



## Security

### Semi-annual Blanket Wash Schedule

The Clothing Room will be conducting its semi-annual mandatory blanket wash during the month of **October 2020**. All blankets will be collected at the **5:15 A.M.** wake-up bell and returned after the **4:00 P.M.** count clears on the same day. Clothing Room staff will supervise clothing room workers and housing unit orderlies in the collection and distribution of blankets.

### The Blanket Wash schedule will be as follows:

(Starting the first week of October 2020)

- \*Friday October 2<sup>nd</sup>                      A-3, A-Block
- \*Friday October 9<sup>th</sup>                      C-Block
- \*Friday October 16<sup>th</sup>                     D-Block
- \*Friday October 23<sup>rd</sup>                    E-Block

ALL CELLS WILL BE SEARCHED FOR EXTRA LINEN.

\*Scheduled rotation is subject to change

/s/ M. Richards, Clothing Room

## 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

### Channel 55 Videos

Communication with those of you who live here is important to Superintendent Kelly. Due to the circumstances he is unable to get inside as often as he would like so he has been filming short informational videos to share the latest news and happenings here at the Penitentiary. These videos are airing on Channel 55.

Thank you for your patience and understanding as we navigate our ever changing environment. We know it has been difficult and less than ideal, but we are all in this together. We are one community within these walls.

/s/ T. Gushard, Exec. Asst. to the Superintendent

### Weekly Quote

*The only man who never makes mistakes is the man who never does anything.*

- **Theodore Roosevelt**



# OREGON DEPARTMENT OF CORRECTIONS - Spring-Summer 2020 Calorie Report Menu (Week 5)

Kent Fanger, Food Service Administrator

Elena Guevara RD, LD  
SUNDAY 9/27/2020

MONDAY 9/21/2020	TUESDAY 9/22/2020	WEDNESDAY 9/23/2020	THURSDAY 9/24/2020	FRIDAY 9/25/2020	SATURDAY 9/26/2020	SUNDAY 9/27/2020
<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Oatmeal - 138 8 oz</li> <li>● Canned Fruit - 80 4 oz</li> <li>● Pancakes - 524 3 ea</li> <li>● Syrup - 168 2 fl oz</li> <li>● Margarine - 80 0.5 oz</li> <li>● Skim Milk - 169 16 fl oz</li> <li>● Sugar - 22 2 pkt</li> <li>● Coffee - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Dry Cereal - 119 8 oz bowl</li> <li>● Fruit Drink - 0 8 fl oz</li> <li>● Scrambled Eggs - 115 3 oz</li> <li>● Fried Potatoes - 165 6 oz</li> <li>● Wheat Toast - 171 2 SL</li> <li>● Margarine - 80 0.5 oz</li> <li>● Skim Milk - 169 16 fl oz</li> <li>● Sugar - 22 2 pkt</li> <li>● Coffee - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Oatmeal - 138 8 oz</li> <li>● Canned Fruit - 80 4 oz</li> <li>● Sausage Gravy - 299 6 oz</li> <li>● Fried Potatoes - 165 6 oz</li> <li>● Wheat Toast - 171 2 SL</li> <li>● Margarine - 80 0.5 oz</li> <li>● Skim Milk - 169 16 fl oz</li> <li>● Sugar - 22 2 pkt</li> <li>● Coffee - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Dry Cereal - 119 8 oz bowl</li> <li>● Fruit Drink - 0 8 fl oz</li> <li>● Breakfast Burrito - 1 ea</li> <li>● Scrambled Eggs - 86 2 oz</li> <li>● Refried Beans - 121 4 oz</li> <li>● Cheese - 40 1/2 oz</li> <li>● Flour Tortilla - 163 1 ea</li> <li>● Salsa - 13 1 oz</li> <li>● Skim Milk - 25 16 fl oz</li> <li>● Sugar - 22 2 pkt</li> <li>● Coffee - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● 9 Grain Cereal - 102 8 oz</li> <li>● Canned Fruit - 60 4 oz</li> <li>● French Toast - 529 4 SL</li> <li>● or Texas Toast 2 SL</li> <li>● Syrup - 168 2 fl oz</li> <li>● Margarine - 80 0.5 oz</li> <li>● Skim Milk - 169 16 fl oz</li> <li>● Sugar - 22 2 pkt</li> <li>● Coffee - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Farina - 140 8 oz</li> <li>● Fresh Fruit - 88 1 ea</li> <li>● Scrambled Eggs - 115 3 oz</li> <li>● Breakfast Pastry - 412 1 ea</li> <li>● Skim Milk - 169 16 fl oz</li> <li>● Sugar - 22 2 pkt</li> <li>● Coffee - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Fruit Drink - 0 8 fl oz</li> <li>● Scrambled Eggs - 115 3 oz</li> <li>● Bacon (2 thick/3 thin) - 325 1 svg</li> <li>● Fried Potatoes - 165 6 oz</li> <li>● Wheat Toast - 171 2 SL</li> <li>● Jelly - 80 1 oz</li> <li>● Margarine - 80 0.5 oz</li> <li>● Skim Milk - 169 16 fl oz</li> <li>● Sugar - 22 2 pkt</li> <li>● Coffee - 0 s/s</li> </ul>
<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Cowboy Salad - 120 6 oz</li> <li>● Deli Sandwich: 1 ea</li> <li>● *Deli Meat - 135 3 oz</li> <li>● Cheese - 50 1 SL</li> <li>● Shredded Lettuce - 3 1 svg</li> <li>● Onions - 6 1 svg</li> <li>● Wheat Hoagie Bun - 318 1 ea</li> <li>● Blended Vegetables - 102 6 oz</li> <li>● Mayonnaise - 50 0.5 oz</li> <li>● Mustard - 9 0.5 oz</li> <li>● Fresh Fruit - 88 1 ea</li> <li>● Tea - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Tossed Salad - 12 6 oz</li> <li>● Salad Dressing - 102 4 oz</li> <li>● Shredded Lettuce - 3 1 svg</li> <li>● Corn Dogs - 480 2 ea</li> <li>● Carrots - 63 6 oz</li> <li>● Catsup - 17 0.5 oz</li> <li>● Mustard - 9 0.5 oz</li> <li>● Fruit Crisp - 316 1 svg</li> <li>● Tea - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Vegetable Soup - 60 10 fl oz</li> <li>● Peanut Butter - 399 2.5 oz</li> <li>● Jelly - 169 2 oz</li> <li>● Wheat Bread - 344 4 SL</li> <li>● Green Beans - 56 6 oz</li> <li>● Pretzels - 100 1 bag</li> <li>● Fresh Fruit - 88 1 ea</li> <li>● Tea - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Potato Salad - 253 6 oz</li> <li>● BBQ Chicken Burger: 1 ea</li> <li>● Chicken Pattie - 180 1 ea</li> <li>● BBQ Sauce - 33 1 fl oz</li> <li>● Wheat Hoagie Bun - 244 1 ea</li> <li>● Peas &amp; Carrots - 98 6 oz</li> <li>● Fresh Fruit - 88 1 ea</li> <li>● Tea - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● *Soup of the Day - 144 10 fl oz</li> <li>● Tuna Salad - 160 4 oz</li> <li>● Shredded Lettuce - 3 1 svg</li> <li>● Wheat Hoagie Bun - 318 1 ea</li> <li>● Broccoli/Cauliflower - 40 6 oz</li> <li>● Chips - 120 1 bag</li> <li>● Fresh Fruit - 88 1 ea</li> <li>● Tea - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Tossed Salad - 12 10 oz bowl</li> <li>● Salad Dressing - 102 1 fl oz</li> <li>● Beef Pattie - 211 1 ea</li> <li>● Onions &amp; Pickles - 8 1 svg</li> <li>● Wheat Hamburger Bun - 244 1 ea</li> <li>● Carrots - 63 6 oz</li> <li>● French Fries - 269 6 oz</li> <li>● Catsup - 17 0.5 oz</li> <li>● Fresh Fruit - 88 1 ea</li> <li>● Tea - 0 s/s</li> </ul>	<p><b>Food Item - Calories</b></p> <ul style="list-style-type: none"> <li>● Meat Sub: Peanut Butter - 239 1.5 oz</li> <li>● Tossed Salad - 12 10 oz bowl</li> <li>● Salad Dressing - 102 1 fl oz</li> <li>● Baked Chicken Dinamite - 393 2 ea</li> <li>● Mashed Potatoes - 142 6 oz</li> <li>● Chicken Gravy - 26 2 fl oz</li> <li>● Peas - 133 6 oz</li> <li>● Chocolate Cupcake - 253 1 ea</li> <li>● Tea - 0 s/s</li> </ul>

\* Contains or may contain pork. Serving sizes are listed in Volume-Ounces, not by weight. MAT/VEGETABLE TRAYS available for lunch & supper meals only. Menu subject to change without notice. Last Revision: 9/30/2020

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.

● Healthy Choice items      □ High Fat/Cholesterol      ⊗ High Sugar      ⊗ High Fat/Chol & Sugar      △ High Sodium