



## Activities

### **RUNNERS**

#### Interested in AM/PM Runners' Yard?

Looking to get some exercise but your job limits you 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.)*

/s/ J. Rodriguez, Activities

#### Weekly Quote

*Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think.*

- Dale Carnegie

## 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.



#### Angel Tree 2020

Angel tree is a Prison Fellowship program that provides Christmas gifts to children with an incarcerated parent. Due to the covid-19 restrictions, no signup session will be held on the yard. Please send an A.I.C. communication form to the chapel and request Angel Tree applications. Please specify how many children you will be registering. Return completed applications to the chapel mailbox on the control room floor

#### Arbol Del Angel 2020

Este programa de Fraternidad de la Prisión provee regalos de Navidad para niños que tienen a un padre encarcelado. Debido a las restricciones del covid-19 la junta no se llevara a cabo en la yarda. Por favor envíe un documento de comunicacio□n de preso dirigido a la capilla y solicite las aplicaciones del Arbol del Angel. Por favor especifique cuanto niños quisiera registrar. Regrese las aplicaciones completas con la informacio□n a la capilla en la caja del correo para la capilla en el piso de control.

/s/ K. Thompson, Chapel

# OREGON DEPARTMENT OF CORRECTIONS - Spring-Summer 2020 Calorie Report Menu (Week 2)

Kent Fanger, Food Service Administrator

RD, L.D. Elena Guevara RD, LD

MONDAY 8/31/2020	TUESDAY 9/1/2020	WEDNESDAY 9/2/2020	THURSDAY 9/3/2020	FRIDAY 9/4/2020	SATURDAY 9/5/2020	SUNDAY 9/6/2020
<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Oatmeal - 138</li> <li>● Fruit Drink - 0</li> <li>● Pancakes - 524</li> <li>● Syrup - 168</li> <li>● Margarine - 80</li> <li>● Skim Milk - 169</li> <li>● Sugar - 22</li> <li>● Coffee - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Dry Cereal - 119</li> <li>● Canned Fruit - 60</li> <li>● Breakfast Burrito - 4 SL</li> <li>● Scrambled Eggs - 86</li> <li>● Refried Beans - 121</li> <li>● Cheese - 40</li> <li>● Flour Tortilla - 163</li> <li>● Salsa - 13</li> <li>● Skim Milk - 169</li> <li>● Sugar - 22</li> <li>● Coffee - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● 9 Grain Cereal - 102</li> <li>● Fruit Drink - 0</li> <li>● French Toast - 529</li> <li>● or Texas Toast</li> <li>● Syrup - 168</li> <li>● Margarine - 80</li> <li>● English Muffin - 286</li> <li>● Fried Potatoes - 165</li> <li>● Skim Milk - 169</li> <li>● Sugar - 22</li> <li>● Coffee - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Dry Cereal - 119</li> <li>● Canned Fruit - 60</li> <li>● DOC Breakfast Muffin:                             <ul style="list-style-type: none"> <li>● Ham - 115</li> <li>● Cheese - 50</li> <li>● Margarine - 80</li> <li>● English Muffin - 286</li> <li>● Fried Potatoes - 165</li> <li>● Skim Milk - 169</li> <li>● Sugar - 22</li> <li>● Coffee - 0</li> </ul> </li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● 9 Grain Cereal - 102</li> <li>● Fruit Drink - 0</li> <li>● Sausage Gravy - 299</li> <li>● Fried Potatoes - 165</li> <li>● Biscuit (large) - 286</li> <li>● Margarine - 80</li> <li>● Skim Milk - 169</li> <li>● Sugar - 22</li> <li>● Coffee - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Oatmeal - 138</li> <li>● Fresh Fruit - 88</li> <li>● Scrambled Eggs - 115</li> <li>● * Bacon (2 thick's thin) - 323</li> <li>● Fried Potatoes - 165</li> <li>● Wheat Toast - 171</li> <li>● Jelly - 80</li> <li>● Margarine - 80</li> <li>● Skim Milk - 169</li> <li>● Sugar - 22</li> <li>● Coffee - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Fruit Drink - 0</li> <li>● Scrambled Eggs - 115</li> <li>● * Bacon (2 thick's thin) - 323</li> <li>● Fried Potatoes - 165</li> <li>● Wheat Toast - 171</li> <li>● Jelly - 80</li> <li>● Margarine - 80</li> <li>● Skim Milk - 169</li> <li>● Sugar - 22</li> <li>● Coffee - 0</li> </ul>
<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Vegetable Soup - 60</li> <li>● Tuna Salad - 160</li> <li>● Shredded Lettuce - 3</li> <li>● Wheat Hoagie Bun - 318</li> <li>● Carrots - 63</li> <li>● Tortilla Chips - 140</li> <li>● Fresh Fruit - 88</li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Cabbage Salad - 148</li> <li>● Chicken Stir-Fry - 213</li> <li>● Stir-Fry Vegetables - 102</li> <li>● Brown Rice - 167</li> <li>● Fresh Tortilla - 157</li> <li>● Wheat Tortilla - 88</li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● * Soup of the Day - 144</li> <li>● Turkey &amp; Chs Sandwich:                             <ul style="list-style-type: none"> <li>● Turkey - 94</li> <li>● Cheese - 50</li> <li>● Shredded Lettuce - 3</li> <li>● Onions &amp; Pickles - 8</li> <li>● Multi-Grain Bread - 156</li> <li>● Peas - 133</li> <li>● Chips - 120</li> <li>● Mayonnaise - 50</li> <li>● Mustard - 9</li> <li>● Fresh Fruit - 88</li> </ul> </li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Potato Salad - 253</li> <li>● Deli Sandwich:                             <ul style="list-style-type: none"> <li>● * Deli Meat - 135</li> <li>● Cheese - 50</li> <li>● Shredded Lettuce - 3</li> <li>● Onions - 6</li> <li>● Wheat Hoagie Bun - 318</li> <li>● Blended Vegetables - 102</li> <li>● Mayonnaise - 50</li> <li>● Mustard - 9</li> <li>● Fresh Fruit - 88</li> </ul> </li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Split Pea Soup - 208</li> <li>● Chicken over Lettuce Salad:                             <ul style="list-style-type: none"> <li>● Grilled Chicken - 148</li> <li>● Lettuce - 12</li> <li>● Onions - 6</li> <li>● Shredded Cheese - 80</li> <li>● Salad Dressing - 204</li> <li>● Broccoli/cauliflower - 40</li> <li>● Bread Stick - 168</li> <li>● Fresh Fruit - 88</li> </ul> </li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Cowboy Salad - 120</li> <li>● * Jambalaya - 437</li> <li>● Blended Vegetables - 102</li> <li>● Multi Grain Bread - 156</li> <li>● Margarine - 80</li> <li>● Fresh Fruit - 88</li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Tossed Salad - 12</li> <li>● Salad Dressing - 102</li> <li>● Roast Turkey - 106</li> <li>● Mashed Potatoes - 142</li> <li>● Gravy - 26</li> <li>● Green Beans - 56</li> <li>● Bread Stick - 168</li> <li>● Ice Cream - 137</li> <li>● Tea - 0</li> </ul>
<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Tossed Salad - 12</li> <li>● Salad Dressing - 102</li> <li>● Beef Pattie - 211</li> <li>● Onions &amp; Pickles - 8</li> <li>● Wheat Hamburger Bun - 244</li> <li>● Cauliflower - 32</li> <li>● French Fries - 269</li> <li>● Catusup - 17</li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Tossed Salad - 12</li> <li>● Salad Dressing - 102</li> <li>● Meat Sauce - 227</li> <li>● Spaghetti - 202</li> <li>● Broccoli - 48</li> <li>● French Bread - 178</li> <li>● Garlic Margarine - 80</li> <li>● Fruit Crisp - 316</li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Tossed Salad - 12</li> <li>● Salad Dressing - 102</li> <li>● White Chicken Chili - 359</li> <li>● Brown Rice - 167</li> <li>● Green Beans - 56</li> <li>● Cornbread - 211</li> <li>● Margarine - 80</li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Tossed Salad - 12</li> <li>● Salad Dressing - 102</li> <li>● * Pizza (choice) - 433</li> <li>● Gelatin w/ whip top - 40</li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Tossed Salad - 12</li> <li>● Salad Dressing - 102</li> <li>● Philly Sandwich:                             <ul style="list-style-type: none"> <li>● Roast Beef - 94</li> <li>● Cheese - 50</li> <li>● Onions &amp; Peppers - 33</li> <li>● Wheat Hoagie Roll - 318</li> <li>● Brown Rice - 167</li> <li>● Baker's Choice - 258</li> </ul> </li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Tossed Salad - 12</li> <li>● Salad Dressing - 102</li> <li>● Nachos:                             <ul style="list-style-type: none"> <li>● Taco Meat - 170</li> <li>● Refried Beans - 181</li> <li>● Cheese Sauce - 101</li> <li>● Tortilla Chips - 280</li> <li>● Salsa - 26</li> </ul> </li> <li>● Tea - 0</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Macaroni Salad - 187</li> <li>● BBQ Chicken Burger - 1 ea</li> <li>● Chicken Pattie - 180</li> <li>● BBQ Sauce - 33</li> <li>● Wheat Hamburger Bun - 244</li> <li>● Peas &amp; Carrots - 98</li> <li>● Fresh Fruit - 88</li> <li>● Tea - 0</li> </ul>

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

Healthy Choice items  
 High Fat/Cholesterol  
 High Sugar  
 High Fat/Choi & Sugar  
 High Fat/Choi & Sodium  
 High Sodium

Menu subject to change without notice. Last Revision: 3/30/2020