



OSP Executive Management Team

June 23, 2022

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SECURITY

Property Reduction Information



To the OSP Population:

We understand as we send out communications to the Population that we are unable to cover all your concerns and questions. If you have questions or concerns, please forward them to the Club Presidents. The President can get them to the OIC's Office. We will take your questions and our answers and put them on the TV station for all to review.

Beginning the week of June 6, 2022, AICs will be able to mail home property. AICs will be afforded up to two (2) boxes each to mail home. The boxes and postage will be no cost to you. Anything above and beyond the two (2) boxes will be at your expense. Revised schedule time starting June 21: Tuesday will be A-Block, Wednesday will be C and D-Blocks, Thursday will be E-Block. No service on Friday. Monday, June 27 will be A-Block, Tuesday will be C and D-Blocks, Wednesday will be E-Block. Thursday, June 30 will be a last call for A and C-Blocks and Friday, July 1, will be last call for D and E-Blocks. All mailout times are still between 11:15 am and 12:45 pm on the Control Room floor. The final day of mailouts will be on July 1, 2022.

The State Fire Marshal has tasked DOC to come into compliance with our own property rule to address the State Fire Marshal's violation of AIC excessive property. We have been given a compliance date of July 1, 2022. To bring OSP into compliance, each AIC must reduce their property to the following parameters:

1. AIC property must fit inside the allotted storage capacity available to where you are currently assigned. This will be the available drawers and shelving space provided.
2. Property on shelving should not exceed 12" in height to include magazines/books.
3. The only items allowed on your cell floor are shoes, broom, toilet brush, trash container, one musical item, and one authorized legal archive box.

4. Any excess personal property (i.e., books, papers, letters, or other items, etc.) which cannot be stored as indicated above will be sent home, disposed of, or confiscated as per OSP procedures and DOC rules.

5. Authorized legal materials (i.e., complaints, petitions, or answers), legal motions and memorandums, affidavits, court orders, judgments or other necessary documents pertaining to an AIC's own active (open or pending) case(s) will be stored pending disposition in accordance with DOC rule, Personal Property (AIC).

6. All AIC property must be in compliance prior to a cell move.

7. As of July 1, 2022, Transport will not transport your property if you have more than the allotted amount, meaning your property must be in compliance.

- (2) Disposition of Excess Property:
 - (a) AIC personal property that exceeds the capacity of the facility's designated storage space shall be considered excess property. Excess property shall be mailed out at the AIC's expense or discarded. Excess property that is not mailed out or discarded at the direction of AIC shall be considered contraband and may result in confiscation of the item(s) and/or disciplinary action.
 - (b) Staff shall direct AICs in writing to bring their aggregate property within the capacity of designated storage space. The facility will hold an AIC's excess property for no more than 45 days following the date of Staff's written order directing the AIC to mail out or dispose of the AIC's excess property. If after 45 days the AIC has not made arrangements to mail out or dispose of the item(s), the Department shall confiscate the property as contraband and discard it.
- (3) Disposition of Unclaimed Property:

AIC personal property items that the Department cannot identify as the property of a specific AIC shall be confiscated and held by the Department for no more than 45 days. If after 45 days the property items remain

unclaimed, the Department shall discard the items.

As we move through this process, we will continue to provide you all with detailed information regarding how to send out personal property, shredding sensitive material no longer needed, discarding property, and donating books.

Staff have been directed to start enforcing these mandates. We encourage you to start working independently on reducing your property. As an item of measurement, the small blue bins located in each Block should get you within the allotted parameters to store your property in accordance with the rule.

/s/ B. Sundquist, Group Living Captain

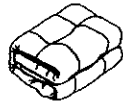
Confidential Document Shredding



In the coming weeks, shred bins will be placed on the Control Floor. These bins are padlocked shut and can be used for the destruction of your confidential documents. Once the bins are full, they are rolled out to the front of the facility where Garten Services brings a mobile shredding truck. One of our staff stands by to witness the destruction of the documents. Please use this opportunity to pare down the unwanted paperwork in your cells. We anticipate these bins being available until the end of June.

/s/ W. Bellman, Operations Captain

Blanket Exchange D-Block



Attention D-Block Dwellers:

D-Block blanket exchange will start Wednesday, June 1, 2022, ending on Thursday, June 30, 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

Blanket Exchange E-Block



Attention E-BLOCK Dwellers:

E-Block Blanket Exchange will start Friday, July 1, 2022, ending on Sunday, July 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

New Wide Shoes Are Here



What goes left, right, left, right? Wide shoes!

The Clothing Room has received an order of wide shoes. If it is time to replace your state issued wide shoes, please see Cpl. Rogers in the Clothing Room.

/s/ R. Rogers, Security Corporal

GENERAL SERVICES

From the Administrative Rules Program

Below is the list of status changes made to DOC administrative rules since 04/26/2022.

PROPOSED RULES:

291-019 Transfer (Community Corrections)

- Amends the rules to update or add business terminology, reorganize to improve comprehension and convenience for reader, and create a rule specific to the transfer of those on leave status.
- Last day to provide comments: 08/02/2022 at 5:00 PM

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

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

HEALTH SERVICES



Tips to Remember: Allergies

Allergy season is here. Do you have a runny or stuffy nose that doesn't seem to go away? If so, you may have rhinitis, which is an inflammation of the lining of the nose. Rhinitis is the most common allergic condition in the United States, affecting about 40 million people.

Allergic rhinitis: Allergic rhinitis is caused by substances called allergens. Allergens are often common, usually harmless substances that can cause an allergic reaction in some people.

Causes:

- When allergic rhinitis is caused by common pollens or molds, it is called seasonal allergic

rhinitis, or "hay fever." This is common in the Spring.

- Allergic rhinitis is also triggered by common indoor allergens like dust. These symptoms can last year round.

Symptoms:

- Sneezing
- Congestion
- Runny nose
- Itchiness in the nose, roof of the mouth, throat, eyes and ears

Treatment:

- Drink plenty of fluids, especially water and juice.
- Analgesics (like Tylenol) can help. Available on the units.
- Purchase allergy medication available off canteen.

/s/ C. Coffey, Medical Services Manager

EDUCATION



New College Degree Program

Classes will start January 9, 2023.

Oregon Department of Corrections, Corban University, and Paid In Full Oregon have partnered to bring a four-year Bachelor of Science degree program to the Oregon State Correctional Institution. Corban University is a private Christian university in Salem, Oregon, accredited by the Northwest Commission of Colleges and Universities. Paid In Full Oregon is a non-profit organization founded with the purpose of partnering with DOC and Corban University "to provide AICs a fully accredited bachelor's degree. Paid In Full Oregon is raising all the funds for this program. There will be no cost to students.

The graduates will earn a Bachelor of Science in Liberal Arts with an emphasis in Psychology, Social Service, and Leadership. This program is about transforming lives. Graduates will not remain at OSCI, rather they will be sent to other institutions to serve as mentors to others.

Twenty-five students will be enrolled. If you meet the qualifications and are accepted, then you will be transferred to OSCI. The new term is scheduled to start in January 2023. This is a voluntary program. The minimum requirements are:

- Minimum of eight years left on sentence at time of enrollment.
- Non-Cash Incentive Level of 3. Level 2s may be considered with institution

review and approval on a case-by-case basis.

- High school diploma or GED.
- Accepted by OSCI and can be housed at OSCI.
- Completed application including essays.
- Agreement to mentor others upon completion of degree.
- Only apply if you meet the qualifications.

Corban applications are available in your institution library or by sending an AIC communication form to Janet Norton, DOC Education.

We are accepting applications through August 30, 2022. If you meet the basic criteria listed above and wish to enroll in this program, check your library for the Corban Application. Only 1 packet per student.

Completed applications are mailed to:

Ms. Norton, Education Manager, DOC Education
Oregon Dept. of Corrections
3723 Fairview Industrial Drive SE
Salem, OR 97302

Completed applications must arrive to Ms. Norton no later than August 30, 2022.

/s/ K. Arrington, DOC OSCI Education

FAFSA Update



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

JOB ANNOUNCEMENT

Painter 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

RELIGIOUS SERVICES

Siddha Yoga Meditation

2nd and 4th Saturdays of the month
6:00 pm - 8:00 pm
Chapel Library
Starting Saturday June 25, 2022



Programs include practices of Meditation, Chanting, and Contemplation.

If you are interested in attending, please ask the Chaplain to put you on the call-out list.

/s/ A. Perlstein, Chaplain

A Point to Ponder

“If we all did the things we are capable of doing, we would literally astound ourselves.”

-- Thomas Alva Edison



OCE Open Position Announcement – Statewide

TRCI Production Clerk

OCE Program Location – *TRCI Woodshop*



- The OCE TRCI Woodshop is recruiting for a Production Clerk. 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:

- Basic clerical duties including but not limited to:
 - Filing, data entry, typing, office machine operation
 - Maintain daily tracking logs and inventory usage
 - Creating reports and verifying information
 - Keeping work area clean and organized

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

- Experience with Microsoft Office Suite (Word, Excel, PowerPoint)
- Must have the ability to read, write and follow detailed instructions
- Knowledge in or be able to learn:
 - 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 July, 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 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 TRCI Woodshop Clerk as the position. Submit paperwork by **July 15th, 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.



OCE Open Position Announcement – Statewide

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 July, 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 **July 15th, 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.



OCE Open Position Announcement – Statewide

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 July, 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 July 15th, 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.



OSP CALORIE MENU WEEK 5: June 27 2022 THROUGH July 3 2022

Monday 6/27/22	Tuesday 6/28/22	Wednesday 6/29/22	Thursday 6/30/22	Friday 7/1/22	Saturday 7/2/22	Sunday 7/3/22
<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"> ♥ Egg & Cheese Muffin ♥ English Muffin - 1 ea (286) ♥ Dry Cereal - 8 oz cup (119) ♥ Fresh Fruit - 1 ea (8) □ 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) Meat Sub: Peanut Butter - 1.5 oz (259) 	<ul style="list-style-type: none"> Biscuit & Gravy ▽ Biscuit (large) - 1 ea (296) ♥ Farina - 8 oz (140) ♥ Canned Fruit - 4 oz (60) ◇ Sausage Gravy - 6 oz (299) □ 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"> ♥ Veggie Scramble - 4 oz (108) ♥ Oatmeal - 8 oz (138) ♥ Canned Fruit - 4 oz (60) □ 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"> Turkey Bacon & Eggs ◇ Turkey Bacon - 3 SL (158) ♥ 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) Meat Sub: Peanut Butter - 1 oz (159) 	<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"> Grilled Cheese Sandwich ♥ Tomato Soup - 10 fl oz (68) □ Cheese - 4 SL (200) ♥ Grilled Bread - 4 SL (328) ♥ Cauliflower - 6 oz (32) ◇ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Tuna Salad Sandwich ♥ Split Pea Soup - 10 fl oz (207) ♥ Tuna Salad - 4 oz (150) ♥ 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"> Turkey & Cheese Sandwich ♥ Soup of the Day - 10 fl oz (144) ♥ Turkey - 3 oz (94) □ Cheese - 1 SL (50) ♥ Shredded Lettuce - 2 oz (3) ♥ Onions & Pickles - 1 oz ea (14) ♥ Multi-Grain Bread - 2 SL (156) ♥ Green Beans - 6 oz (56) ◇ 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"> Chef Salad ♥ Cream of Potato Soup - 10 fl oz (160) ♥ Turkey - 2 oz (62) □ Shredded Cheese - 1 oz (80) ♥ Hard Boiled Egg - 1 ea (70) ♥ Lettuce - 10 oz bowl (12) □ Ranch 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"> 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) ♥ 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"> Tacos ♥ Cowboy Salad - 6 oz (129) □ Taco Meat - 4 oz (203) □ Shredded Cheese - 1 oz (80) ♥ Lettuce - 4 oz (6) ♥ Salsa - 2 oz (26) ♥ Flour Tortillas - 2 ea (326) ♥ Broccoli - 6 oz (48) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> ⊗ Roast Pork Loaf - 3 oz (160) ♥ Tossed Salad - 10 oz bowl (12) □ Tangy Dill Vinaigrette - 1 oz (102) ♥ Parsley Pasta - 6 oz (170) ♥ Carrots - 6 oz (43) ♥ Bread Stick - 1 ea (94) ◇ Ice Cream - 1 ea (80) ♥ Fruit Drink - 8 fl oz (5)
<ul style="list-style-type: none"> ◇ Turkey Noodle Casserole - 10 oz (419) ♥ Tossed Salad - 10 oz bowl (12) □ 1000 Island Dressing - 1 oz (102) ♥ Peas - 6 oz (92) ♥ Dinner Roll - 1 ea (308) □ Margarine - 0.5 oz (80) Tea - s/s (0) 	<ul style="list-style-type: none"> □ Chicken Lo Mein - 4 oz (233) ♥ Tossed Salad - 10 oz bowl (12) □ Basil Dressing - 1 oz (102) ♥ Spaghetti Noodles - 6 oz ♥ Stir-Fry Vegetables - 6 oz (89) ♥ Flour Tortilla - 1 ea (163) ◇ PB Chip Cookie - 1 ea (233) Tea - s/s (0) 	<ul style="list-style-type: none"> ◇ Italian Casserole - 10 oz (317) ♥ Tossed Salad - 10 oz bowl (12) □ Creamy Honey Mustard - 1 oz (102) ♥ Broccoli - 6 oz (48) ♥ French Bread - 1 SL (122) □ Garlic Margarine - 0.5 oz (80) Tea - s/s (0) 	<ul style="list-style-type: none"> ◇ Pizza - Cheese - 1 slc (337) ♥ Tossed Salad - 10 oz bowl (12) □ 1000 Island Dressing - 1 oz (102) ♥ Vegetable Soup - 10 fl oz (63) ⊗ Apple Crisp - 4 oz (340) Tea - s/s (0) 	<ul style="list-style-type: none"> Loco Moco ♥ Tossed Salad - 10 oz bowl (12) □ French Dressing - 1 oz (102) □ Beef Pattie - 1 ea (211) □ Fried Egg - 1 ea (80) □ Beef Gravy - 2 fl oz (46) ♥ White Rice - 6 oz (169) ♥ Peas & Carrots - 6 oz (66) ⊗ Pudding - 4 oz (91) Tea - s/s (0) 	<ul style="list-style-type: none"> ◇ Macaroni & Cheese - 10 oz (403) ♥ Tossed Salad - 10 oz bowl (12) □ Green Goddess Dressing - 1 oz (102) ♥ Blended Vegetables - 6 oz (98) ♥ Wheat Dinner Roll - 1 ea (154) □ Margarine - 0.5 oz (80) Tea - s/s (0) 	<ul style="list-style-type: none"> BBQ Chicken Burger □ Coleslaw - 6 oz (134) □ Chicken Burger Patty - 1 ea (232) ⊗ BBQ Sauce - 1 fl oz (33) ♥ Wheat Hamburger Bun - 1 ea (244) ♥ Peas - 6 oz (92) □ French Fries - 6 oz (245) ▽ Catsup - 1 oz (34) ♥ 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.