



## ADMINISTRATION

### From the Administrative Rules Program:

#### **NOTICE REGARDING PETITION REQUESTING AMENDMENT OF ADMINISTRATIVE RULE**

On March 2, 2022, the Oregon Department of Corrections received a petition requesting an amendment to OAR 291-131-0035 and 291-131-0050. A copy of the petition may be obtained from the agency by submitting a request to the Rules Coordinator.

Pursuant to ORS 183.390(2), the Oregon Department of Corrections invites comment on OAR 291-131-0035 and 291-131-0050, including any comments on whether options exist for achieving that rule's substantive goals in a way that reduces any negative economic impact on businesses. Any public comment must be received no later than May 16, 2022, at 5:00 pm. Comments must be submitted in writing to the address below:

Rules Coordinator  
Department of Corrections  
3601 State St.  
Salem, OR 97301

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.

/s/ J. Vaughn, DOC Rules Coordinator

### Updated Senate Bill 819 add on:

#### **Union County Convictions only:**

DOC has received a Seven-page document from Union County District Attorney's Office, which explains their process for SB 819 applications. You may purchase a copy of this document from the Law Library. Please fill out a Law Library Request form (CD 1714) to be scheduled for a forms appointment. You will need to fill out a legal photocopy request form and CD 28.

#### **Crook County Convictions only:**

DOC has received a Seven-page document from Crook County District Attorney's Office, which explains their process for SB 819 applications. You may purchase a copy of this document from the Law Library. Please fill out a Law Library Request form (CD 1714) to be scheduled for a forms appointment. You will need to fill out a legal photocopy request form and CD 28.

#### **For Curry County convictions only:**

Curry County District Attorney's Office does not have a specific form that must be filled out in order for a request to be considered. Someone requesting review of their case should provide the following:

- o The conviction(s) underlying the sentence for which the requestor seeks a conviction or sentence reconsideration.
- o Whether the conviction is on direct appeal (if it is, the case is ineligible for consideration).
- o Reasons why the original sentence no longer serves the interests of justice.
- o The requestor's desired result: No conviction at all? Conviction of a different crime? Reduction of prison sentence? Reduction of fine? Etc.
- o Information that addresses the considerations listed in ORS 137.218:
  - The requestors disciplinary record in jail or prison (if applicable) and record of rehabilitation while incarcerated.
  - Evidence that reflects whether the requestor's age, time served in-custody, and diminished physical or mental condition, if any, have reduced the requestor's risk for future violence.

- The future safety of the victim of the crime(s) for which the requestor seeks conviction or sentence reconsideration.
- The amount of the original sentence already served by the requestor.
- Evidence that reflects changed circumstances since the requestor's conviction and shows that the requestor's sentence no longer advances the interests of justice

Requests can be mailed to: Curry County District Attorney, 94235 Moore St., Ste 232, Gold Beach, OR 97444.

Other than Baker, Benton, Clackamas, Columbia, Clatsop, , Wasco, Lake, Marion. Coos, Jackson, Malheur, Grant, Klamath, Washington, Linn, Multnomah, Deschutes, Curry, Josephine, Lane Yamhill and Wheeler County. DOC has no further information regarding SB 819. You will need to contact all other District Attorney's Offices for more information. We will update as we receive information from District Attorney's Office.

Please do not send CD-28 in the mail to the Legal Library. All CD-28s that are sent in the mail to the Legal Library will not be processed. AICs will need to be scheduled on a call out for a forms appointment. AICs will need to fill out a legal photocopy request form and CD 28. All CD 28s will need to be filled out in BLUE INK ONLY.

#### **Notary Reminder:**

All items that are notarized need to be mailed out of the Legal Library. Please bring an envelope to your scheduled appointment. Notarized documents can not be taken out of the Legal Library.

/s/ R. Polk, OSP Legal Library Coordinator

## **SECURITY**

#### **Visiting Information:**

The Oregon Department of Corrections and OSP are moving through the COVID-19 protocols and working to transition to normal operations, which is a graduated process. We are still currently required to wear face coverings and attempt to maintain social distance when possible, but we have been allowed to grant a hug at the beginning and end of visits, hand holding during the visit, and holding of children as per the visiting rule. We have been able to add more visiting stations in the visiting room. We will be working with central office to add food to the vending machines, allow photographs in the visiting room, and eventually return to normal visiting. It is a process though and will occur in steps as we are allowed to do so.

We understand the difficulties visiting restrictions have caused and appreciate everybody's understanding and patience. We're moving forward.

/s/ B. Stephen, Security

#### **Moving Forward: Items on cell bars**

Two years ago we had to learn to deal with the COVID-19 pandemic. We were given guidance and protocols from the Centers for Disease Control (CDC), the Oregon Health Authority (OHA) and our ODOC Central Office "Agency Operations Center" (AOC). Some of the measures we've taken regarding protection from COVID-19 have stayed consistent and some have changed over time as more was learned and different directions were given. At the beginning of the pandemic staff here stopped addressing items taped to the cell bars that created a screen from air flow. Those items often, but not always, also inhibit the view into the cell.

As an agency and a facility, we are beginning to try to transition through the end of the pandemic protocols and are doing so in stages. One thing I am asking you to stop, and I'm asking staff to begin addressing, will be items in, on, or attached to the cell bars. Examples of things noted have been plastic taped to the bars, towels or blankets hanging, cardboard, etc. I recognize this hasn't been something staff members in general have enforced for some time, but as we move forward from this point they will begin addressing it again.

/s/ B. Stephen, Security

#### **Group Living Housing Update:**

We want to inform you that construction on Echo Block will begin Monday, March 28, 2022. We will be starting on 2 bar. This will require us to move Echo 2 bar to Delta 2 bar. We estimate each tier movement to last about 12 weeks. We will continue to rotate one tier at a time until construction has been completed. I understand this is short notice. We will be moving Echo 2 bar on Friday, March 25, 2022. Please have all property packed and ready to go come this Friday. Also, to make it easy, you will be going to the same cell assignment in Delta that you are assigned in Echo. Thanks

/s/ B. Sundquist, Group Living Captain

## **GENERAL SERVICES**

#### **Foodservice News—Change to Fortified Fruit Drink:**

You may notice on the Spring-Summer 2022 menus that the Fortified Fruit Drink has moved from breakfast to lunch. The drink mix has several important vitamins added to it, including vitamin C, calcium, and vitamin D.

Vitamin C is found in many fruits and in some vegetables. Vitamin C (also called ascorbic acid) is an antioxidant that promotes healthy teeth and gums. It helps the body absorb iron and maintain healthy tissue. It is also needed for wound healing.

Calcium is needed in order to circulate blood, move muscles, and release hormones. Calcium is a major part of tooth and bone health as well. It makes your bones strong and dense. You can think of your bones as your body's calcium bank. If you don't get enough calcium in your diet, your body will take it from your bones.

Vitamin D promotes calcium absorption, is needed for bone growth, and helps protect older adults from osteoporosis. Without sufficient vitamin D, bones can become thin or brittle. Vitamin D's other roles in the body include inflammation reduction, cell growth, immune function, and metabolism.

It is difficult to get enough vitamin D from food sources alone, since there are not many foods which naturally contain vitamin D. Fortification (adding extra nutrients) of foods or beverages is a good way to ensure we all get enough.

In order for the calcium and vitamin D in the drink mix to be absorbed better, we changed the drink mix to be served at lunch. There is a limit to how much of each vitamin and mineral can be absorbed by the body at one time. Milk also contains calcium and vitamin D. Serving the Fortified Fruit Drink at a different time than serving milk means the calcium and vitamin D from both sources is more likely to be absorbed.

Taking the Fortified Fruit Drink at lunch, along with eating fruit and drinking milk, will help ensure that you receive enough of all three important nutrients: vitamin C, calcium, and vitamin D. And if you are out on work crew at lunch, the drink mix packet in the sack lunches will now be fortified as well.

/s/ Elena Guevara RD, LD, DOC Dietitian

### **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

## **MISCELLANEOUS**

### **General Library Notice to AICs:**

Twenty (20) books are required to process your General Library book request. If the form is not filled out properly, your request will be returned to you. Please write clearly so the General Library clerks can read your request.

Hours are 1:00 pm to 3:00 pm Tuesday-Thursdays only. Please wait in the hall until we open. Do not arrive early.

/s/ R. Polk, OSP Legal Library Coordinator

### **Hobby Shop News:**

Channel 6 is the new Hobby Shop viewing channel. There will be a Hobby Shop box on the Control Room floor for AIC communications and AIC-to-AIC Sale Order Forms. Forms will be available on each housing block. We do not currently allow AICs into the Hobby Shop. When you get the form, fill out the address for where your purchase is being sent to and what item you would like to order. All purchases must be sent out so addresses must accompany the order. (Jewelry size will need to be supplied for the crafter.) If you have questions, please send an AIC communication to the Hobby Shop. Thank you.

/s/ Cpl. C. Ruby, Security

### **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

## **A Point to Ponder**

**“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma – which is living with the results of other people’s thinking.”**

**– Steve Jobs**



# APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM - MORNING YARD 7:45 AM - 9:45 AM PM - AFTERNOON YARD 1:00 PM - 3:30 PM EVE - EVENING YARD 4:30 PM - SUNSET (NO NCI LVL 1 AIC'S ON SATURDAY & SUNDAY)						
3	4	5	6	7	8	9
AM	AM	AM	AM	AM	AM	AM
C/D	A/E	MAINLINE SHOWERS	A/E	C/D	MAINLINE SHOWERS	AM
PM	PM	PM	PM	PM	PM	PM
A/E	C/D	A/E	C/D	A/E	C/D	A/E
EVE	EVE	EVE	EVE	EVE	EVE	EVE
Summer Evening Yard Begins						
10	11	12	13	14	15	16
AM	AM	AM	AM	AM	AM	AM
A/E	C/D	MAINLINE SHOWERS	C/D	A/E	MAINLINE SHOWERS	AM
PM	PM	PM	PM	PM	PM	PM
C/D	A/E	C/D	A/E	C/D	A/E	A/E
A/E	C/D	A/E	C/D	A/E	C/D	C/D
17	18	19	20	21	22	23
AM	AM	AM	AM	AM	AM	AM
C/D	A/E	MAINLINE SHOWERS	A/E	C/D	MAINLINE SHOWERS	AM
PM	PM	PM	PM	PM	PM	PM
A/E	C/D	A/E	C/D	A/E	C/D	A/E
C/D	A/E	C/D	A/E	C/D	A/E	C/D
24	25	26	27	28	29	30
AM	AM	AM	AM	AM	AM	AM
A/E	C/D	MAINLINE SHOWERS	C/D	A/E	MAINLINE SHOWERS	AM
PM	PM	PM	PM	PM	PM	PM
C/D	A/E	C/D	A/E	C/D	A/E	A/E
A/E	C/D	A/E	C/D	A/E	C/D	C/D

# Summer Night Yard Procedures

Summer evening yard will begin April 4<sup>th</sup> 2022. This will be a Monday night. The following procedures will be in effect for the duration:

1. AIC's whose block has summer evening yard may go to yard at the 4:30 p.m. optional yard line or after their block is released for the evening meal. They may eat and then go directly to the yard.
2. NCI Level 3 AIC's will be allowed to attend summer night yard, in their chow rotation. There will not be a special line movement from the housing units. They will enter the yard through the turnstile either directly from the housing unit when released for chow, or after completing their meal.
3. Any AIC's who returns to his housing unit from the dining room will not be permitted to go to the yard.
4. No turnouts will be run from the recreation yard. The only exception will be AIC's on education turnouts. These AIC's will be called off of the yard by the yard sergeant and they will exit the yard through Gate 3 and pass through the security gate. Once released from the yard, they will immediately go to their callout destination.
5. Inmates leaving the porch area of the dining room for the recreation yard will go to the yard and will not be permitted to loiter by the yard fence.
6. AIC's who shower in the Clothing Room at 7:00 p.m. will be permitted to go to the yard after their shower, or go directly to the yard from work. AIC's that return to their housing unit after showering may not be allowed to go to the yard.
7. A pill line is run after yard comes in, if yard comes in before 8:00p.m. During long yard periods (lasting until after 8:00 p.m.) an optional cell line will be called at 7:30p.m. AIC's needing medication would come in with the optional cell line and will be allowed to return to the yard.
8. Showers on the yard will start at 6:00p.m. and will stop 45 minutes before yard is recalled. Ice and/or beverages cannot be taken off the yard. The OIC has latitude to make adjustments regarding ice during extreme weather.
10. Yard recall will be determined by the Office-in-Charge.
11. When the yard is recalled, all AIC's will leave promptly and in an orderly manner. Equipment is called approximately 15 minutes prior to yard recall. Take this time to say your goodbyes on the telephone, to gather items and prepare to leave.
12. The Recreation Building, with the exception of the Card Room, will not be open during the evening yard regardless of the weather conditions. The Card Room will open at the conclusion of the evening meal.
13. During softball season, players and officials will normally be afforded 20 minutes to shower at the conclusion of a game. If the evening meal is running quickly, players may be called to dinner before being given time to shower. They will then be required to leave the yard unless it is their housing unit's normal night for evening yard.
14. NCI Level 1 AIC's will not be authorized to attend the evening weekend yard (Saturday and Sunday).

Captain B. Sundquist  
Group Living Captain, OSP



# OREGON DEPARTMENT OF CORRECTIONS

## COVID-19 NEWSLETTER – NOTICE #120

### COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of March 25, DOC statewide has:

- 6 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	1,628	1,622		
AICs	5,315	5,111	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 #120

### COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 25 del marzo, el departamento **en todo el estado** tiene:

- 6 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	1,628	1,622		
Presos	5,315	5,111	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 3: April 4 2022 THROUGH April 10 2022

Monday 4/4/22	Tuesday 4/5/22	Wednesday 4/6/22	Thursday 4/7/22	Friday 4/8/22	Saturday 4/9/22	Sunday 4/10/22
<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)	<input checked="" type="checkbox"/> Veggie Scramble - 4 oz (108) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <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)	<input checked="" type="checkbox"/> Hobo Breakfast <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Scrambled Eggs - 2 oz (86) <input type="checkbox"/> Ground Beef - 1 oz (66) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <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: Scrambled Eggs - 3 oz (115)	<input checked="" type="checkbox"/> French Toast - 3 sl (793) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <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)	<input checked="" type="checkbox"/> Egg & Cheese Muffin <input checked="" type="checkbox"/> English Muffin - 1 ea (286) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <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)	<input checked="" type="checkbox"/> Poultry Sausage Patty & Eggs <input type="checkbox"/> Poultry Sausage Pattie - 2 oz (172) <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"/> Cinnamon Rolls - 1 ea (308) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <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)
<input checked="" type="checkbox"/> BBQ Beef Sandwich <input type="checkbox"/> Carrot Salad - 6 oz (64) <input checked="" type="checkbox"/> BBQ Beef - 4 oz (118) <input checked="" type="checkbox"/> Hoagie - 1 ea <input checked="" type="checkbox"/> Brown Rice - 6 oz (167) <input checked="" type="checkbox"/> Cauliflower - 6 oz (32) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	<input checked="" type="checkbox"/> Deli Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input type="checkbox"/> Deli Meat (Chicken) - 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 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)	<input checked="" type="checkbox"/> Tuna Salad Sandwich <input checked="" type="checkbox"/> Lentil Soup - 10 fl oz (144) <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"/> Green Beans - 6 oz (56) <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)	<input checked="" type="checkbox"/> Chicken over Lettuce Salad <input checked="" type="checkbox"/> Cream of Potato Soup - 10 fl oz (160) <input checked="" type="checkbox"/> Grilled Chicken - 3 oz (153) <input checked="" type="checkbox"/> Lettuce - 10 oz bowl (12) <input checked="" type="checkbox"/> Onions - 1 oz (11) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <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)	<input checked="" type="checkbox"/> Turkey Club Sandwich <input type="checkbox"/> Coleslaw - 6 oz (134) <input checked="" type="checkbox"/> Turkey - 2 oz (62) <input checked="" type="checkbox"/> Turkey Bacon - 3 SL (158) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input checked="" type="checkbox"/> Multi-Grain Bread - 2 SL (156) <input checked="" type="checkbox"/> Peas & Carrots - 6 oz (66) <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)	<input checked="" type="checkbox"/> Chicken Salad Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input type="checkbox"/> Chicken Salad - 4 oz (221) <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)	<input type="checkbox"/> Chicken Drumsticks - 2 ea (393) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Tangy Dill Vinaigrette - 1 oz (102) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input type="checkbox"/> Chicken Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Peas - 6 oz (92) <input checked="" type="checkbox"/> Wheat Dinner Roll - 1 ea (154) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Ice Cream - 1 ea (80) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)
<input type="checkbox"/> Shepherd's Pie - 10 oz (332) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> French Dressing - 1 oz (102) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input checked="" type="checkbox"/> Wheat Dinner Roll - 1 ea (154) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s (0)	<input type="checkbox"/> Beef Stroganoff - 6 oz (295) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Green Goddess Dressing - 1 oz (102) <input checked="" type="checkbox"/> Pasta - 6 oz (179) <input checked="" type="checkbox"/> Peas - 6 oz (92) <input checked="" type="checkbox"/> Bread Stick - 1 ea (94) <input checked="" type="checkbox"/> Pudding - 4 oz (91) Tea - s/s (0)	<input type="checkbox"/> Breakfast For Dinner <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Ham - 2 oz (115) <input type="checkbox"/> Fried Egg - 1 ea (80) <input type="checkbox"/> O'Brien Potatoes - 6 oz (149) <input type="checkbox"/> Biscuit (large) - 1 ea (296) <input type="checkbox"/> Margarine - 0.5 oz (80) Coffee - s/s (0)	<input type="checkbox"/> Pita - Ranch, Chicken & Bell Peppers - 1 ea (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"/> Sugar Cookie - 1 ea Tea - s/s (0)	<input type="checkbox"/> Cheese Ravioli - 10 ea (269) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Vinaigrette Dressing - 1 oz (102) <input checked="" type="checkbox"/> Marinara Sauce - 4 fl oz (82) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input type="checkbox"/> Caramel Chip Cookie - 1 ea (233) Tea - s/s (0)	<input checked="" type="checkbox"/> Hamburger <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> 1000 Island Dressing - 1 oz (102) <input type="checkbox"/> Beef Pattie - 1 ea (211) <input checked="" type="checkbox"/> Onions & Pickles - 1 oz ea (14) <input type="checkbox"/> Hamburger Bun - 1 ea (244) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input type="checkbox"/> French Fries - 6 oz (245) <input type="checkbox"/> Catsup - 1 oz (34) Tea - s/s (0)	<input type="checkbox"/> Turkey Tetrazzini - 10 oz (326) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Creamy HoneyMustard - 1 oz (102) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input checked="" type="checkbox"/> Wheat Bread - 2 sl (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) Tea - s/s (0)

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.

