

OSP Executive Management Team

ADMINISTRATION

To all Adults in Custody,

As a part of <u>ORS 423.105</u>, The Department of Justice (DOJ) portion of Court Ordered Financial Obligations (COFOs) has been scheduled to begin collecting on June 1, 2022.

Previously, all collected COFOs were owned by the Oregon Judicial Department and were considered level 1 obligations. DOJ COFOs are defined as level 2 and level 3 obligations in ORS 423.105.

- Level 1 obligations are compensatory fines imposed pursuant to <u>ORS 137.101</u> (Compensatory fine), awards of restitution defined in <u>ORS 137.103</u> (Definitions for <u>ORS 137.101</u> to 137.109) and fines, fees, or courtappointed attorney fees imposed in a criminal action.
- 2. <u>Level 2</u> obligations are civil judgments that include a money award in which the Department of Justice is a judgment creditor.
- 3. <u>Level 3</u> obligations are child support obligations.

All current COFOs owed through the Oregon Judicial Department will be collected first. DOJ obligations and child support judgments will be collected once all level 1 obligations are paid.

As a reminder, 15% will be deducted from each eligible deposit* and distributed as shown below.

- 1. 5% is deposited into Transitional Savings until the account reaches \$500.
- 10% is collected for Court Ordered Financial Obligations (COFOs).
 - Once the Transitional Savings account has reached \$500, the entire 15% will be collected for COFOs, until satisfied.
 - Once COFOs have been satisfied, AlCs may choose to continue to deposit 5% from each eligible deposit into Transitional Savings.
- 3. Once both the Transitional Savings and the COFOs have been satisfied, no further court-

May 12, 2022

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ordered obligations will be deducted from eligible deposits.

*Eligible deposits are moneys deposited in an AIC trust account including, but not limited to, AIC performance monetary awards (PRAS) and moneys received from an AIC's family members or friends. Eligible deposits do not include protected moneys.

The Department of Corrections (DOC) does not have detailed information about these obligations, as they are statutory collections made on behalf of the Department of Justice. DOJ has provided both a customer service phone number and PO Box that can be used to submit questions regarding DOJ COFO details directly.

Division of Child Support, PO Box 14680, Salem, OR 97309 Telephone: 800-850-0228

Please direct all other questions to Financial Services via the tablet electronic communication system, or via AIC paper communication.

/s/ N. Salber, DOC Office of Communications

A todos los adultos bajo custodia,

Como parte de ORS 423.105, la parte del Departamento de Justicia (DOJ) de las obligaciones financieras ordenadas por la corte (COFO) está programada para comenzar a cobrar el 1 de junio de 2022.

Anteriormente, todos los COFO recopilados eran propiedad del Departamento Judicial de Oregón y se consideraban obligaciones de nivel 1. Los COFO del DOJ se definen como obligaciones de nivel 2 y nivel 3 en ORS 423.105.

- 1. Las obligaciones de Nivel 1 son multas compensatorias impuestas de conformidad con ORS 137.101 (multa compensatoria), premios de restitución definidos en ORS 137.103 (Definiciones para ORS 137.101 a 137.109) y multas, honorarios u honorarios de abogados designados por el tribunal impuestos en una acción penal.
- 2. Las obligaciones de nivel 2 son juicios civiles que incluyen una adjudicación de dinero en la

que el Departamento de Justicia es un acreedor del juicio.

3. Las obligaciones del nivel 3 son obligaciones de manutención infantil.

Todos los COFO actuales adeudados a través del Departamento Judicial de Oregón se cobrarán primero. Las obligaciones del DOJ y los fallos de manutención infantil se cobrarán una vez que se paquen todas las obligaciones del nivel 1.

Como recordatorio, se deducirá el 15% de cada depósito elegible* y se distribuirá como se muestra a continuación.

- 1. El 5% se deposita en Ahorros de Transición hasta que la cuenta alcance los \$500.
- 2. Se recauda el 10% por Obligaciones Financieras Ordenadas por Tribunales (COFO).
- Una vez que la cuenta de Ahorros de Transición haya alcanzado los \$500, se cobrará el 15% completo para COFO, hasta que se satisfaga.
- b. Una vez que se hayan satisfecho los COFO, las AIC pueden optar por continuar depositando el 5% de cada depósito elegible en Ahorros de Transición.
- Una vez que se hayan satisfecho tanto los Ahorros Transitorios como los COFO, no se deducirán más obligaciones judiciales de los depósitos elegibles.

*Los depósitos elegibles son dinero depositado en una cuenta de fideicomiso de AIC que incluye, entre otros, premios monetarios por desempeño (PRAS) de AIC y dinero recibido de familiares o amigos de AIC. Los depósitos elegibles no incluyen dinero protegido.

El Departamento Correccional (DOC) no tiene información detallada sobre estas obligaciones, ya que son recaudaciones reglamentarias realizadas en nombre del Departamento de Justicia. El DOJ ha proporcionado un número de teléfono de servicio al cliente y un apartado de correos que se pueden usar para enviar preguntas sobre los detalles del COFO del DOJ directamente.

Division of Child Support, PO Box 14680, Salem, OR 97309 teléfono: 800-850-0228

Dirija todas las demás preguntas a Servicios financieros a través del sistema de comunicación electrónica de la tableta o mediante la comunicación en papel de AIC.

/s/ N. Salber, DOC Office of Communications



SECURITY





Effective May 16, 2022 AICs will be required to use a white call pass to access unassigned areas for unscheduled events between the hours of 6:00 AM and 9:00 PM.

Yellow passes will continue to be used for scheduled events.

AICS may still access the yard, meals, showers, and canteen during scheduled line movements.

/s/ W. Bellman, Operations Captain

Blanket Exchange

Attention C-BLOCK Dwellers:



C-Block Blanket Exchange will start Monday, May 2, 2022, ending on Tuesday, May 31, 2022, and will go as follows:

For those AlCs with jobs, blankets can be exchanged during scheduled shower times *only*, and those AlCs without jobs, blankets can be exchanged during mainline showers on Tuesdays and Fridays *only*.

Again...this is a one-for-one blanket exchange, so bring your dirty blankets with you to get clean ones.

/s/ J. Hernandez, Clothing Room Sergeant

MISCELLANEOUS

Education Updates

Salary increase with a GED:



Well, it is no surprise that people who hold a GED diploma earn higher salaries than people who do not have the credential. The question is, how much more will you earn?

Research by the U.S. Bureau of Labor Statistics indicates that the salary increase is approximately 25% on average. That is quite something, right? So it seems that earning your GED credential is really rewarding!

If you would decide to continue your education even further, your salary will go up even higher. Some companies, such as Amazon, actively promote further education for their employees and are even paying for college tuition to enhance their workers' professional options!

/s/ K. Arrington, DOC Education

FAFSA Information:

FAFSA is available in July 2023. AICs are sending AIC communication forms requesting FAFSA and there are

no forms or information for Education to give out. When July 2023 gets closer, DOC Education Unit will send out updated information when it is available.

The next Corban class is currently postponed due to Corban's request. It will not start in Fall 2022. We are uncertain if it will begin in January 2023 or later.

Once we know when Corban would like to start their next class, we will advertise in the AIC newsletters and interested students can apply then.

/s/ J. Norton, DOC Education, Training & Treatment Manager

Paint Shop Position

Physical Plant is accepting applications in the Paint Shop for the following position:

Paint Crew – 10 points – 6:30 am – 4:00 pm Monday-Thursday

The selected candidates will have the closest matching skills to those listed below.

Desired skills:

- Self-motivated individual with a desire to learn skills for the outside.
- Willingness to take direction, criticism, and work with others to accomplish tasks.
- Experience using hand tools, paint brushes, and rollers.
- Able to lift 50-75 pounds frequently.
- Reliable individuals who maintain regular attendance.

Send a completed AIC job application to Physical Plant J. Trevino.

/s/ J. Trevino, Physical Plant

OCE Open Position Announcements - Statewide

EOCI Telemarketing Agent
OCE Program Location – EOCI Contact Center

The OCE EOCI Contact Center is recruiting for multiple Telemarketing Agent positions. Applicants must adhere to a high quality standard in a fast-paced environment while meeting deadlines. Agents must be motivated and able to maintain a professional attitude at all times. Position awards PRAS points, with the opportunity to earn a Team Goal Award and a production-based Individual Meritorious Award. This position has opportunities for reviews, promotions and advancement. The current schedule is Monday-Friday, 7:00 am-3:00 pm.

Duties include:

 Agents in this out-bound contact center perform lead generation calls. Lead generation is the process of attracting leads from someone who has indicated interest in the product or service being sold

Learning new software programs and procedures

Skills that enhance the experience of successful applicants (not required):

- Personal experience previous successful work in an OCE shop; a humble and inquisitive work mindset with a willingness to learn
- Computer keyboarding experience
- Software experience –Microsoft Office Suite (Word, Excel)

Applicants must meet the following qualifications:

- Have a valid social security number or equivalent
- Have at least six (6) months' time incarcerated with clear conduct and no program failures in the past six (6) months
- Have no convictions for ID Theft, or Computerrelated crimes
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a twelve (12)month retention agreement
- Current OCE workers must have fulfilled at least one (1) year in current position to be eligible to apply
- Incentive level 2 or 3
- A release date after June, 2026, on current sentence
- Read proficiently and speak English language clearly

Essential functions include ability to:

- Remain seated at a monitor and operate a computer for extended periods of time throughout the work day
- Communicate respectfully with staff, AICs and clients
- Work in an office setting subject to potential interruptions and background noises
- Receive training and quality-control advice and corrections from other AICs and staff

If you are interested in becoming highly marketable upon release, utilizing modern software, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process:

If you are interested in applying, please complete an OCE AIC Work Application referencing EOCI Telemarketing agent as the position. Submit paperwork by May 25, 2022 to OCE People Program

and Services- S. Thomas C/O OCE Administration 3691 State St Salem, Or 97309

NOTE: Any transfer is subject to safety protocols and may delay the process.

TRCI- OCE Maintenance

OCE Program Location - TRCI Laundry/ Woodshop

The OCE TRCI shop is recruiting for an experienced Maintenance worker. Applicants must pay attention to detail and adhere to a high quality standard in a fast-paced environment while meeting deadlines. Workers must be motivated and able to maintain a professional attitude at all times. Position awards PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for reviews, promotions and advancement.

Duties include:

- Setup and operation of conventional and specialized equipment
- Care of all associated equipment and clean-up daily
- Keep machines, mechanical equipment, or the structure of an establishment in repair
- Duties may involve pipe fitting; insulating; welding; machining; carpentry; repairing electrical or mechanical equipment; installing, aligning, balancing new equipment and preventative maintenance

Skills and training that enhance the experience of successful applicants (not required):

- Willingness to complete production work and shop repairs with a mechanical aptitude
- Ability to read blueprints, instructions and drawings
- License or training in a trade such as pipe fitter, electrician, etc.

Applicants must meet the following qualifications:

- Have a valid social security number or equivalent
- Have at least six (6) months' time incarcerated with clear conduct and no program failures in the past six (6) months
- A release date after June, 2026, on current sentence
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a twelve (12)month retention agreement
- Current OCE workers must have fulfilled at least one (1) year in current position to be eligible to apply
- Incentive level 2 or 3

Essential functions include ability to:

• Must be able to lift up to 40 lbs.

- Remain standing operating machinery for extended periods of time throughout the work day
- Work in a production setting with loud background noise
- Maintain safety controls and equipment including wearing correct Personal Protection Equipment (PPE)
- Receive training and quality-control advice and corrections from other AICs and staff
- Communicate respectfully with staff, AICs and clients
- Must be a self-starter with limited direction from supervisor
- Must be able to stand on concrete floors for extended periods of time

If you are interested in becoming highly marketable upon release, utilizing modern production machinery, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process:

If you are interested in applying, please complete an OCE AIC Work Application referencing TRCI Journeyman Maintenance as the position. Submit paperwork by May 25th, 2022 to OCE People, Programs and Service C/O OCE Administration 3691 State St Salem, Or 97309

NOTE: Any transfer is subject to safety protocols and may delay the process.

TRCI Production CADD Operator OCE Program Location – TRCI Woodshop

• The OCE TRCI Woodshop is recruiting for a Production CADD Operator. Applicants must pay attention to detail and adhere to a high quality standard in a fast-paced environment while meeting deadlines. Workers must be motivated and able to maintain a professional attitude at all times. Position awards PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for reviews, promotions and advancement. The schedule will require you to work 5 days per week which may include weekends.

Duties include:

- Develop and design products to support the OCE Woodshop production and fabrication
- Generate modular 3D computer models, complete with dimensions, bills of materials, cut lists, details of the design process, and realistic renderings

Skills that enhance the experience of successful applicants (not required):

- Experience with Microsoft products; Word and Excel
- Drafting or solid modeling experience using the following software AutoCAD and Autodesk Inventor
- Knowledge in or be able to learn:
 - Practical application of engineering science, design techniques, tools, and principals involved in production of precision technical plans, blueprints, drawings, and models
 - Machines and tools, including their designs uses, repair, and maintenance
 - Raw materials, production processes, quality control, costs, and other techniques for maximizing the effective manufacture and distribution of goods
 - Arithmetic, algebra, geometry, calculus, statistics, and their applications
 - Personal experience previous successful work in an OCE shop; a humble and inquisitive work mindset with a willingness to learn

Applicants must meet the following qualifications:

- Have a valid social security number or equivalent
- Have at least six (6) months' time incarcerated with clear conduct and no program failures in the past six (6) months
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a twelve (12)month retention agreement
- Current OCE workers must have fulfilled at least one (1) year in current position to be eligible to apply
- Incentive level 2 or 3
- A release date after June, 2026 on current sentence

Essential functions include ability to:

- Remain seated at a monitor and operate a computer for extended periods of time throughout the work day
- Communicate respectfully with staff and AICs
- Work in an office setting subject to potential interruptions and background noises
- Receive training and quality-control advice and corrections from other AICs and staff
- Balance multiple time-sensitive projects with deadlines at the same time
- Stay on task while working in a team setting and independently, depending on the project

- Maintain safety controls and equipment including wearing correct Personal Protection Equipment (PPE)
- Must be a self-starter with limited direction from supervisor

If you are interested in becoming highly marketable upon release, utilizing modern production machinery, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process:

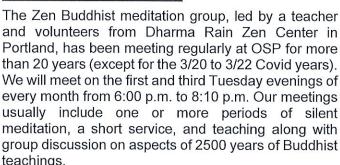
If you are interested in applying, please complete an OCE AIC Work Application referencing TRCI Woodshop Cadd as the position. Submit paperwork by May 25th, 2022 to OCE-People Program and Services-S.Thomas C/O OCE Administration 3691 State St Salem, Or 97309

NOTE: Any transfer is subject to safety protocols and may delay the process.

/s/ S. Thomas, OCE AIC Workforce Coordinator

CHAPEL

Meditation Group Meeting



Buddhism teaches that each of us must take responsibility for our own dissatisfaction and suffering since their roots are in our own minds, that we can learn through meditation and study to transform our suffering, and that we all have an essential nature of goodness and peace that can blossom through Buddhist practice.

If you are not sure you are on the callout list for the Tuesday Zen meetings, please send an AIC communication form to Chaplain Stahlnecker to be placed on the list.

/s/ K. Thompson, Chaplain

Oregon Agape Youth Camps

Would you like to give your children a summer camp experience they will never forget? The Agape Youth



Camps are completely free of charge and created only for kids who have experienced incarceration at any time in their lives. Campers learn about love, hope and forgiveness while also experiencing a wide range of fun camp activities. Every child receives a t-shirt for each day of camp, a sweatshirt, and other camping items they might need. Let your families know registration is available for all camps on our website, which is: agapefamiliesoregon.org

This summer we will be hosting camps in Eugene and Salem so make sure your campers apply early to reserve their spot! Here are the dates and locations for our five camps.

Agape Breakaway Camp for children 8th-12th grade

When: June 3-5

Where: Camp Harlow, Eugene, OR (This Camp is full and has a waiting list)

Agape Youth Camp Salem for children 1st-7th grade

(7 years old minimum age)

When: July 21-24

Where: Camp Aldersgate, Turner, OR

Agape Youth Camp Eugene for children 1st-7th grade

(minimum age is 7 years old)

When: August 25-28

Where: Camp Harlow, Eugene, OR

Bringing Hope & Healing To Children Ages 7-17

Impacted By Incarceration.

/s/ A. Perlstein, Chaplain



Weekly Chapel Schedule

SATURDAY, MAY 14

8:00 am

LDS

Sweatlodge

JW

1:00 pm

SDA

_ __

Jewish

3:00 pm Meditation/

Silent Prayer

6:00 pm

Calvary Chapel

SUNDAY, MAY 15

8:00 am

Spanish Protestant

Spanish JW

1:00 pm

Asatru Outside Svc

Wicca Outside Svc

Lutheran

3:00 pm

Meditation/

Silent Prayer

6:00 pm

Catholic

MONDAY, MAY 16

3:00 pm

Meditation/

Silent Prayer

TUESDAY, MAY 17

7:15 am

U-Self Mentorship

3:00 pm

Meditation/ Silent Prayer

Agape Family Svc.

6:00 pm

Zen

WEDNESDAY, MAY 18

3:00 pm

Meditation/

Silent Prayer

6:00 pm

Meaning Making

THURSDAY, MAY 19

3:00 pm

Meditation/

Silent Praver

6:00 pm

Meaning Making

FRIDAY, MAY 20

1:00 pm

Nation of Islam

Sunni Jum'ah Prayer

3:00 pm

Meditation/ Silent Praver

& = Service is full or restricted. Add requests are not being accepted at this time.

S = Service has a waiting list. Submit a request to be placed on waiting list

A Point to Ponder

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

--Mark Twain

Class announcements - OSP Summer 2022 University of Oregon Prison Education Program June 20 – September 9



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 May 24**th The class sizes are limited - not all who apply will be admitted. You may apply to more than one class.

GEOG 410/510 LANDSCAPES OF CLIMATE CHANGE / PROFESSOR LESLIE MCLEES Taught at both undergraduate and graduate level.

This course will provide a spatial understanding of how climate change occurs both from a scientific perspective and a cultural perspective. After an overview in climate change science, we will survey regions of the world to combine science with cultural approaches that impact how people interact with and understand their local landscapes. This class is meant to provide a grounded sense of the complexity of how climate change is understood around the world. This approach highlights how science and culture evolve and interact to produce both distinctive landscapes and diverse, creative adaptations to the changing planet.

CAS 407/507 POST-CONFLICT COMMUNITY: RECONCILIATION AFTER INTRA-COMMUNITY CONFLICT / KATIE DWYER *Taught at both undergraduate and graduate level.*

All too often, communities are split by conflict and violence. In this class, we will engage with theories of reconciliation and case-studies of societies that have worked toward healing, even in the aftermath of terrible and long-lasting conflicts. Some principles of forgiveness or co-existence are specific to cultural groups and situations. Others might be more individual, and even perhaps universal. For students who have taken past classes on intercultural communication, conflict resolution, and social movements, this class is an excellent next step. If this is your first time engaging with complex issues of culture and conflict, I hope you will find you already know much more than you might have otherwise thought.

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 Summer 2022 University of Oregon Prison Education Program June 20 – September 9



(in person)

MATH 107 UNIVERSITY MATH III / PROFESSOR CRAIG TINGEY

The main goal of this course is to see many branches of mathematics and areas where real world problems can be solved by using mathematics. Pre-requisite: Math 095 and/or Math 105, 106, or other college-level math. On your application please note if you have taken one of these or other college-level math classes.

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

Class announcements - OSP Summer 2022 University of Oregon Prison Education Program June 20 – September 9



University of Oregon Summer 2022 Class Application – Due May 24^{th} (PLEASE NOTE: THE ADDRESS FOR THE DOC EDUCATION OFFICE HAS CHANGED – SEE BELOW)

| Name | : SID r | number: | Current Location: | |
|----------------------------|--|---|--|---|
| Do yoι | u have a GED/high school diploma? | | - | |
| (note: | you taken college classes before (inside previous college experience is not requeted your Bachelor's Degree. | or 'on the streets' uired) <i>If you are ap</i> |)? If so, where? plying for a graduate-level class, please inc | dicate where you |
| Which | class/classes are you interested in? | | | <u>, </u> |
| On a s | eparate sheet of paper, please answe | r the following two | questions: | |
| 1. W | hy are you interested in college classe | es in general? (200 | words or less) | |
| | ease write a short essay (200 - 400 wo ass/classes. If you are applying to mul | | y you are interested in studying the speci e complete one short essay for each. | fic topic in the |
| If acce _l | pted to the class, I commit to taking it | and completing the | e work (except for emergencies) (In | nitial) |
| | owledge this is a "packets" class and winight be changed, interrupted, or cance | | on(Initial) AND/OR I acknowledge estrictions(Initial) | that the in-person |
| class?_ | | r a scholarship? (Se | pots in another class, do you want to be ac parate application attached) (Yes/ N your knowledge: | |
| | | | | |
| he cla our ch neet m | ss. DO NOT send payment with your nances of being admitted to the class ninimum qualifications, then those who i. If there are more qualified candidate | application - this . Acceptance decisose application ess | ed. You will be notified whether or not you will cause administrative problems and ions are made first by establishing the poorays are well-written and best express stude ailable spots in the class, student names w | will not improve of of candidates who ent interest in the |
| | oplication either by: | | * | |
| DOC - 3723 I | o: anet Norton Education and Training Office Fairview Industrial Dr. SE Suite 200 J. Oregon 97302-4975 | Priso 1251 | to: Dwyer n Education Program University of Oregon | |

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

PRISON EDUCATION PROGRAM UNIVERSITY OF OREGON



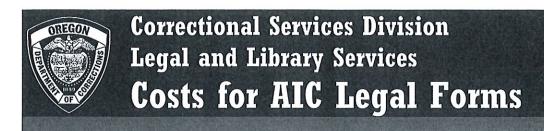
Inside Student Scholarship Announcement SUMMER 2022

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 May 24th. Attach additional paper as needed. Send the scholarship application along with the class application form. Name: ______ SID: _____ 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 changed your mind about something (big/important or small). What changed, and has it had an ongoing impact on you? Please write a 300-500 word response. Attach additional paper as needed.

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

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.



Effective Monday, May 16, 2022:

To bring consistency across the department's institution-based Legal and Library Services, all forms offered by the institution's Legal Libraries will have a cost.

All AICs have access to these forms with only a few that do not allow AICs to incur debt to obtain.

Please see the two lists, below.

<u>Forms that AICs Must Pay For – And CAN Incur</u> <u>Debt For</u>

- Affidavits
- State Bar
- Certificates
- Declarations
- Fast & Speedy
- Parole Board
- Tort
- Oregon Circuit court
- · Oregon Court of appeals
- U.S. District Court
- Ninth Circuit Court of Appeals
- U.S. Supreme Court
- Senate Bill 819 applications
- Instructions on completing any of the above category of forms

Forms AICs CANNOT Incur Debt For

- Department of Motor Vehicle
- Family Law
- Governor Issues (Clemency Packets)
- End of Life Issues
- Power of Attorney

| Monday 5/16/22 Tuesday 5/17/22 Wednesday 5/18/22 Thursday 5/19/22 Debrickés : 3 & a (524) Breakfast Burrito Egg & Cheese Muffin Deef Hash - 8 or (187) Cad arreal - 8 or (138) Proy Caral - 8 or (187) Prop. (187) Cad arreal - 8 or (138) Proy Caral - 8 or (138) Proy Caral - 8 or (187) Cad arreal - 8 or (138) Proy Caral - 8 or (187) Prop. (187) Cad arreal - 8 or (138) Proy Caral - 8 or (187) Prop. (187) Cad arreal - 8 or (138) Proy Caral - 8 or (187) Cad arreal - 8 or (188) Prop. (187) Prop. (187) Cad arreal - 8 or (188) Prop. (187) Prop. (187) Cad arreal - 8 or (188) Prod. (187) Prop. (187) Cad arreal - 8 or (188) Prod. (189) Prod. (189) Prod. (189) Cad arreal - 8 or (189) Prod. (189) Prod. (189) Prod. (189) Cad arreal - 8 or (189) Prod. (189) Prod. (189) Prod. (189) Prod. (189) Cad arreal - 8 or (189) Prod. (189) Prod. (189) Prod. (189) Prod. (189) Prod. (189) Cad arreal - 9 or (189) Prod. (189) Prod. (189) Prod. (189) Prod. (189) Prod. (189) Cad arreal - 0.5 or (189) Prod. (1 | OSP CALORIE MENU WEEK 4: May 16 | 2022 THROUGH May 2 | 2 2 2 2 2 2 | |
|--|--|---|---|---|
| Breakfašt Burrito Egg & Cheese Muffin □ Beef Hash - 1 | Wednesday 5/18/22 Thursday | /22 Friday 5/20/22 | Saturday 5/21/22 | Sunday 5/22/22 |
| | Egg & Cheese Muffin ☐ Beef Hash | z (187) V Waffles - 2 ea (190) | @ Bacon & Eggs | Coffee Cake - 1 ea (308) |
| | ♥ English Muffin - 1 ea (286) | 119) ▼ Oatmeal - 8 oz (138) | ♦ 🖲 Bacon - 2 sl (240) | ▼ Farina - 8 oz (140) |
| □ Scrambled Eggs - 2 oz (86) | ● 9 Grain Cereal - 8 oz (100) | a (8) • Canned Fruit - 4 oz (60) | Canned Fruit - 4 oz (60) | ▼ Fresh Fruit - 1 ea (8) |
| Perfred Beans - 4 oz (121) □ Frie d Egg - 1 e a (80) □ Shredded Cheese - 0.5 oz (40) □ Cheese 1.5 (50) ▼ Salsa - 1.0 z (13) ▼ Salsa - 1.0 z (13) ▼ Salsa - 1.0 z (13) ▼ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Coffee - s/s (0) ○ Meast sour peans sour peans there are correctly contactly as correctly contactly as (24) ○ Sugar - 2 pkts (22) ○ Coffee - s/s (0) ○ Fresh Fruit - 1 e a (8) ○ Fruit Drink - 8 fl oz (5) o Coffee - s/s (0) ○ Fruit Drink - 8 fl oz (5) o Coffee - s/s (0) ○ Fruit Drink - 8 fl oz (5) o Coffee - s/s (0) ○ Fruit Bar - 1 e a (284) ○ Coffee - s/s (0) ○ Fruit Bar - 1 e a (284) ○ Coffee - s/s (0) ○ Coffee - s/s (| ♥ Canned Fruit -4 oz (60) | (164) • Peanut Butter - 1.,5 oz (254) | ☐ Fried Eggs - 2 ea (160) | ◆ Hard Boiled Egg - 1 ea (70) |
| Shredded Cheese - 0.5 oz (40) □ Cheese - 1.5L (50) ∇ Cats up - 0.5 oz (40) □ Cheese - 1.5L (50) ▼ Skim Milk - 1.6 ff oz (163) ▼ Skim Milk - 1.6 ff oz (164) ▼ Skim Milk - 1.6 ff oz (165) ▼ Skim Skim - 1.6 ff oz (165 | ☐ Fried Egg - 1 ea (80) | (80) ⊗ Syrup - 2 fl oz (168) | ☐ Fried Potatoes - 6 oz (165) | Skim Milk-16 fl oz (169) |
| • Flour Tortilla - 1 ea (163) □ Fried Potatoes - 6 oz (165) • Skim Milk - 16 floz (169) S Ligar - 2 pkts (22) Coffee - s/s (0) • Skim Milk - 16 floz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) Meast sub: Panin Potator Decided - s/s (0) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) Meast sub: Panin Potator Decided - s/s (0) Meast sub: Panin Potator Decided - s/s (0) Fried Eggs Sandwich Deli Sandwich • Spilt Peas Soup - 10 floz (207) • Tossed Salad - 10 oo sland Dressing - s/s (164) • Grilled Bread - 2 L (164) □ Chee se - 1 SL (50) □ Beef Pattie - 1 oo sland Dressing - s/s (164) • Grilled Bread - 2 L (164) □ Chee se - 1 SL (50) □ Beef Pattie - 1 oo sland Dressing - s/s (164) • Grilled Bread - 2 L (164) □ Chee se - 1 SL (50) □ Beef Pattie - 1 oo sland Dressing - s/s (164) • Grilled Bread - 2 L (164) □ Chee se - 1 SL (50) □ Deef Pattie - 1 oo sland Dressing - s/s (164) • Grilled Bread - 1 Dag (120) • Shended Lettuce - 2 oo (3) • Onions & Presh Fruit - 1 oo (2) • Fruit Drink - 8 fl oz (5) • Chips - 1 Dag (120) • Cats up - 1 oo (2) • Fruit Drink - 8 fl oz (5) • Chips - 1 Dag (120) • Fruit Drink - 8 fl oz (5) • Tortilla Chips - 1 oo 2 bowl (12) | ☐ Cheese - 1 SL (50) ∇ | 17) ▼ Skim Milk - 16 fl oz (169) | Wheat Toast-2 SL (164) | ⊗ Sugar - 2 pkts (22) |
| ◆ Salsa - 1 oz (13) ♦ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) Meat sub Plain Potatoo (169) Sugar - 2 pkts (22) Coffee - s/s (0) Coffee - s/s (0) Meat sub Plain Potatoo (100) Meat sub Plain Potatoo (100) Fried Egg Sandwich - Spilt Peasoup - 10 fl oz (207) + Tossed Salad - 10 or (144) + Spilt Peasoup - 10 fl oz (207) + Tossed Salad - 10 or (144) • Grilled Bread - 2 Ll (164) □ Cheese - 1 SL (50) □ Beef Pattie - 1 or (148) • Shredded Lettuce - 2 oz (3) • Onions & Pickles - 1 or (148) • Grilled Bread - 2 Ll (164) □ Cheese - 1 SL (50) □ Beef Pattie - 1 or (148) • Shredded Lettuce - 2 oz (3) • Onions & Pickles - 1 or (148) • Chips - 1 bag (120) • Onions - 1 oz (11) + Amburger Bun - 1 oz (11) + Amburger Bun - 1 oz (11) □ Mayonnaise - 0.5 oz (50) • Wheat Hoagie - 1 bag (120) • Cresp Fruit - 1 oz (120) • Chips - 1 bag (120) • Cresp Fruit - 1 oz (120) • Fruit Drink - 8 fl oz (5) • Chips - 1 bag (120) • Cresp Fruit - 1 oz (120) • Fruit Drink - 8 fl oz (5) • Fruit Drink - 8 fl oz (5) • Tamale Pice - 10 oz bowl (12) • Spaghetti - 6 oz (202) • Fruit Drin | ☐ Fried Potatoes - 6 oz (165) | (169) ⊗ Sugar - 2 pkts (22) | ⊗ Jelly - 1 oz (80) | Coffee - s/s (0) |
| ▼ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) Coffee - s/s (0) Coffee - s/s (0) Coffee - s/s (0) Meast Sub: Peanut Butte Coffee - s/s (0) Meast Sub: Peanut Butte Coffee - s/s (0) Fried Egg Sandwich Deli Sandwich *Spilt Peasonp - 10 fl oz (207) *Tossed Salad - 10 oo Ushad Dressing - voice of the set of 160) Fried Eggs - 2 ea (160) Poll Meat Reast Beef) - 3 cz (135) * Onions dand Dressing - voice Salad - 10 oo Ushad Salad - 10 oo Ushad Vegetables - 6 oz (33) * Onions & Prench Fries - 6 oc (348) * Onions & October - 1 oc (11) * Hamburger Bunn - 1 oc (11) Mayonnaise - 0.5 oz (50) * Wheat Hoagie - 1 oc (11) * Wheat Hoagie - 1 oc (33) * Orders Deanus - 1 oc (34) * Fresh Fruit - 1 oc (35) * Fresh Fruit - 1 oc (35) * Fresh Fruit - 1 oc (35) * Fruit Drink - 8 fl oz (5) * Fruit Drink - 7 oz (2 | ▼ Skim Milk - 16 fl oz (169) ⊗ | 22) Coffee - s/s (0) | ☐ Margarine ~ 0.5 oz (80) | |
| Sugar-2 pkts (22) Coffee - s/s (0) Meast Sub: Plain Pozasce Coffee - s/s (0) Deli Sandwich Peli Sandwich Prossed Salad - 10 or vossed Salad - 10 or bow (12) ▼ Fruit Drink - 8 fl oz (5) ▼ Catrott - 1 ea (8) ▼ Fruit Drink - 8 fl oz (5) ▼ Fruit D | ⊗ Sugar - 2 pkts (22) | | Skim Milk - 16 fl oz (169) | |
| Coffee - s/s (0) Fried Egg Sandwich • Split Pea Soup - 10 floz (207) Fried Egg Sandwich • Split Pea Soup - 10 floz (207) • Tossed Salad - 10 oo Island Dressing • Grilled Bread - 2 St. (164) • Third Eggs - 2 ea (160) • Third Eggs - 1 ea (160) • Third Eggs - 2 ea (160) • Third Eggs - 1 ea (160) • Third Eggs | Coffee - s/s (0) | S oz (239) | ⊗ Sugar - 2 pkts (22) | |
| Fried Egg Sandwich • Sour of the Day - 10 ft oz (144) • Split Peas Soup - 10 ft oz (207) • Fried Egg Sandwich • Split Peas Soup - 10 ft oz (207) • Fried Eggs - 2 ea (160) • Split Peas Soup - 10 ft oz (207) • Grees e - 1 SL (50) • Shredded Lettuce - 2 oz (3) • Chips - 1 bag (120) • Chips - 1 bag (120) • Wheat Hoagie - 1 ea (230) • Chips - 1 bag (120) • Wheat Hoagie - 1 ea (230) • Wheat Hoagie - 1 ea (230) • Wheat Hoagie - 1 ea (230) • Fresh Fruit - 1 ea (8) • Fruit Drink - 8 ft oz (5) • Than John Sand - 1 oz (11) • Fruit Drink - 8 ft oz (5) • Fresh Fruit - 1 ea (8) • Fruit Drink - 8 ft oz (5) • Fruit Drink - 8 ft oz (5) • Fresh Fruit - 1 ea (8) • Fruit Drink - 8 ft oz (5) • Fruit Drink - 8 ft oz (5) • Fresh Fruit - 1 ea (8) • Fruit Drink - 8 ft oz (5) • Fruit Drink - 8 ft oz (5) • Fruit Drink - 8 ft oz (5) • Fresh Fruit - 1 ea (8) • Fruit Drink - 8 ft oz (5) • Fresh Fruit - 1 ea (8) • Fruit Drink - 8 ft oz (202) • Fruit Drink - 8 ft oz (202) • Fruit Drink - 8 ft oz (202) • Fresh Fruit - 1 ea (8) • Fruit Drink - 8 ft oz (202) • Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fruit Drink - 8 ft oz (202) • Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fruit Drink - 8 ft oz (202) • Fresh Fru | | oz (165) | Coffee - s/s (0) | |
| Fried Egg Sandwirch • Soup of the Deli Sandwich • Soup of the Deli Sandwich • Soup of the Dev - 10 ft oz (144) □ Fried Eggs - 2 ea (160) • Split Pea Soup - 10 ft oz (207) • Split Pea Soup - 10 ft oz (164) • Split Pea Soup - 10 ft oz (164) • Split Pea Soup - 10 ft oz (164) • Split Pea Soup - 10 ft oz (166) • Split Pea Soup - 10 ft oz (166) • Shredded Lettuce - 2 oz (3) • Chips - 1 bag (120) • Chips - 1 bag (120) • Wheat Hoagie - 1 ea (230) • Wheat Hoagie - 1 ea (230) • Fruit Drink - 8 fl oz (5) • The Split Fruit - 1 ea (8) • Fruit Drink - 8 fl oz (5) • Fruit Drink - 8 fl oz (5) • Fresh Fruit - 1 ea (8) • Fruit Drink - 8 fl oz (5) • Fruit Drink - 8 fl oz (5) • Fruit Drink - 8 fl oz (5) • Fresh Fruit - 1 ea (8) • Fruit Drink - 8 fl oz (5) • Fruit Drink - 8 fl oz (5 | | | Meat Sub: Peanut Butter - 1 oz (159) | |
| ★ © Soup of the Day - 10 ft oz (1244) ★ Split Pea Soup - 10 ft oz (1243) ★ Tossed Salad - 10 oz (135) ★ Tossed Salad - 10 oz (11) ★ Presh Fruit - 1 ea (8) ★ Fruit Drink - 8 ft oz (5) ♠ Chips - 1 bag (120) ♥ Cats up - 1 oz (120) ♥ Fresh Fruit Drink - 8 ft oz (5) ♠ Cats up - 1 oz (120) ♥ Fresh Fruit - 1 ea (8) ★ Fruit Drink - 8 ft oz (5) ♠ Cats up - 1 oz (120) ♥ Fresh Fruit - 1 ea (8) ★ Fruit Drink - 8 ft oz (5) ♠ Fruit Drink - 8 ft oz (5) ♠ Fresh Fruit - 1 ea (8) ♠ Fresh Fruit - 1 ea (8) ♠ Fresh Fruit - 1 ea (8) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fresh Fruit Drink - 8 ft oz (202) ♠ Fruit Drink - 8 ft oz (202) ♠ Fruit Drink - 8 ft oz (202) ♠ Fruit Drink - 9 ft oz (202) ♠ Fruit Drink - 9 ft oz (202) ♠ Fruit Drink - 9 ft oz (202) ♠ Fruit | Deli Sandwich | Chicken Salad Sandwich | Taco Salad | ▼ Roast Turkey - 3 oz (106) |
| □ Fried Eggs - 2 ea (160) ∇ Dell Meat (Roast Beef) - 3 cz (135) □ Toool Island Dressing. • Grilled Bread - 2 SL (164) □ Cheese - 1 SL (50) □ Deef Pattie - 1 on the string of the stri | ♥ Split Pea Soup - 10 fl oz (207) | wl (12) ♥ © Soup of the Day - 10 fl oz (144) | ☐ Taco Meat - 4 oz (203) | ▼ Tossed Salad - 10 oz bowl (12) |
| ◆ Grilled Bread - 2 SL (164) □ Cheese - 1 SL (50) □ Beef Pattie - 1 ◆ Broccoli - 6 oz (48) ◆ Shredded Lettuce - 2 oz (3) ◆ Onions 8 Pickles - 1 ♦ Chips - 1 bag (120) ◆ Onions - 1 oz (11) Hamburger Bun - 1 □ Mayonnaise - 0.5 oz (50) ◆ Wheat Hoagie - 1 ea (230) ◆ Green Beans - 6 ■ Fruit Drink - 8 fl oz (5) ◆ Chips - 1 bag (120) ▼ Cats up - 1 oz Doz (9) ◆ Fruit Drink - 8 fl oz (5) ◆ Chips - 1 bag (120) ▼ Fresh Fruit - 1 ea (8) ◆ Fruit Drink - 8 fl oz (5) ◆ Cats up - 1 oz Doz (433) ◆ Fruit Drink - 8 fl oz (5) ◆ Tossed Salad - 10 oz bowl (12) ◆ Fruit Drink - 8 fl oz (5) ◆ Fruit Drink - 8 fl oz (5) ◆ Tossed Salad - 10 oz bowl (12) ◆ Fruit Drink - 8 fl oz (5) ◆ Fruit Drink - 8 fl oz (5) ◆ Tossed Salad - 10 oz bowl (12) ◆ Tossed Salad - 10 oz bowl (12) ◆ Fruit Drink - 8 fl oz (5) ◆ Seasoned Beans - 6 oz (153) ◆ Tossed Salad - 10 oz bowl (12) ◆ Tossed Salad - 10 oz bowl (12) ◆ Seasoned Beans - 6 oz (153) □ Tangy Dill Vinaigrette - 1 oz (102) ◆ Tossed Salad - 10 oz (43) ◆ Seasoned Beans - 6 oz (153) ◆ Carrots - 6 oz (43) ◆ Oatmeal Cookie - 1 oz (140) ★ Fruit Bar - 1 ea (284) ◆ French Brea | V Dell Meat (Roast Beef) - 3 oz (135) | (102) 🔲 Chícken Salad - 4 oz (221) | ☐ Shredded Cheese - 1 oz (80) | ☐ Vinaigrette Dressing - 1 oz (102) |
| ◆ Broccoli - 6 oz (48) ◆ Shredded Lettuce - 2 oz (3) ◆ Onions & Pickles - 1 ♦ Chips - 1 bag (120) ♦ Onions - 1 oz (11) Hamburger Bunn - 1 oz (11) □ Mayonnaise - 0.5 oz (50) ♦ Wheat Hoagie - 1 ea (230) ♦ Green Beans - 6 oz (98) ♦ Fruit Drink - 8 fl oz (5) ♦ Chips - 1 bag (120) ♥ Cats up - 1 oz Doz (90) ♦ Fruit Drink - 8 fl oz (5) ♦ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (8) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Bar - 1 ea (283) ♦ Carrots - 6 oz (202) ♦ Seasoned Beans - 6 oz (153) □ Meat Sauce - 6 oz (227) ♦ Vegetable Soup - 10 □ Tortilla Chips - 1 oz (140) ♦ Carrots - 6 oz (43) ♦ Oatmeal Cookie - 7 ▼ Fruit Bar - 1 ea (284) ₱ French Bread - 1.5 c. (8) | ☐ Cheese - 1 SL (50) | 211) Shredded Lettuce - 2 oz (3) | ♥ Seasoned Beans - 6 oz (153) | ☐ Poultry Gravy - 2 fl oz (26) |
| ♦ Chips - 1 bag (120) ♥ Onions - 1 oz (11) Hamburger Bun - 1 hamburger Bun - 1 oz (11) □ Mayonnaise - 0.5 oz (50) ♥ Wheat Hoagie - 1 ea (230) ♥ Green Beans - 6 oz (98) □ French Fries - 6 oz (98) • Fruit Drink - 8 fl oz (5) ♦ Chips - 1 bag (120) ▼ Cats up - 1 oz Us value - 1 oz (50) ♥ Fresh Fruit - 1 oz (8) • Fruit Drink - 8 fl oz (5) ♥ Fruit Drink - 8 fl oz (5) ♥ Fruit Drink - 8 fl oz (5) ♥ Fruit Drink - 8 fl oz (5) • Tossed Salad - 10 oz bowl (12) • Fruit Drink - 8 fl oz (5) • Fruit Drink - 8 fl oz (5) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Tossed Salad - 10 oz bowl (12) • Vegetable Soup - 10 oz bowl (12) • Seasoned Beans - 6 oz (153) □ Meat Sauce - 6 oz (227) • Vege | ◆ Shredded Lettuce - 2 oz (3) | ea (14) • Wheat Hoagie - 1 ea (230) | ♥ Lettuce - 10 oz bowl (12) | Bread Dressing/Stuffing-10 oz |
| Mayonnaise - 0.5 oz (50) | ♥ Onions - 1 oz (11) | 244) ▼ Carrots - 6 oz (43) | ♥ Spanish Rice - 6 oz (130) | ▼ Blended Vegetables - 6 oz (98) |
| Fresh Fruit - 1 ea (8) Fruit Drink - 8 fl oz (5) Chips - 1 bag (120) Tatit Drink - 8 fl oz (5) Chips - 1 bag (120) Tatit Drink - 8 fl oz (5) Mayonnaise - 0.5 oz (50) Fruit Drink - 8 fl oz (6) Fruit Drink - 8 fl oz (6) Fruit Drink - 8 fl oz (6) Fruit Drink - 8 fl oz (7) Tamale Pie - 10 oz bowl (12) Tossed Salad - 10 oz (12) <li< td=""><td>▼ Wheat Hoagie - 1 ea (230)</td><td>(56) OChips - 1 bag (120)</td><td>♦ Tortilla Chips - 2 oz (279)</td><td>♦ Frosted Cake - 1 ea</td></li<> | ▼ Wheat Hoagie - 1 ea (230) | (56) OChips - 1 bag (120) | ♦ Tortilla Chips - 2 oz (279) | ♦ Frosted Cake - 1 ea |
| ◆ Fruit Drink - 8 fl oz (5) ♦ Chips - 1 bag (120) ▼ Catsup - 1 oz oz (50) □ Mayonnaise - 0.5 oz (50) ♦ Fresh Fruit - 1 ea (8) ▼ Fresh Fruit - 1 ea (8) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Fruit Drink - 8 fl oz (5) ♦ Tossed Salad - 10 oz bowl (12) ♦ Tossed Salad - 10 oz bowl (12) ■ Tossed Salad - 10 oz bowl (12) ▼ Tossed Salad - 10 oz bowl (12) □ Green Geddess Drassing - 1 oz (102) ■ Tossed Salad - 10 oz bowl (12) □ Green Geddess Drassing - 1 oz (122) ■ Tossed Salad - 10 oz bowl (12) □ Green Geddess Drassing - 1 oz (123) ■ Tossed Salad - 10 oz bowl (12) □ Tangy Dill Vinaligrette - 1 oz (122) ■ Vegetable Soup - 10 □ Tortilla Chips - 1 oz (140) ■ Carrots - 6 oz (227) ■ Vegetable Soup - 10 ▼ Fruit Bar - 1 ea (284) ■ French Bread - 1 SL (122) Tea - s/s (0) Tea - s/s (0) Tea - s/s (0) Tea - s/s (0) | ♥ Blended Vegetables - 6 oz (98) | (245) • Fresh Fruit - 1 ea (8) | ♥ Salsa - 2 oz (26) | ♦ Fruit Drink - 8 fl oz (5) |
| □ Mayonnaise - 0.5 oz (50) | ♦ Chips - 1 bag (120) ∇ | .) • Fruit Drink - 8 fl oz (5) | ♥ Fresh Fruit - 1 ea (8) | |
| ▼ Fresh Fruit - 1 ea (8) ▼ Fresh Fruit - 1 ea (8) ▼ Fruit Drink - 8 fl oz (5) □ Tangy Dill Vinaigrette - 1 oz (202) ▼ Fruit Drink - 8 fl oz (6) □ Tangy Dill Vinaigrette - 1 oz (102) □ Tangy Contain pork ● Healthy Choice □ High fat/cholesterol ⊗ High sugar | > | a (8) | ♥ Fruit Drink - 8 fl oz (5) | |
| ◆ Fresh Fruit - 1 ea (8) ◆ Truit Drink - 8 fl oz (5) ◆ Tamale Pie - 10 oz (433) ◆ Spaghetti - 6 oz (202) ◆ Presie & Cheess ◆ Tossed Salad - 10 oz bowl (12) ◆ Vegetable Soup - 10 ◆ Seasoned Beans - 6 oz (153) □ Meat Sauce - 6 oz (43) ◆ Vegetable Soup - 10 □ Tortilla Chips - 1 oz (140) ◆ Carrots - 6 oz (43) ◆ Vegetable Soup - 10 ▼ Fruit Bar - 1 ea (284) ◆ French Bread - 1 SL (122) Tea - s/s (0) Tea - s/s (0) □ Garlic Margarine - 0.5 oz (80) □ Tea - s/s (0) Tea - s/s (0) □ Garlic Margarine - 0.5 oz (80) □ Tea - s/s (0) | • | oz (5) | | |
| ◆ Truit Drink - 8 fl oz (5) ◆ Tossed Salad - 10 oz (433) ◆ Spaghetti - 6 oz (202) ◆ Prizza - Veggle & Cheese Calad - 10 oz bowl (12) ◆ Tossed Salad - 10 oz bowl (12) ▼ Tossed Salad - 10 oz bowl (12) ▼ Tossed Salad - 10 oz bowl (12) □ Green Goddess DressIng - 1 oz (142) □ Tangy Dill Vinalgrette - 1 oz (102) □ Ranch Dressing - 1 ◆ Seasoned Beans - 6 oz (153) □ Meat Sauce - 6 oz (227) ▼ Vegetable Soup - 10 □ Tortilla Chips - 1 oz (140) ▼ Ca rrots - 6 oz (43) ◆ Oatmeal Cookie - 1 X Fruit Bar - 1 ea (284) ▼ French Bread - 1 SL (122) Tea - s/s (0) Tea - s/s (0) □ Garlic Margarine - 0.5 oz (80) Tea - s/s (0) Tea - s/s (0) □ Tea - s/s (0) Tea - s/s (0) | ▼ Fresh Fruit - 1 ea (8) | | | |
| ♦ Tamale Pie - 10 oz (433) ♥ Spaghetti - 6 oz (202) • Pizza - Veggle & Cheess ♥ Tossed Salad - 10 oz bowl (12) □ Gard Dressing - 10 oz (122) □ Gard Dressing - 10 oz bowl (12) ♥ Tossed Salad - 10 oz (122) ♥ Vegetable Soup - 10 oz bowl (12) □ Gard Dressing - 10 oz (122) ♥ Vegetable Soup - 10 oz (122) ♥ Vegetable Soup - 10 oz (122) ▼ Vegetable S | ▼ Fruit Drink - 8 fl oz (5) | | | |
| Tossed Salad - 10 oz bowl (12) ▼Tossed Salad - 10 oz bowl (12) ▼Tossed Salad - 10 oz bowl (12) □ Ranch Dressing - 1 oz (102) □ Green Gaddess Dressing - 1 oz (152) □ Tanngy DIII Vinaigrette - 1 oz (102) □ Ranch Dressing - 1 oz (153) □ Meat Sauce - 6 oz (227) ▼Vegetable Soup - 100 □ Tortilla Chips - 1 oz (140) ▼ Ca rrots - 6 oz (43) ◇ Oatmeal Cookie - 1 oz (140) ★ Fruit Bar - 1 ea (284) ▼ French Bread - 1 SL (122) Tea - s/s (0) Tea - s/s (0) □ Garlic Margarine - 0.5 oz (80) Tea - s/s (0) Tea - s/s (0) □ Tea - s/s (0) | ♥ Spaghetti - 6 oz (202) | slc (335) 🔲 ® Red Beans & Bacon - 6.02 (245) | Chicken Fajitas | Tuna Noodle Casserole - 10 oz (285) |
| © Grown Goddess DrassIng1 oz (102) Seasoned Beans-6 oz (153) □ Meat Sauce - 6 oz (227) □ Vegetable Soup - 10 □ Tortilla Chips - 1 oz (140) X Fruit Bar - 1 ea (284) □ Garlic Margarine - 0.5 oz (80) Tea - s/s (0) Tea - s/s (0) Tea - s/s (0) Tea - s/s (0) | ▼ Tossed Salad - 10 oz bowl (12) | w (12) □ Coleslaw - 6 oz (134) | ☐ Texas Slaw - 6 oz (117) | ♥ Tossed Salad - 10 oz bowi (12) |
| ◆ Seasoned Beans - 6 oz (153) □ Meat Sauce - 6 oz (227) • Vegetable Soup - 10 □ Tortilla Chips - 1 oz (140) • Carrots - 6 oz (43) • Oatmeal Cookie - 10 ★ Fruit Bar - 1 ea (284) • French Bread - 1 SL (122) Tea - s/s (0) Tea - s/s (0) □ Garlic Margarine - 0.5 oz (80) Tea - s/s (0) Tea - s/s (0) Tea - s/s (0) | ☐ Tangy Dill Vinaigrette - 1 oz (102) | (102) ▼ White Rice - 6 oz (169) | Chicken Fajita Mix - 4 oz (227) | ☐ Russian Dressing-1 oz (102) |
| Tea - s/s (0) | ☐ Meat Sauce - 6 oz (227) | z (63) • Cauliflower - 6 oz (32) | ◆ Onions & Peppers - 4 oz (33) | ◆ Broccoli - 6 oz (48) |
| X Fruit Bar - 1 ea (284) | ▼ Carrots - 6 oz (43) | (263) O Combread - 1 ea (211) | ♥ Wheat Tortillas - 2 ea (314) | ♥ Bread Stick - 1 ea (94) |
| Tea - s/s (0) □ Garlic Margarine - 0.5 oz (80) Tea - s/s (0) Tea - s/s (0) Tea - s/s (0) Tea - s/s (0) | ea (284) 🛡 French Bread-1.SL (122) Tea | ☐ Margarine - 0.5 oz (80) | White Rice - 6 oz (169) | ◆ Fresh Fruit-1ea (8) |
| - s/s (0) Tea - s/s (0) Contains pork or may contain pork ♥ Healthy choice □ High fat/cholesterol ⊗ High sugar | | ⊗ Gelatin w/whip topping - 4 oz (127) | ▼ Mango Salsa - 2 oz (33) | Tea - s/s (0) |
| Contains pork or may contain pork ♥ Healthy choice □ High fat/cholesterol ⊗ High sugar | Tea - s/s (0) | Tea - s/s (0) | Tea - s/s (0) | |
| | ◆ Healthy choice □ High fat/cholesterol ⊗ High sugar | X High fat/cholesterol/sugar ∇ High Sodium | dium ◊ High fat/cholesterol/sodium | /sodium (#) Calories |
| This menu can help AICs reduce their calone intake at each meal by showing how many (Calones) each food item contains. Values listed are best estimates based on curre | - | 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 | silable for lunch & supper meals only. Menu s | ubject to change without notice. |