



**OSP Executive Management Team**

**March 3, 2022**

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## **ADMINISTRATION**

### **From the Administrative Rules Program**

Below is the list of status changes made to DOC Administrative Rules since 10/21/21.

#### **PROPOSED RULES:**

##### **291-124-0041 Healthcare and Treatment**

- Amends the rules to add language to allow a Medication-Assisted Treatment (MAT) pilot program
- Public hearing scheduled for 3/22/2022 1:00 PM
- Last day to provide comments: 04/18/2022 at 5:00 PM

#### **TEMPORARY RULES:**

##### **291-124-0041 Healthcare and Treatment**

- Amends the rules to add language to allow a Medication-Assisted Treatment (MAT) pilot program
- Effective 10/28/2021 through 04/25/2022

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication, they will be returned. DOC rules are available for review and copies in the AIC law library.

Proposed, temporary, and permanently adopted rules are available for review in the AIC Legal Library. Personal copies may be obtained by sending form CD1762, "Legal Photocopy Request Form," to R. Polk, Library Coordinator.

AICs in special housing units may access copies of proposed rules and permanently adopted rules for review by asking the housing unit officer. Personal copies may be obtained by sending form CD1762,

"Legal Photocopy Request Form," to R. Polk, Library Coordinator.

Proposed rules will be copied free of charge. If you want a personal copy of a permanently adopted rule, there will be a charge for the copy.

Comments on proposed rules may be submitted by AIC communication or letter to: J. Vaughn, Rules Coordinator, DOC Rules Office.

## **SECURITY**

### **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 7<sup>th</sup> 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

## **COMMISSARY**

### **Commissary News, Updates and Reminders**

#### **Updates:**

NWC is still getting a partial work crew but we feel confident that we can increase the spending limits.

**Starting Monday February 28, 2022 spending limits will be \$50.00.**

Please remember, if you choose more than \$50.00 on your order form it will be at the discretion of Commissary Staff what items will be processed. So to ensure you get what is important to you keep your orders to \$50.

Due to the possibility of another COVID outbreak within our institutions, reduction in NWC's work crew numbers or losing the NWC work crew completely we would have to revert back to reduced spending limits or the use of the emergency commissary order form.

Though this is an improvement, we understand it is still not an ideal situation. These challenges are frustrating for us all and we continue to work on alternative solutions and appreciate your patience.

/s/ S. Jurgensmeier, Commissary

## **MISCELLANEOUS**

### **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

### **MHI Unit ADL/Peer Companion Position Announcement**

We believe that inmates who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing is now hiring for two, full-time ADL/Peer Companions on the Mental Health Infirmary (MHI) unit. The Individuals selected for this position will report to the MHI unit for their shifts. We

are looking for motivated, responsible individuals who have the willingness to work with individuals unable to care for their own ADL's as well as individuals experiencing significant mental health symptoms. It is important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest; modeling patience, respectful communication, and the following of all unit and institution rules.

MHI Unit ADL/Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHP's and treatment staff in ensuring that identified inmates housed on MHI are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Duties may also include assisting individuals around ADL coaching and skill building; increasing social interactions; and guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities on the unit, during day room, or out for MHI yard time. Please submit an application kyte to Kirsan Leep, MHI Program Manager if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year, it is preferred that you have one or more years left on your sentence.

/s/ Kirsan M. Leep, MHI Manager

### **National Nutrition Month® 2022**

#### **Advice for Foods that are Hard to Digest**

Indigestion, or upset stomach, can often be caused by foods that the body has a hard time digesting. Food affects everyone a bit differently, and there are some types of foods that are easier to digest than others. Some of the healthiest foods don't agree with some people. For example, raw foods and certain vegetables can be hard to digest because of the high fiber content. People will experience symptoms like bloating, gas, diarrhea, and even constipation when they eat particular foods, especially in large amounts. However, that doesn't mean that people with sensitive digestive systems need to avoid these foods forever. Instead, try these tips.

**Raw vs. Cooked.** Applying heat to your foods helps break them down and make them easier to digest. This is especially true when it comes to high-fiber vegetables and fruits. You may notice that cooked vegetables and fruits produce less symptoms than raw.

**Avoiding certain parts.** Egg yolks have a high sulfur content which can cause gas in some people. You can

avoid this by only eating the white of the egg when possible. For example, take the yolk out of hard-boiled eggs.

Peels are usually higher in fiber than the inside of a fruit or vegetable, and more fiber can be harder to digest. Removing the peel of certain fruits and vegetables can help you avoid an upset stomach. Eating canned fruit is usually easier on the digestive system than fresh.

**Moderating Intake.** Eating a large amount of food that is hard to digest will most certainly cause symptoms. If eating cruciferous vegetables (cabbage, broccoli, cauliflower), or beans (black, kidney, pinto) causes digestive symptoms, it's best to not eat large portions of them. Try eating only a small amount of these foods and see what happens. You may experience less severe symptoms, or none at all. Over time you should be able to eat larger portions of these foods when your body has become used to having them regularly.

It's also better to eat foods which are hard to digest in combination with other, plain foods. A good example of this is beans and rice. When you mix these foods together in each bite, the rice will moderate some of the effects of the beans.

One of the best things you can do to have good digestion is to support the good bacteria in your gut by eating many colorful fruits and vegetables that are high in fiber. Exposing yourself to a variety of foods is key to good gut health and makes our digestion stronger and more resilient.

/s/ E. Guevara, DOC Dietitian

## A Point to Ponder

*“Health is a large word. It embraces not the body only, but the mind and spirit as well;...and not today’s pain or pleasure alone, but the whole being and outlook of a man.”*

– James H. West





**Class announcements - OSP Spring 2022**  
**University of Oregon Prison Education Program**  
**March 28 – June 10**



Note: these are “correspondence” / “packet exchange” courses and **do not meet in person**. This is a difficult format for some people’s learning styles. Informational sheets and academic writing tips will be provided.

The math class is an in-person class with a very small number of available seats. Students who apply for this class have to also be prepared for the class to be postponed, cancelled, or shifted to a remote format if required by Covid restrictions.

**4 University of Oregon Credits**

**Prerequisite:** DOC clearance and a GED/High School diploma is required. Students must be at OSP.

**\$50 to participate** (\$75 for graduate students) Payment early May via check, CD-28, or phone-in with a credit card (instructions will be sent if you are accepted to the class). Scholarships are available. Books and readings will be provided free of charge. Some paper will be provided but students will need to provide their own pens/pencils and paper they might need for notes. We cannot provide access to computers.

**Applications are due March 7<sup>th</sup>** The class sizes are limited - not all who apply will be admitted. You may apply to more than one class.

**GEOG 410/510 GEOGRAPHY OF THE MEXICAN-AMERICAN BORDERLAND / PROFESSOR SCOTT WARREN**  
***Taught at both undergraduate and graduate level.***

This regional geography course explores the environment, history, culture, politics, and economy of the United States and Mexico borderland. The borderland is a contact zone where cultures come together and break apart, where multibillion dollar industries exist alongside intense poverty, and where crises and problems (both real and imagined) seem to never end. As a geography course, we are especially interested in the relationship between people and place in the borderland, and how people’s lives are impacted by the international line. In this class we will put the problems of the border into a larger context and move toward a deeper understanding of this important region.

**CHN 410/510 A READING AND DISCUSSION OF THE GREAT BUDDHIST NOVEL *JOURNEY TO THE WEST* / PROFESSOR STEPHEN DURRANT**  
***Taught at both undergraduate and graduate level.***

Few novels in world history have been more beloved and have contributed more to popular culture than the sixteenth century Chinese novel *Journey to the West*, or the shorter version we will read *The Monkey & The Monk* (497 pp). The inspiration was an actual journey from China to India in the sixth century by the great Buddhist scholar-monk Xuanzang (596?-664 CE) to obtain Buddhist scriptures, which he could then translate and share with the Chinese world of his time. His trip across the deserts and mountains of Central Asia inspired stories, some highly fantastic. Despite the novel’s fantasy and playfulness, it is often read as a serious Buddhist allegory of the journey toward enlightenment and has been classified as one of the four masterworks of Ming dynasty (1368-1644) fiction. Reading and discussing this novel, I promise, will be quite a trip!

*We welcome students of all diverse identities including age, race, religion, LGBTQIA+ identity, gender, citizenship status, first-time college students, and all others.*

**Class announcements - OSP Spring 2022**  
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**PSY 510 EVOLUTIONARY PSYCHOLOGY: THEORIES, FINDINGS, AND FUTURE POSSIBILITIES /**  
**PROFESSOR HOLLY ARROW**

NOTE: This is an extremely small seminar class offered at the graduate level only. **If you do not already have a college degree, you are not eligible** (hopefully this professor will offer the class again in the future!)

This course investigates how the tools of evolutionary theory have been applied to develop and test ideas about human behavior and the many forces (cognition, culture, development, emotion, social influence) that shape this behavior. We will examine the intellectual history of evolutionary psychology, including the insights, assumptions, and blind spots that have guided the development of theories, the choice of questions, and the collection and interpretation of data. We will also speculate about new questions / ideas / hypotheses that could be explored using the concepts and methods developed by evolutionary psychology and associated fields.

**(In person)**

**MATH 106 UNIVERSITY MATH II / PROFESSOR CRAIG TINGEY**

Topics include mathematics of finance, applied geometry, exponential growth and decay, and a nontechnical introduction to the concepts of calculus. The goal of the course is to begin to think and reason mathematically in many different areas which is why formulas and memorization are not emphasized. Pre-requisite: Math 095 and/or Math 105 or other college-level math. On your application please note if you have taken one of these or other college-level math.

Please note also that this class is being offered in person. The course might be interrupted or postponed due to Covid, and is severely restricted in enrollment.

In-person classes have additional requirements for participation:

- NCI level 2 or 3
- Must have been at current institution for at least 6 months
- Must be able to access the education floor
- Must have 6 months clear conduct
- Must have NO history of compromising staff in the past 10 years

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**Class announcements - OSP Spring 2022**  
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University of Oregon Spring 2022 Class Application – **Due March 7<sup>th</sup>**

(PLEASE NOTE: THE ADDRESS FOR THE DOC EDUCATION OFFICE HAS CHANGED – SEE BELOW)

Name: \_\_\_\_\_ SID number: \_\_\_\_\_ Current Location: \_\_\_\_\_

Do you have a GED/high school diploma? \_\_\_\_\_

Have you taken college classes before (inside or 'on the streets')? If so, where? \_\_\_\_\_

(note: previous college experience is not required) *If you are applying for a graduate-level class, please indicate where you completed your Bachelor's Degree.*

Which class/classes are you interested in? \_\_\_\_\_

**On a separate sheet of paper, please answer the following two questions:**

**Why are you interested in college classes in general? (200 words or less)**

**Please write a short essay (200 - 400 words) explaining why you are interested in studying the specific topic in the class/classes.**

If accepted to the class, I commit to taking it and completing the work (except for emergencies) \_\_\_\_\_ (Initial)

I acknowledge this is a "packets" class and will not meet in person \_\_\_\_\_ (Initial) AND/OR I acknowledge that the in-person class might be changed, interrupted, or cancelled due to covid restrictions. \_\_\_\_\_ (Initial)

If you are not admitted to your first choice and there are open spots in another class, do you want to be added to the other class? \_\_\_\_\_ (Yes/No) Are you applying for a scholarship? (Separate application attached) \_\_\_\_\_ (Yes/ No)

**Please sign to indicate your application is correct to the best of your knowledge:**

\_\_\_\_\_

**Note: Unfortunately, not all those who apply will be accepted.** You will be notified by March 21<sup>st</sup> if you will be in the class. **DO NOT send payment with your application** - this will cause administrative problems and *will not* improve your chances of being admitted to the class. Acceptance decisions are made first by establishing the pool of candidates who meet minimum qualifications, then those whose application essays are well-written and best express student interest in the subject. If there are more qualified candidates than there are available spots in the class, student names will be selected at random.

Send application **either** by:

Kyte to: Ms. Janet Norton DOC - Education and Training Office 3723 Fairview Industrial Dr. SE Suite 200 Salem, Oregon 97302-4975	USPS to: Katie Dwyer Prison Education Program 1251 University of Oregon Eugene, OR 97403-1251
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# PRISON EDUCATION PROGRAM

UNIVERSITY OF OREGON



## Inside Student Scholarship Announcement SPRING 2022

The University of Oregon's Prison Education Program (PEP) is announcing scholarship funds for inside students. The scholarship will cover one **UO PEP class**. *Receiving a scholarship does not guarantee admission to a class.*

Please submit your scholarship application along with your PEP class application by **March 7th**. Attach additional paper as needed. Send the scholarship application attached to your class application form.

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

Current Institution? \_\_\_\_\_

Please write a short statement (20-150 words) about how this scholarship will help you to pursue your educational (or other) goals. If financial need is a motivation for you, please include that information.

### (REQUIRED) Short Essay:

Describe a time when you learned an unexpected but valuable lesson.

Please write a 300-500 word response. Attach additional paper as needed.

Scholarships are awarded on the basis of merit in the responses to both the short statement and the short essay. Award letters are sent at the same time as class acceptance letters.

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# OREGON DEPARTMENT OF CORRECTIONS

## COVID-19 NEWSLETTER – NOTICE #116

### COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of February 22, DOC statewide has:

- 41 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	1,597	1,588		
AICs	5,241	5,008	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 #115

### COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 22 del febrero, el departamento **en todo el estado** tiene:

- 41 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	1,597	1,588		
Presos	5,241	5,008	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.



# Financial Services

## *Informational Briefing*

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### *2021 Tax Announcement*

IRS 2021 1040 forms have been provided to each location.

DOC will not provide Oregon income tax forms.

AICs wishing to file their 2021 taxes, or any other type of tax document will need to use their own pre-addressed postage paid envelope.



**IRS Address for Oregon Filers:**  
Department of the Treasury  
Internal Revenue Service  
Ogden, UT 84201-0002

*Note: DOC is not authorized to provide Adults in Custody with tax advice.*

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### **Questions?**

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to [dldoctrustinfo@doc.state.or.us](mailto:dldoctrustinfo@doc.state.or.us).



## OSP CALORIE MENU WEEK 4: March 7 2022 THROUGH March 13 2022

Monday 3/7/22	Tuesday 3/8/22	Wednesday 3/9/22	Thursday 3/10/22	Friday 3/11/22	Saturday 3/12/22	Sunday 3/13/22
<input type="checkbox"/> Panakes - 3 ea (524) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <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	Breakfast Burrito <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Diced Peaches - 4 oz (60) <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	<input checked="" type="checkbox"/> English Muffin - 1 ea (286) <input type="checkbox"/> Fried Egg - 1 ea (80) <input type="checkbox"/> Cheese - 1 SL (50) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <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	<input type="checkbox"/> Beef Hash - 8 oz (187) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Diced Pears - 4 oz (60) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input type="checkbox"/> Catsup - 0.5 oz (17) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s Meat Sub: Peanut Butter - 1.5 oz (239) Meat Sub: Plain Potatoes - 6 oz (165)	<input type="checkbox"/> Chicken Salad - 4 oz (221) <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input checked="" type="checkbox"/> Bacon & Eggs <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input checked="" type="checkbox"/> Bacon - 2 sl (240) <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 Meat Sub: Peanut Butter - 1 oz (159)	<input type="checkbox"/> Cinnamon Rolls - 1 ea (308) <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) <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
<input checked="" type="checkbox"/> Hot Dogs - 2 ea (202) <input type="checkbox"/> Coleslaw - 6 oz (134) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input type="checkbox"/> Sauerkraut - 1 oz (4) <input type="checkbox"/> Catsup - 0.5 oz (17) <input type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	Fried Egg Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input checked="" type="checkbox"/> Grilled Wheat Bread - 2 SL (190) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	Deli Sandwich <input checked="" type="checkbox"/> Split Pea Soup - 10 fl oz (207) <input type="checkbox"/> Deli Meat (Roast Beef) - 3 oz (94) <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"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (102) <input type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	Taco Salad <input type="checkbox"/> Taco Meat - 3 oz (170) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input checked="" type="checkbox"/> Seasoned Beans - 6 oz (153) <input checked="" type="checkbox"/> Lettuce - 10 oz bowl (12) <input checked="" type="checkbox"/> Spanish Rice - 6 oz (130) <input type="checkbox"/> Tortilla Chips - 2 oz (279) <input checked="" type="checkbox"/> Salsa - 2 oz (26) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input type="checkbox"/> Chicken Salad - 4 oz (221) <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input type="checkbox"/> Beef Pattie - 1 ea (211) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Vinaigrette Dressing - 1 oz (102) <input checked="" type="checkbox"/> Onions & Pickles - 1 oz ea (14) <input checked="" type="checkbox"/> Wheat Burger Bun - 1 ea (234) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input type="checkbox"/> French Fries - 6 oz (245) <input type="checkbox"/> Catsup - 1 oz (34) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input checked="" type="checkbox"/> Roast Turkey - 3 oz (106) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Russian Dressing - 1 oz (102) <input type="checkbox"/> Poultry Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (102) <input checked="" type="checkbox"/> Dinner Rolls - 2 ea (308) <input type="checkbox"/> Margarine - 0.5 oz (80) <input type="checkbox"/> Frosted Cake - 1 ea Tea - s/s
<input type="checkbox"/> Cajun Meat Loaf - 5 oz (186) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Creamy Honey Mustard - 1 oz (102) <input checked="" type="checkbox"/> Brown Rice - 6 oz (167) <input checked="" type="checkbox"/> Peas - 6 oz (133) <input checked="" type="checkbox"/> Wheat Dinner Roll - 1 ea (154) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s	<input checked="" type="checkbox"/> Tamale Pie - 10 oz (433) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> French Dressing - 1 oz (102) <input checked="" type="checkbox"/> Seasoned Beans - 6 oz (153) <input type="checkbox"/> Tortilla Chips - 1 oz (139) <input type="checkbox"/> Oatmeal Cookie - 1 ea (263) Tea - s/s	<input checked="" type="checkbox"/> Spaghetti - 6 oz (202) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Green Goddess Dressing - 1 oz (102) <input type="checkbox"/> Meat Sauce - 6 oz (227) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> French Bread - 1 SL (122) <input type="checkbox"/> Garlic Margarine - 0.5 oz (80) Tea - s/s	<input type="checkbox"/> Pizza - Veggie & Cheese - 1 slice (433) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Tangy Dill Vinaigrette - 1 oz (102) <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <input type="checkbox"/> Lemon Bar - 1 svg Tea - s/s	<input type="checkbox"/> Red Beans & Bacon - 6 oz (172) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Ranch Dressing - 1 oz (102) <input checked="" type="checkbox"/> White Rice - 6 oz (169) <input checked="" type="checkbox"/> Cauliflower - 6 oz (32) <input type="checkbox"/> Cornbread - 1 ea (211) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Gelatin w/whip topping - 4 oz (95)	<input checked="" type="checkbox"/> Chicken Fajitas <input type="checkbox"/> Texas Slaw - 6 oz (117) <input type="checkbox"/> Chicken Fajita Mix - 4 oz (227) <input checked="" type="checkbox"/> Onions & Peppers - 4 oz (33) <input checked="" type="checkbox"/> Flour Tortillas - 2 ea (326) <input checked="" type="checkbox"/> Brown Rice - 6 oz (167) <input checked="" type="checkbox"/> Salsa - 2 oz (26) Tea - s/s	<input type="checkbox"/> Fish Nuggets - 5 ea (300) <input type="checkbox"/> Pasta Salad - 6 oz (293) <input type="checkbox"/> Tartar Sauce - 1 fl oz (77) <input checked="" type="checkbox"/> White Rice Pilaf - 6 oz (197) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s

Contains pork or may contain pork  
  Healthy choice  
  High fat/cholesterol  
  High sugar  
  High fat/cholesterol/sugar  
  High sodium  
  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.

