



OSP Executive Management Team

May 5, 2022

Page 1

ADMINISTRATION

Below is the list of status changes made to DOC administrative rules since 02/22/2022.

PROPOSED RULES

- **291-209 Earned Discharge**
- Amends the rules to expand EDIS eligibility, revise the restitution payment requirements, add an eligibility notification requirement, and limit some crimes that will be considered for EDIS.
- Last day to provide comments: 06/08/2022 at 5:00 PM

PERMANENT RULES

291-037 Release of Public Record

- Amends the rules to align with current practices, fee schedules and terminology.
- Effective: 4/14/2022

291-105 Prohibited Conduct

- Amends the rules to add exceptions around DSU sanctions for BHU status AICs.
- Effective: 3/28/2022

291-124 Health Services (AIC)

- Amends the rules to add language to allow a Medication-Assisted Treatment (MAT) pilot program.
- Adopts fee schedule for release of AIC health records in accordance with statute.
- Effective: 4/21/2022

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 notices and 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.

/s/ J. Vaughn, DOC Rules Coordinator

SECURITY



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 AICs with jobs, blankets can be exchanged during scheduled shower times *only*, and those AICs 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

Prison Rape Elimination Act

Questions and Answers

Here are the most asked questions when it comes to PREA:

1. How can I report a PREA allegation?

Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, AIC communication and by third party.

2. If I use the PREA hotline or advocacy hotline are my calls confidential?

Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a

victim advocate, the phone system will not record the conversation or log that the number was called.

3. What is the buzzer sound I hear in all housing blocks, units and infirmary?

Answer: That buzzer sound is to make all AICs aware a staff member of the opposite gender has entered the area.

4. Is there a resource outside of the institution I can talk to about PREA confidentially?

Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7?

The role of the advocate is to –

- Amplify the victim’s voice
- Redirect victim blaming
- Provide emotional support
- Explain options for reporting
- Help victim process decision (not guide, recommend or suggest what is right)
- Provide resources and referrals
- Sit through forensic exam / investigatory interview if desired by the victim.
- Support family and friends of the victim

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.

/s/ B. Stephen, Security

ACTIVITIES



Memorial Healing Garden Visiting/Photos

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

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

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

Monday 12:00-2:45pm

Tuesday 12:00-2:45pm

Wednesdays closed for maintenance

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

Friday 1:30-2:45pm

Saturday 12:00-2:45PM

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

/s/ A. Powers, Activities Manager

COMMISSARY

Commissary News, Updates and Reminders

News:

On Sale while supplies last:

Premium Pepperoni Bites 4 oz now \$2.50

Highland Gouda Spread 8 oz now \$2.05

New Items

Little Debbie's Cherry Pie 4 oz \$1.32

Little Debbie's Apple Pie 4 oz \$1.32

Reminders:

Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC Communication Form requesting a credit from the Commissary where the soda tickets were purchased. You must include the unused soda tickets and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda.

/s/ S. Jurgensmeier, Commissary Manager

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

Get your COVID Vaccination and Booster

COVID vaccines are safe and effective.



The Food & Drug Administration (FDA) requires rigorous safety testing before it will authorize any vaccine for emergency use. The COVID-19 vaccines ODOC offers from Moderna and Johnson & Johnson were tested in tens of thousands of study participants and generated enough data to convince the FDA that the vaccines were safe and effective.

Mass vaccination will help slow the spread of COVID-19.

Safe and effective vaccines are the key to achieving community immunity from COVID-19 and returning to normal life as soon as possible.

The COVID-19 vaccine will be free.

The vaccines will be provided at no cost to you. You do not need health insurance. If you have health insurance, vaccine providers may charge your insurance company an administration fee for giving you the vaccine. This means that you might be asked for your insurance information when you get your vaccine.

Please send an AIC communication form to OSP Medical Services ATTN "VACC" to request your COVID vaccination or booster.

Thank you for helping keep our OSP Community Healthy.

/s/ C. Coffey, Health Services

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.

Non-negotiable requirements:

- 12 months at this facility with clear conduct.

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

/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.

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

/s/ N. Large, 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 Computer-related 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

The Zen Buddhist meditation group, led by a teacher and volunteers from Dharma Rain Zen Center in Portland, has been meeting regularly at OSP for more than 20 years (except for the 3/20 to 3/22 Covid years). We will meet on the first and third Tuesday evenings of every month from 6:00 p.m. to 8:10 p.m. Our meetings usually include one or more periods of silent meditation, a short service, and teaching along with group discussion on aspects of 2500 years of Buddhist teachings.

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



A Point to Ponder

“You don’t have to see the whole staircase, just take the first step.”

--Martin Luther King, Jr.



Correctional Services Division Legal and Library Services Costs for AIC Legal Forms

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 Debt For</u>	<u>Forms AICs CANNOT Incur Debt For</u>
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Department of Motor Vehicle• Family Law• Governor Issues (Clemency Packets)• End of Life Issues• Power of Attorney



OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #123

COVID-19 CONFIRMED CASES

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

- 3 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	1,636	1,629		
AICs	5,324	5,120	25,538	46

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.

COVID - 19 BOLETÍN DE NOTICIAS - AVISO #123

COVID-19 CASOS CONFIRMADOS

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

- 3 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	1,636	1,629		
Presos	5,324	5,120	25,538	46

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.

OREGON STATE PENITENTIARY

MAY 2022

Issue 7

MAILROOM NEWSLETTER

GUESS WHO'S BACK? BACK AGAIN...

For those AICs new to OSP, welcome.

This is our mailroom newsletter that, hopefully, provides tips & information.

For those who have been with us, some information may repeat or be revised.



***** IMPORTANT *****



USPS CONTINUES TO HAVE DELAYS.

IF YOU HAVE ITEMS THAT MUST ARRIVE BY A CERTAIN DATE, ALLOW EXTRA TIME.

(A LOT of extra time.)

USPS delivery times are very inconsistent. Some items arrive in a few days, and some not for two weeks. How long your item will take for delivery is out of our control.

USPS sends all mail to their Portland distribution center.

USPS mail sent from Salem to Salem, will go up to Portland and back to Salem.

In addition, USPS does not pick up, or deliver, mail to OSP.

DAS (Dept of Administrative Services) handles all USPS mail/interactions with USPS.

LET'S TALK ABOUT KYTES...



- ◆ **PLACING KYTES IN THE OUTGOING USPS MAIL BAG WILL DELAY THEIR DELIVERY.**
- ◆ **IF YOU ARE UNSURE WHAT MAILBOX TO USE, YOU CAN ALWAYS PLACE KYTES IN 'OTHER.'**
- ◆ **VISITING APPLICATIONS GO IN THE MAILBOX FOR DOME.**
- ◆ **THE COUNSELOR BOX IS NOT FOR BHS. BHS HAS THEIR OWN BOX; IT IS BY THE OIC'S OFFICE.**
- ◆ **AICs ARE NOT PERMITTED TO SEND KYTES TO OTHER AICs.**
- ◆ *MAILROOM STAFF DO NOT ACCESS MAILBOXES FOR CANTEEN OR MEDICAL.*

**THE SAMPLE BELOW DEMONSTRATES PROPER INCOMING MAIL.
SHARE WITH FRIENDS & FAMILY TO ENSURE YOU RECEIVE YOUR MAIL.**

As always, the mail rule is available to the public on the ODOC website.

CHRIS ROCK
123 SLAP WAY
HOLLYWOOD, CA 90027

Name & Return address on front of envelope.*

Name is required.



WILL SMITH SID# 3272022

Name & SID# present.

OREGON STATE PENITENTIARY

Block/Cell is not required.

2605 STATE ST

SALEM, OR 97310

*International mail may have the return address on the back of the envelope.

No stickers, lipstick, perfume, crayon, glue, white out/correction fluid, etc...

Incoming mail may not be more than 1/4" thick.

Legal Mail, *if it meets the requirements to be considered Legal Mail*, may be up to 3".

We have had a lot of return-to-sender mail and the sender's name/SID# are illegible.
If we cannot decipher your information, we are not able to return the mail to you.
Please write legibly.

AICs MAY SEND ONLY THE FOLLOWING ITEMS TO ANOTHER AIC:

- ◆ CORRESPONDENCE
- ◆ ONE DRAWING PER ENVELOPE
- ◆ ONE PHOTOGRAPH PER ENVELOPE



- ◆ AICs SHALL NOT SEND NEWSPAPER OR MAGAZINE CLIPPINGS, PHOTO COPIES, PRINTED WEB PAGES, OR ANY OTHER MATERIAL NOT LISTED ABOVE.
- ◆ ALL AIC-to-AIC CORRESPONDENCE SHALL BE ROUTED THROUGH USPS.
- ◆ AICs SHALL NOT ENCLOSE CORRESPONDENCE FROM OTHER PERSONS.
- ◆ AICs SHALL NOT SEND CORRESPONDENCE TO THEMSELVES.

For more information on these topics, please refer to OARs 291-131-0015, 291-131-0020, 291-131-0025, and 291-131-0030.

MAY 2022

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	A/E/C/D	2	A/D/E/C	3	A/C/D/E	4	A/E/C/D	5	A/D/E/C	6	A/C/D/E	7	A/E/C/D
AM	C/D	AM	A/E	AM	SHOWERS	AM	A/E	AM	C/D	AM	SHOWERS	AM	C/D
PM	A/E	PM	C/D	PM	A/E	PM	C/D	PM	A/E	PM	C/D	PM	A/E
EVE	C/D	EVE	A/E	EVE	C/D	EVE	A/E	EVE	C/D	EVE	A/E	EVE	C/D
PRAS													
8	A/D/E/C	9	A/C/D/E	10	A/E/C/D	11	A/D/E/C	12	A/C/D/E	13	A/E/C/D	14	A/D/E/C
AM	A/E	AM	C/D	AM	SHOWERS	AM	C/D	AM	A/E	AM	SHOWERS	AM	A/E
PM	C/D	PM	A/E	PM	C/D	PM	A/E	PM	C/D	PM	A/E	PM	C/D
EVE	A/E	EVE	C/D	EVE	A/E	EVE	C/D	EVE	A/E	EVE	C/D	EVE	A/E
MOTHER'S DAY													
15	A/C/D/E	16	A/E/C/D	17	A/D/E/C	18	A/C/D/E	19	A/E/C/D	20	A/D/E/C	21	A/C/D/E
AM	C/D	AM	A/E	AM	SHOWERS	AM	A/E	AM	C/D	AM	SHOWERS	AM	C/D
PM	A/E	PM	C/D	PM	A/E	PM	C/D	PM	A/E	PM	C/D	PM	A/E
EVE	C/D	EVE	A/E	EVE	C/D	EVE	A/E	EVE	C/D	EVE	A/E	EVE	C/D
Armed Forces Day													
22	A/E/C/D	23	A/D/E/C	24	A/C/D/E	25	A/E/C/D	26	A/D/E/C	27	A/C/D/E	28	A/E/C/D
AM	A/E	AM	C/D	AM	SHOWERS	AM	C/D	AM	A/E	AM	SHOWERS	AM	A/E
PM	C/D	PM	A/E	PM	C/D	PM	A/E	PM	C/D	PM	A/E	PM	C/D
EVE	A/E	EVE	C/D	EVE	A/E	EVE	C/D	EVE	A/E	EVE	C/D	EVE	A/E
29	A/D/E/C	30	A/C/D/E	31	A/E/C/D	SHOWERS							
AM	C/D	AM	A/E	AM	SHOWERS	EVE							
PM	A/E	PM	C/D	PM	A/E	EVE							
EVE	C/D	EVE	A/E	EVE	C/D	EVE							
MEMORIAL DAY													

NOTES:
 AM - Morning Yard (7:45 - 9:45 AM)
 PM - Afternoon Yard (1:00 - 3:30 PM)
 EVE - Evening Yard (4:30 - SUNSET)
 NO NCI LVL 1 AIC'S ON SATURDAY & SUNDAY

OSP CALORIE MENU WEEK 3: May 9 2022 THROUGH May 15 2022

Monday 5/9/22	Tuesday 5/10/22	Wednesday 5/11/22	Thursday 5/12/22	Friday 5/13/22	Saturday 5/14/22	Sunday 5/15/22
<ul style="list-style-type: none"> <input type="checkbox"/> Pancakes - 3 ea (524) ♥ Oatmeal - 8 oz (138) ♥ Canned Fruit - 4 oz (60) ♥ Hard Boiled Egg - 1 ea (70) ⊗ Syrup - 2 fl oz (168) □ Margarine - 0.5 oz (80) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) 	<ul style="list-style-type: none"> ♥ Veggie Scramble - 4 oz (108) ♥ Dry Cereal - 8 oz cup (119) ♥ Fresh Fruit - 1 ea (8) □ Fried Potatoes - 6 oz (165) ♥ Wheat Toast - 2 SL (164) □ Margarine - 0.5 oz (80) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) 	<ul style="list-style-type: none"> Hobo Breakfast ♥ Farina - 8 oz (140) ♥ Canned Fruit - 4 oz (60) □ Scrambled Eggs - 2 oz (86) □ Ground Beef - 1 oz (66) □ Shredded Cheese - 1 oz (80) □ Fried Potatoes - 6 oz (165) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) 	<ul style="list-style-type: none"> ⊖ French Toast - 3 sl (793) ♥ Dry Cereal - 8 oz cup (119) ♥ Fresh Fruit - 1 ea (8) ⊗ Syrup - 2 fl oz (168) □ Margarine - 0.5 oz (80) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) 	<ul style="list-style-type: none"> Egg & Cheese Muffin ♥ English Muffin - 1 ea (286) ♥ Oatmeal - 8 oz (138) ♥ Canned Fruit - 4 oz (60) □ Fried Egg - 1 ea (80) □ Cheese - 1 SL (50) □ Fried Potatoes - 6 oz (165) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) 	<ul style="list-style-type: none"> Poultry Sausage Patty & Eggs □ Poultry Sausage Pattie - 2 oz (172) ♥ Canned Fruit - 4 oz (60) □ Fried Eggs - 2 ea (160) □ Fried Potatoes - 6 oz (165) ♥ Wheat Toast - 2 SL (164) ⊗ Jelly - 1 oz (80) □ Margarine - 0.5 oz (80) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) 	<ul style="list-style-type: none"> ⊖ Cinnamon Rolls - 1 ea (308) ♥ 9 Grain Cereal - 8 oz (100) ♥ Fresh Fruit - 1 ea (8) ♥ Hard Boiled Egg - 1 ea (70) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0)
<ul style="list-style-type: none"> BBQ Beef Sandwich □ Carrot Salad - 6 oz (64) ♥ BBQ Beef - 4 oz (118) ♥ Hoagie - 1 ea ♥ Brown Rice - 6 oz (167) ♥ Cauliflower - 6 oz (32) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Del. Sandwich ♥ ⊖ Soup of the Day - 10 fl oz (144) ▽ Deli Meat (Chicken) - 3 oz (135) □ Cheese - 1 SL (50) ♥ Shredded Lettuce - 2 oz (3) ♥ Onions - 1 oz (11) ♥ Hoagie - 1 ea ♥ Carrots - 6 oz (43) ⊖ Chips - 1 bag (120) □ Mayonnaise - 0.5 oz (50) ▽ Mustard - 0.5 oz (9) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Tuna Salad Sandwich ♥ Lentil Soup - 10 fl oz (144) ♥ Tuna Salad - 4 oz (150) ♥ Shredded Lettuce - 2 oz (3) ♥ Wheat Hoagie - 1 ea (230) ♥ Green Beans - 6 oz (56) ⊖ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Chicken over Lettuce Salad ♥ Cream of Potato Soup - 10 fl oz (160) ♥ Grilled Chicken - 3 oz (153) ♥ Lettuce - 10 oz bowl (12) ♥ Onions - 1 oz (11) □ Shredded Cheese - 1 oz (80) □ 1000 Island Dressing - 2 oz (204) ♥ Blended Vegetables - 6 oz (98) ♥ Bread Stick - 1 ea (94) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Turkey Club Sandwich □ Colelaw - 6 oz (134) ♥ Turkey - 2 oz (62) ⊖ Turkey Bacon - 3 SL (158) ♥ Shredded Lettuce - 2 oz (3) □ Mayonnaise - 0.5 oz (50) ♥ Multi-Grain Bread - 2 SL (156) ♥ Peas & Carrots - 6 oz (66) ⊖ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Chicken Salad Sandwich ♥ ⊖ Soup of the Day - 10 fl oz (144) □ Chicken Salad - 4 oz (221) ♥ Shredded Lettuce - 2 oz (3) ♥ Wheat Hoagie - 1 ea (230) ♥ Carrots - 6 oz (43) ⊖ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Chicken Drumsticks - 2 ea (393) ♥ Tossed Salad - 10 oz bowl (12) □ Tangy Dill Vinaigrette - 1 oz (102) ♥ Mashed Potatoes - 6 oz (149) □ Chicken Gravy - 2 fl oz (26) ♥ Peas - 6 oz (92) ♥ Wheat Dinner Roll - 1 ea (154) □ Margarine - 0.5 oz (80) ⊖ Ice Cream - 1 ea (80) ♥ Fruit Drink - 8 fl oz (5)
<ul style="list-style-type: none"> Shepherd's Pie - 10 oz (332) ♥ Tossed Salad - 10 oz bowl (12) □ French Dressing - 1 oz (102) ♥ Broccoli - 6 oz (48) ♥ Wheat Dinner Roll - 1 ea (154) □ Margarine - 0.5 oz (80) Tea - s/s (0) 	<ul style="list-style-type: none"> Breafast For Dinner ♥ Canned Fruit - 4 oz (60) ▽ ⊖ Ham - 2 oz (115) □ Fried Egg - 1 ea (80) □ O'Brien Potatoes - 6 oz (149) ▽ Biscuit (large) - 1 ea (296) □ Margarine - 0.5 oz (80) Coffee - s/s (0) 	<ul style="list-style-type: none"> ⊖ Pizza (choice) - 1 svg (433) ♥ Tossed Salad - 10 oz bowl (12) □ Ranch Dressing - 1 oz (102) ♥ Vegetable Soup - 10 fl oz (63) ⊖ Sugar Cookie - 1 ea Tea - s/s (0) 	<ul style="list-style-type: none"> ⊖ Cheese Ravioli - 10 ea (269) ♥ Tossed Salad - 10 oz bowl (12) □ Vinaigrette Dressing - 1 oz (102) ♥ Marinara Sauce - 4 fl oz (82) ♥ Broccoli - 6 oz (48) ⊖ Caramel Chip Cookie - 1 ea (233) Tea - s/s (0) 	<ul style="list-style-type: none"> Hamburger ♥ Tossed Salad - 10 oz bowl (12) □ 1000 Island Dressing - 1 oz (102) □ Beef Pattie - 1 ea (211) ♥ Onions & Pickles - 1 oz ea (14) Hamburger Bun - 1 ea (244) ♥ Green Beans - 6 oz (56) □ French Fries - 6 oz (245) ▽ Catsup - 1 oz (34) Tea - s/s (0) 	<ul style="list-style-type: none"> ⊖ Turkey Tetrazzini - 10 oz (326) ♥ Tossed Salad - 10 oz bowl (12) □ Creamy HoneyMustard - 1 oz (102) ♥ Blended Vegetables - 6 oz (98) ♥ Wheat Bread - 2 sl (164) □ Margarine - 0.5 oz (80) ♥ Fresh Fruit - 1 ea (8) Tea - s/s (0) 	

⊖ Contains pork or may contain pork ♥ Healthy choice □ High fat/cholesterol ⊗ High sugar X 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.