 ● Margarine - 80 ● Catsup - 17 ● Skim Milk - 169 ● Sugar - 22 ● Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● 9 Grain Cereal - 102 ● Canned Fruit - 60 ● Beef Hash - 103 ● Wheat Toast - 171 ● Margarine - 80 ● Catsup - 17 ● Skim Milk - 169 ● Sugar - 22 ● Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Dry Cereal - 119 ● Fruit Drink - 0 ● DOC Breakfast Muffin: <ul style="list-style-type: none"> ● *Ham - 115 ● Cheese - 50 ● English Muffin - 286 ● Fried Potatoes - 165 ● Skim Milk - 169 ● Sugar - 22 ● Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Oatmeal - 138 ● Canned Fruit - 60 ● French Toast - 529 ● or Texas Toast ● Syrup - 168 ● Margarine - 80 ● Skim Milk - 169 ● Sugar - 22 ● Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Farina - 140 ● Fresh Fruit - 88 ● Scrambled Eggs - 115 ● *Ham - 115 ● Fried Potatoes - 165 ● Wheat Toast - 171 ● Jelly - 80 ● Margarine - 80 ● Skim Milk - 169 ● Sugar - 22 ● Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Fruit Drink - 0 ● Scrambled Eggs - 115 ● *Ham - 115 ● Fried Potatoes - 165 ● Wheat Toast - 171 ● Jelly - 80 ● Margarine - 80 ● Skim Milk - 169 ● Sugar - 22 ● Coffee - 0
<p>Food Item - Calories</p> <ul style="list-style-type: none"> □ Texas Slaw - 164 ● Burrito: <ul style="list-style-type: none"> ● Seasoned Beans - 153 ● Shredded Cheese - 80 ● Spanish Rice - 130 ● Wheat Tortilla - 314 ● Salsa - 26 ● Fresh Fruit - 88 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Split Pea Soup - 208 ● Deli Sandwich: <ul style="list-style-type: none"> ● *Deli Meat - 135 ● Cheese - 50 ● Shredded Lettuce - 80 ● Onions - 6 ● Wheat Hoagie Bun - 318 ● Broccoli - 48 ● Chips - 120 ● Mayonnaise - 50 ● Mustard - 9 ● Fresh Fruit - 88 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Lentil Soup - 152 ● Chicken over Lettuce Salad: <ul style="list-style-type: none"> ● Grilled Chicken - 148 ● Lettuce - 12 ● Onions - 6 ● Shredded Cheese - 80 ● Salad Dressing - 204 ● Carrots - 63 ● Bread Stick - 168 ● Fresh Fruit - 88 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Tossed Salad - 12 ● Salad Dressing - 102 ● Vegetable Soup - 60 ● Baker's Choice - 258 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Coleslaw - 132 ● *BBQ Pork - 169 ● Wheat Hoagie Bun - 318 ● Peas & Carrots - 98 ● Tortilla Chips - 140 ● Fresh Fruit - 88 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● *Soup of the Day - 144 ● Salmon Pattie - 298 ● Wheat Hamburger Bun - 244 ● Broccoli - 48 ● Tartar Sauce - 39 ● Fresh Fruit - 88 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Meat Sub: Peanut Butter - 239 ● Beet Salad - 111 ● Baked Chicken Drumsticks - 393 ● Mashed Potatoes - 142 ● Chicken Gravy - 26 ● Blended Vegetables - 102 ● Chocolate Cupcake - 253 ● Tea - 0
<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Tossed Salad - 12 ● Salad Dressing - 102 ● Baked Chicken - 148 ● Creole Sauce - 27 ● Brown Rice Pilaf - 158 ● Cauliflower - 32 ● French Bread - 178 ● Garlic Margarine - 80 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Tossed Salad - 12 ● Ranch Style Chili - 291 ● Brown Rice - 167 ● Blended Vegetables - 102 ● Cornbread - 211 ● Margarine - 80 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Tossed Salad - 12 ● Salad Dressing - 102 ● Veggie Pizza - 354 ● Baker's Choice - 258 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Tossed Salad - 12 ● Sweet & Sour Chicken - 228 ● Brown Rice - 167 ● Stir-Fry Vegetables - 102 ● Wheat Tortilla - 157 ● Pudding - 133 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Taco Salad: <ul style="list-style-type: none"> ● Taco Meat - 170 ● Shredded Cheese - 80 ● Seasoned Beans - 153 ● Lettuce - 12 ● Spanish Rice - 130 ● Tortilla Chips - 280 ● Salsa - 26 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Tomato Soup - 69 ● Grilled Cheese Sandwich: 2 ea ● Cheese - 200 ● Grilled Wheat Bread - 421 ● Green Beans - 56 ● Chips - 120 ● Fresh Fruit - 88 ● Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> ● Fruit Drink - 0 ● Scrambled Eggs - 115 ● *Ham - 115 ● Fried Potatoes - 165 ● Wheat Toast - 171 ● Jelly - 80 ● Margarine - 80 ● Skim Milk - 169 ● Sugar - 22 ● Coffee - 0

* Contains or may contain pork. Serving sizes are listed in Volume-Ounces, not by weight.

Menu subject to change without notice.

Last Revision: 3/30/2020

This menu can help AICs reduce their calorie intake at each meal by showing how many calories each food item contains. Values listed are best estimates based on current foods purchased.

High Fat/Cholesterol
 High Fat/Chol & Sugar
 High Fat/Chol & Sodium
 High Fat/Chol & Sodium

High Fat/Chol & Sugar
 High Fat/Chol & Sodium
 High Fat/Chol & Sodium

High Fat/Chol & Sugar
 High Fat/Chol & Sodium
 High Fat/Chol & Sodium