



ADMINISTRATION

COVID Update – Masks and AIC Visiting

Gators – Recently it was noted that many gators being worn are not double layered. As a reminder, cloth masks and gators are approved face coverings, however they must be double layered. Single layer Gators may be worn as a face covering, as long as they are folded over to create two layers of fabric over the nose and mouth. This is consistent with direction previously sent out to all staff.

Visiting Room Changes -- As we move forward in lessening COVID restrictions, we are modifying some restrictions during AIC visiting. Beginning March 17, 2022, AICs and visitors are allowed a brief embrace at the beginning and end of their visits, may hold hands, and minor children may be held on the AICs lap, as allowed by the Visiting Rule. The prohibition of kissing and the requirement to wear masks remain in effect, and sharing of food and beverages will still not be allowed.

/s/ M. Yoder, DOC Security

SECURITY

Visiting Room Update

The following is an update and now in effect: AICs and visitors are allowed a brief embrace at the beginning and end of their visits. AICs and visitors can hold hands during the visit, and minor children may be held on the AIC's lap, as allowed by the Visiting Rule. We still have a prohibition of kissing and the requirement to wear masks remain in effect. For now food and beverages will still not be allowed. The photographers are also still not able to provide pictures at this time. We will be adding additional visiting stations to allow more opportunities for visits while still maintaining social distance. This is a great step forward and we hope that as we continue to stay on Tier 1 status that we will see a continued progression to normalcy. In the meantime, please ensure you are communicating to your visitors what is being allowed and the visiting rules are being followed.

/s/ Captain B. Sundquist, Group Living

Amnesty Month

There are no items in the Hobby Shop that are sold directly for possession by AICs at OSP. If you purchased an item, the Hobby Shop arranges for it to be mailed out from the crafter. If you have items that you purchased from the Hobby Shop, they are contraband. From now until March 31 you will be given the opportunity to mail the items home, without discipline. This amnesty period covers jewelry, belts, and wallets purchased from the Hobby Shop. Staff will continue to confiscate these items as they find them. If your item was/is confiscated, you may go the Property Room to arrange to mail it out. Belts purchased through 7th Step that have the OSP stamp and your SID number are still authorized. After March 31, contraband items found at OSP will go through the disciplinary process.

Take your Hobby Shop item to the Property Room and mail it out, no questions asked. Bring an unsealed priority envelope, or pre-paid postage for a box. The Property Room will mail these items out.

/s/ Captain B. Bellman, Operations

GENERAL SERVICES

Mailroom Reminder – Amazon.com

Receiving Books through Amazon.com?

The Mailroom wanted to make you aware of concerns regarding books arriving from Amazon.com.

- Books usually come with no documentation/receipt. This could make it difficult to prove your ownership of it later. The routing labels applied to books are not "property tags", they are merely routing labels.
- In speaking with Amazon.com representatives, there is no way for ODOC to properly request a return and refund on behalf of you or the purchaser. In most cases, Amazon simply refuses to accept the returned material.
- In many areas, Amazon now primarily uses *contract* delivery services, instead of UPS or USPS. Many of these services simply refuse to pick up returned items.

- ODOC has attempted to work with Amazon.com to improve the process, to no avail. Amazon.com is not willing to work with us regarding ensuring the proper refunds are made, or even that the book makes it back to where it needs to go.
- While we can make no formal recommendations regarding whether or not your friends/family use Amazon.com to order books on your behalf, we wanted to make you aware of our concerns.

/s/ C. Toombs, OSP Mailroom

for General Population. Duties would include assisting AICs to medication lines, meals, to and from showers, cell sanitation, and other activities of daily living. Shifts available Sunday – Saturday from 05:30 AM – 2:00 PM and 1:00 PM to 8:30 PM. Starting at 10 PRAS. The individuals selected would report to the designated housing unit for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with all other AICs who need additional support caring for themselves. To be eligible you must be an Incentive Level 2 or 3 and have clear conduct for at least one year.

/s/ S. Bailey, BSN, RN Health Services

ACTIVITIES

Memorial Healing Garden Visiting/Photos

The Asian Pacific Family Club proudly informs the OSP community of the process available to schedule visits and photos in the Memorial Healing Garden. Please send an AIC Communication Form to the APFC to schedule visits in the Memorial Healing Garden. When submitting a request, please be sure that your work hours and schedule does not conflict. All visiting/photo requests will be submitted to staff for processing every Tuesday; therefore, call passes will be issued for the following week.

Due to programs being held in the Memorial Healing Garden, visiting slots are limited to the following schedule listed below. The cost of a 4X6 photo is \$1.50 each; all proceeds raised from the Memorial Healing Garden Photo Program goes towards the care, sustainability and maintenance of the koi pond. Please anticipate that photo prints take approximately a month for processing.

Sunday 7:45-9:45am and 1:30-3:30pm

Monday 12:00-2:45pm

Tuesday 12:00-2:45pm

Wednesdays closed for maintenance

Thursday 7:45-9:45am-12:00-2:45pm

Friday 1:30-2:45pm

Saturday 12:00-2:45PM

Please see information channel 1.1 for continuous updates. Thank you.

/s/ Jaime Rodriguez, Activities Staff Advisor

MISCELLANEOUS

Health Services ADL Aide Positions

OSP Health Services is looking for and accepting applications for Activities of Daily Living (ADL) Aides

Paint Shop Apprenticeship Program Position

The Physical Plant is accepting applications through March 31, 2022 for an open Apprentice Position in the Paint Shop.

Eligibility requirements:

- Four years or more left until release.
- High School Diploma or GED equivalent.
- \$300 per year for three years (contract of \$25 per month or you may pay in full for one year)
- 12 months clear conduct minimum (longer clear conduct the better).
- Working at least 40 hours per week. Overtime is mandatory for apprentices.

Recommended or desired skills:

- Able to lift 50-75 pounds frequently.
- Reliable attendance (6000 on the job training hours required for program completion)
- Experience using hand tools, paint brushes, rollers, and knowledge of simple power tools.
- Self-motivated individuals willing to hold themselves accountable and take criticism from all supervisors.
- Team oriented individual.

Applicants are expected to complete an AIC Work Application. Please list a staff member willing to give you a positive work/character reference. Whomever is selected for this role will complete a 3-month trial service period before being indentured into the program and making a financial commitment. This opening is immediate, and a second apprentice position is scheduled to open by June 1 at the latest.

/s/ J. Trevino, Physical Plant

General Maintenance Shop Position

Physical Plant is accepting applications in the General Maintenance Shop. The selected candidates will have the closest matching skills to those listed below. Monday to Friday, hours of work 6:30 am -2:00 pm.

- Willing to be flexible and hard working.
- Self-motivated individual with a desire to learn.

- Willingness to take direction, criticism, and work with others to accomplish tasks.
- Able to lift 75 pounds, work in confined spaces, work on ladders and scaffolding.
- Must be able to work well with others and give and receive constructive criticism.

Non-negotiable requirements:

- 12 months clear conduct.

Please send an application to Mr. Large in the Physical Plant.

/s/ N. Large, Physical Plant

CHAPEL

Protestant Religious Services

The Chapel is now able to offer Protestant services on a limited basis. In order to restart services, the Chapel's goal is to provide you with one service each month. The number of AICs attending each service is limited. A mailer was sent earlier in the week to AICs who were on pre-COVID rosters, requesting that they send an AIC communication to the Chapel indicating their preference of which service they would like to attend. If you did not receive that mailer, please send an AIC communication to the Chapel as soon as possible indicating your preference of Protestant service that you would like to attend. You will be notified of the service that you are assigned to, and the date and time that it will meet.

/s/ A. Perlstein, Chaplain

CHAPEL MATERIALS AVAILABLE

Updated – 3/8/22

The listed materials are available in English only.

THE CHAPEL HAS THE FOLLOWING MATERIALS AVAILABLE TO AICs:

ADDRESS BOOKS – FURNISHED BY GOSPEL ECHOS

PROTESTANT MATERIALS

CMA HEARTBEAT – Christian Motorcycle Association Magazine

HOW TO BE A CHILD OF GOD – Witness Edition

IN TOUCH – Daily Devotional booklet by Dr. Charles Stanley

INSIDE JOURNAL FOR MEN – Prison Fellowship Newsletter

ORTHODOX BIBLE STUDY – Monthly Reflections by Rev. Fr. Gerasimos, (Jerry) N. Markopoulos and Joanna - (Note - This is sent to AIC on the Orthodox Christianity Wednesday afternoon turnout.)

OUR DAILY BREAD – Daily Devotional booklet

OUR DAILY BREAD – LARGE PRINT – supply is limited

REDEEMING GRACE MINISTRIES – Pastor Tim Ralls – Weekly devotional (note – This is sent to AICs on the Calvary Chapel Saturday evening turnout)

SAFE HARBOR CHURCH (NAZARENE) – Vancouver, WA. – Weekly bulletin, song sheet, prayer requests and Bible study.

STRONG MAN OF GOD – Monthly Newsletter (Rev. Robert Kelley)

THE GOSPEL TRUMPETER – Church of God Monthly

INTERESTED IN RECEIVING A FREE LARGE PRINT KJV BIBLE WITH YOUR NAME EMBOSSED IN GOLD? You could receive this bible after completing an eight- lesson correspondence course. Request information from the Chapel Office.

FREE LARGE PRINT LIFE RECOVERY BIBLE – ENGLISH – Request order information from the Chapel Office

INFORMATION ON ADDITIONAL BIBLE STUDY CORRESPONDENCE COURSES IS AVAILABLE. Send an AIC communication to the Chapel Office requesting information.

“PRISON TO PRAISE” – MERLIN CAROTHERS – Popular book on how to deal with a prison of circumstances – limited number of copies are now available.

SEVENTH DAY ADVENTIST MATERIALS

40 DAYS: SPIRIT FILLED LIFE – Devotional Book

INCREDIBLE POWER OF PRAYER, By Roger J. Morneau

OUR HIGH CALLING, by Ellen G. White

CATHOLIC MATERIALS

CATHOLIC SENTINEL – Archdiocese of Portland newspaper

KINGDOM REVELATOR – Catholic Magazine

LIVING FAITH – Daily Devotional

THE SERVING BROTHER – An introduction to the saints

THE WORD AMONG US – Daily Meditations – Contains the monthly Missal

The Chapel does NOT have rosaries available for distribution to AICs.

MESSIANIC MATERIALS

EMMAUS DIALOGUES – Weekly study from People of the Book

SHALOM TIDINGS – Magazine

ASATRU MATERIALS

The Introduction to Asatru study packet is available.

To request chapel materials, send an AIC communication to the Chapel listing the items you would like to receive. If you request a recurring publication, you will be put on a distribution list and continue to receive the materials as the Chapel Office receives them.

Have you moved cells? Please send an AIC communication form to the Chapel Office with your current cell number. The Chapel Office no longer receives cell move updates from Security.

LA CAPILLA TIENE ESTA LITERATURA DISPONIBLE PARA LOS AEC

LITERATURA PARA PROTESTANTES

COMO SER UN HIJO DE DIOS – Edición para testificar

NUESTRO PAN DIARIO – Devocionario de hoy

LITERATURA PARA CATÓLICOS

EL CENTINELA – Periodico de Archidiócesis de Portland

LA FE VIVA – DEVOCIONES

LA PALABRA ENTRE NOSOTROS – Devocionario de hoy – incluye Suplemento de las Lecturas de la Misa

REINO REVELADOR – Revista Católica para gente joven

LA CAPILLA NO TIENE ROSARIOS PARA DISTRIBUCIÓN

LA CAPILLA ESTA OFRECIENDO BIBLIAS GRATIS EN ESPAÑOL Y CON LETRA GRANDE DE LA BIBLIA RECUPERANDO LA VIDA. Envíe una forma de comunicación de AEC pidiendo la información para poder obtener un ejemplar

SI ESTA INTERESADO EN RECIBIR ESTA LITERATURA ENVÍE UNA FORMA DE COMUNICACIÓN DE AEC HACIENDONOS SABER QUE LITERATURA NECESITA.

POR FAVOR ENVÍE UNA FORMA DE COMUNICACIÓN DE AEC SI SE MUDA DE CELDA. LA CAPILLA NO RECIBE INFORMACIÓN ACTUALIZADA DE MUDANZAS

/s/ K. Thompson, Chaplain



A Point to Ponder

“We are what we repeatedly do. Excellence, therefore, is not an act. But a habit.”

– Aristotle



OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #119

COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of March 16, DOC statewide has:

- 7 AICs who currently have COVID-19

The table below shows total numbers since the pandemic began in March 2020:

	Positive Tests	Recoveries	Negative Tests	Deaths
Staff	1,625	1,620		
AICs	5,311	5,107	25,538	45

Employees who have tested positive are not reporting to work. All adults in custody who have tested positive are being medically isolated at a facility that provides medical care.



OREGON DEPARTMENT OF CORRECTIONS

COVID - 19 BOLETÍN DE NOTICIAS - AVISO #119

COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 16 del marzo, el departamento en todo el estado tiene:

- 7 presos que actualmente tienen COVID-19

La siguiente tabla muestra las cifras totales desde que comenzó la pandemia en marzo 2020:

	Pruebas Positivas	Recuperaciones	Pruebas Negativas	Muertes
Personal	1,625	1,620		
Presos	5,311	5,107	25,538	45

Los empleados que dieron positivo no se presentan a trabajar. Todos los presos que resultaron positivos están siendo aislados médicamente en un centro que brinda atención médica.

OSP CALORIE MENU WEEK 2: March 28 2022 THROUGH April 3 2022

Monday 3/28/22	Tuesday 3/29/22	Wednesday 3/30/22	Thursday 3/31/22	Friday 4/1/22	Saturday 4/2/22	Sunday 4/3/22
<input type="checkbox"/> Pancakes - 3 ea (524) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	Breakfast Burrito <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input type="checkbox"/> Scrambled Eggs - 2 oz (86) <input checked="" type="checkbox"/> Refried Beans - 4 oz (121) <input type="checkbox"/> Shredded Cheese - 0.5 oz (40) <input checked="" type="checkbox"/> Flour Tortilla - 1 ea (163) <input checked="" type="checkbox"/> Salsa - 1 oz (13) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	<input type="checkbox"/> Waffles - 2 ea (190) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input checked="" type="checkbox"/> Peanut Butter - 1.5 oz (254) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	Egg & Cheese Muffin <input checked="" type="checkbox"/> English Muffin - 1 ea (286) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input type="checkbox"/> Fried Egg - 1 ea (80) <input type="checkbox"/> Cheese - 1 SL (50) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	Biscuit & Gravy <input checked="" type="checkbox"/> Sausage Gravy - 6 oz (299) <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Biscuit (large) - 1 ea (296) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0) Meat Sub: Peanut Butter - 1.5 oz (239)	<input checked="" type="checkbox"/> Bacon & Eggs <input checked="" type="checkbox"/> Bacon - 2 sl (240) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input checked="" type="checkbox"/> Jelly - 1 oz (80) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0) Meat Sub: Peanut Butter - 1 oz (159)	<input checked="" type="checkbox"/> X Kolaches With Fruit - 1 ea (308) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)
Tuna Salad Sandwich <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <input checked="" type="checkbox"/> Tuna Salad - 4 oz (150) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (230) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Chef Salad <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Turkey - 2 oz (62) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Lettuce - 10 oz bowl (12) <input type="checkbox"/> 1000 Island Dressing - 2 oz (204) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input checked="" type="checkbox"/> Bread Stick - 1 ea (94) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Fried Egg Sandwich <input checked="" type="checkbox"/> Minestrone Soup - 10 fl oz (130) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input checked="" type="checkbox"/> Grilled Bread - 2 SL (164) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Pork Fajitas <input type="checkbox"/> Texas Slaw - 6 oz (117) <input type="checkbox"/> Pork Fajita Mix - 4 oz (203) <input checked="" type="checkbox"/> Onions & Peppers - 4 oz (33) <input checked="" type="checkbox"/> Flour Tortillas - 2 ea (326) <input checked="" type="checkbox"/> Spanish Rice - 6 oz (130) <input checked="" type="checkbox"/> Mango Salsa - 2 oz (33) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Philly Beef Sandwich <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> 1000 Island Dressing - 1 oz (102) <input checked="" type="checkbox"/> Roast Beef - 3 oz (98) <input type="checkbox"/> Cheese Sauce - 2 fl oz (119) <input checked="" type="checkbox"/> Onions & Peppers - 4 oz (33) <input checked="" type="checkbox"/> Hoagie - 1 ea <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Gelatin w/whip topping - 4 oz (127) Tea - s/s (0)	Deli Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Deli Meat (Ham) - 3 oz (135) <input type="checkbox"/> Cheese - 1 SL (50) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Onions - 1 oz (11) <input checked="" type="checkbox"/> Hoagie - 1 ea <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input checked="" type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Roast Turkey - 3 oz (106) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Creamy HoneyMustard - 1 oz (102) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input type="checkbox"/> Poultry Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Wheat Bread - 2 sl (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Frosted Cake - 1 ea <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)
<input type="checkbox"/> Chicken Stir-Fry - 4 oz (213) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Tangy Dill Vinaigrette - 1 oz (102) <input checked="" type="checkbox"/> Stir-Fry Vegetables - 6 oz (89) <input checked="" type="checkbox"/> White Rice - 6 oz (169) <input checked="" type="checkbox"/> Flour Tortilla - 1 ea (163) Tea - s/s (0)	<input type="checkbox"/> Salisbury Steak - 4 oz (201) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Vinaigrette Dressing - 1 oz (102) <input type="checkbox"/> Beef Gravy - 2 fl oz (46) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input checked="" type="checkbox"/> Peas - 6 oz (92) <input checked="" type="checkbox"/> Dinner Roll - 1 ea (308) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Pear Crisp - 4 oz (316) Tea - s/s (0)	<input type="checkbox"/> Chili Mac - 10 oz (292) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Russian Dressing - 1 oz (102) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Cornbread - 1 ea (211) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s (0)	<input checked="" type="checkbox"/> Pizza - Pepperoni - 1 slc (493) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Ranch Dressing - 1 oz (102) <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <input checked="" type="checkbox"/> Chocolate Brownie - 1 ea Tea - s/s (0)	BBQ Chicken Burger <input checked="" type="checkbox"/> Spaghetti - 6 oz (202) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Basil Dressing - 1 oz (102) <input type="checkbox"/> Meat Sauce - 6 oz (227) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input checked="" type="checkbox"/> French Bread - 1 SL (122) <input type="checkbox"/> Garlic Margarine - 0.5 oz (80) Tea - s/s (0)	<input checked="" type="checkbox"/> Beet Salad - 6 oz (111) <input type="checkbox"/> Chicken Burger Patty - 1 ea (232) <input checked="" type="checkbox"/> BBQ Sauce - 1 fl oz (33) <input checked="" type="checkbox"/> Wheat Hamburger Bun - 1 ea (244) <input checked="" type="checkbox"/> Cauliflower - 6 oz (32) <input type="checkbox"/> French Fries - 6 oz (245) <input checked="" type="checkbox"/> Catsup - 1 oz (34) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) Tea - s/s (0)	<input checked="" type="checkbox"/> X Contains pork or may contain pork <input checked="" type="checkbox"/> Healthy choice <input type="checkbox"/> High fat/cholesterol <input checked="" type="checkbox"/> High sugar <input checked="" type="checkbox"/> High fat/cholesterol/sugar <input checked="" type="checkbox"/> High Sodium <input checked="" type="checkbox"/> High fat/cholesterol/sodium (#) Calories

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. **MAT/VEGETABLE TRAYS** available for lunch & supper meals only. Menu subject to change without notice.

