



# SECURITY

## Property Reduction Update



To the OSP Population:

The DOC has been given the date of July 1, 2022 to bring OSP into compliance with our own property rule to address the State Fire Marshal's violation of AIC excessive property. The week of June 27, 2022 through July 1, 2022 is the last week the institution is covering postage to mail out any property.

Through Friday, July 1, 2022, the station on the Control Floor is set up from 11:15 am – 12:45 pm and is available to all housing units each day. Please utilize this time to reduce your property.

Boxes will continue to be available for mailouts until they are gone, but after July 1, 2022 postage will have to be covered by the individual per normal procedure.

As a reminder:

(1) AIC property must fit inside the allotted storage capacity available to where you are currently assigned for housing. 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.

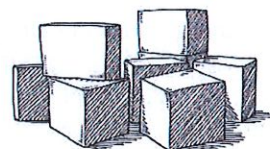
- (2) Disposition of Excess Property:
  - (a) AIC personal property that exceeds the capacity of the facility's designated storage space shall be considered excess property. Excess property shall be mailed out at the AIC's expense or discarded. Excess property that is not mailed out or discarded at the 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.

We again encourage you to work 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/ S. Hong, Special Operations Captain



**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 06/14/2022.

**PROPOSED RULES:**

291-073 Mandatory and Desired Criteria for Siting Oregon Correctional Facilities

- Amends the rules reflect current terminology related to Oregon Health Plan and adults in custody, and for minor technical correction.
- Last day to provide comments: 08/10/2022 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

**HEALTH SERVICES****Dandruff—Self Care Information**

Are you afraid to wash your hair frequently, fearing dandruff will land on your shoulders? Once you know what dandruff is and how to treat it, your hair will be cleaner and you can worry less about dandruff flakes.

**What Is Dandruff?**

Skin is in a constant state of renewal, producing more cells as old dead cells fall off as "scale". Although a little bit of scale is normal and doesn't bother anything, some people have too much. There is a common misconception that dandruff is caused by scalp skin being too dry, so some people with dandruff avoid washing their hair. They think this will help their problem, but that's incorrect. They are actually not washing their scalp enough; the scale is building up into larger, more noticeable flakes before it falls off the skin. Dandruff problems tend to occur more frequently in people with oily skin and hair. Also, if you have long hair, it will usually make dandruff worse because you have to actually cleanse the scalp, not the hair, in order to effectively treat the condition.

When dandruff is severe, red, greasy scaling areas around the nose, the folds of the cheeks, the eyebrows, and ear areas can accompany it. This condition is called seborrheic dermatitis. Essentially, this is widespread dandruff involving the skin as well as the scalp.

**Factors affecting Dandruff:**

Diet can affect flaking. It is a good idea to experiment with your diet to see if you can discover what triggers the extra flakes. Surprising things such as cheeses, highly seasoned foods and milk chocolate can cause it. Seasonal changes, stress, and certain diseases seem to affect dandruff as well.

There is no way to cure dandruff. However, you can treat it if you wish.

**Treatment:**

Remember that this is not a serious condition in most

cases, and can be treated through diet, hygiene, shorter hairstyles and stress reduction.

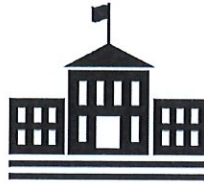
If you wish to treat the condition, try a medicated shampoo. The Canteen has several products. Any dandruff product must be left on the scalp for a period of time for best effect, so shampoo your scalp first during your shower. (Remember, you are treating your scalp, not your hair.) A water-based conditioner can help prevent your hair from drying out when using medicated shampoos.

/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



## 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 both camps on our website, which is: [agapefamiliesoregon.org](http://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 camps:

**Agape Youth Camp Salem**  
 For: Children 1st-7th grade (7 years old minimum age)  
 When: July 21-24  
 Where: Camp Aldersgate in Turner, OR (located 10 miles south of Salem)

**Agape Youth Camp Eugene**  
 For: Children 1st-7th grade (7 years old minimum age)  
 When: August 25-28  
 Where: Camp Harlow in Eugene, OR

/s/ A. Perlstein, Chaplain



## Weekly Chapel Schedule

### SATURDAY, JULY 2

- 8:00 A.M. LDS  
Sweatlodge  
JW
- 1:00 P.M. SDA  
Jewish
- 3:00 P.M. Meditation/  
Silent Prayer
- 6:00 P.M. Calvary Chapel

### SUNDAY, JULY 3

- 8:00 A.M. Spanish Protestant  
Spanish JW
- 1:00 P.M. Lutheran
- 3:00 P.M. Meditation/  
Silent Prayer
- 6:00 P.M. Catholic

### MONDAY, JULY 4

CLOSED

### TUESDAY, JULY 5

- 7:15 A.M. U-Self Mentorship
- 3:00 P.M. Meditation/  
Silent Prayer  
Agape Family Svc.

### WEDNESDAY, JULY 6

- 3:00 P.M. Meditation/  
Silent Prayer

### THURSDAY, JULY 7

- 3:00 P.M. Meditation/  
Silent Prayer

### FRIDAY, JULY 8

- 1:00 P.M. Nation of Islam  
Sunni Jum'ah Prayer
- 3:00 P.M. Meditation/  
Silent Prayer

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

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



## A Point to Ponder

*“There are no traffic jams along the extra mile.”*

*-Roger Staubach*

# OCE Open Position Announcement – Statewide

## OSCI Printshop Worker- OCE Program Location – *OSCI Printshop*



OCE is recruiting to fill positions with the Printshop at OSCI. Applicants must adhere to a high-quality standard in a fast-paced environment while meeting deadlines. Applicants must be motivated and able to maintain a professional attitude at all times. Position awards 10 to 17 PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for reviews, promotions and advancement. The work schedule is Monday-Friday, 7:00-3:30.

### **Duties include:**

- Working in a full-service print shop. Fast paced production environment requires attention to detail of all products we produce.
- Assisting with setting up, operating and adjusting machines.
- Performing folding, collating and fastening printed products by machine and by hand.
- Carrying out routine maintenance and quality control.

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

- Digital and/or offset printing presses and/or bindery equipment including folders, stitchers', booklet makers, drills, paper cutters, etc.
- Print and Bindery experience is preferred but not necessary. Must have previous machinery operation experience in a production setting. Mechanical aptitude and the ability to diagnose and troubleshoot is necessary.

### **Applicants must meet the following qualifications:**

- Have a valid social security number or equivalent
- Have at least one (1) year clear conduct and (1) years' time incarcerated
- Have no program failures in the past 6 months
- Must have a GED or High School Diploma
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a eighteen (18) month retention agreement – anyone leaving the assignment either by termination or resignation before serving the full retention period will be returned to the sending institution and receive a program failure
- A minimum of 2 years left on your sentence

### **Essential functions include ability to:**

- Being able to stand on your feet for extended periods of time throughout the work day
- Ability to lift 50 lbs
- Communicate respectfully with staff, AICs and clients
- Read proficiently and speak English language clearly
- Work in an production 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 interview before being considered for the position.

### **Application submission process:**

If you are interested in applying, please complete a DOC AIC Work Application referencing OSCI Printshop Worker as the position. Submit paperwork **by July 30th** to **S. Thomas- OCE Offender Service Coordinator C/O OCE Administration 3691 State Street Salem, Or 97309**. Applications received after the closing date will not be accepted.

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





# OREGON DEPARTMENT OF CORRECTIONS

## COVID-19 NEWSLETTER – NOTICE #131

### COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of June 20, 2022, DOC statewide has:

- 58 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	1,745	1,725		
AICs	5,508	5,248	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.



# OREGON DEPARTMENT OF CORRECTIONS

## COVID - 19 BOLETÍN DE NOTICIAS - AVISO #131

### COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 20 de junio, el departamento en todo el estado tiene:

- 58 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	1,745	1,725		
Presos	5,508	5,248	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.

# OSP CALORIE MENU WEEK 1: July 4 2022 THROUGH July 10 2022

Monday 7/4/22	Tuesday 7/5/22	Wednesday 7/6/22	Thursday 7/7/22	Friday 7/8/22	Saturday 7/9/22	Sunday 7/10/22
<ul style="list-style-type: none"> <li><input type="checkbox"/> Pancakes - 3 ea (524)</li> <li>♥ Oatmeal - 8 oz (138)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>♥ Hard Boiled Egg - 1 ea (70)</li> <li>⊗ Syrup - 2 fl oz (168)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>♥ Veggie Scramble - 4 oz (108)</li> <li>♥ Dry Cereal - 8 oz cup (119)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Wheat Toast - 2 SL (164)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul> <p style="font-size: small; margin-top: 5px;">Meat Sub: Peanut Butter - 1.5 oz (239) Meat Sub: Plain Potatoes - 6 oz (165)</p>	<ul style="list-style-type: none"> <li>□ Beef Hash - 8 oz (187)</li> <li>♥ 9 Grain Cereal - 8 oz (100)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>♥ Wheat Toast - 2 SL (164)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>▽ Ketchup - 0.5 oz (17)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul> <p style="font-size: small; margin-top: 5px;">Meat Sub: Peanut Butter - 1.5 oz (239) Meat Sub: Plain Potatoes - 6 oz (165)</p>	<ul style="list-style-type: none"> <li>Egg &amp; Cheese Muffin</li> <li>♥ English Muffin - 1 ea (286)</li> <li>♥ Dry Cereal - 8 oz cup (119)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>□ Fried Egg - 1 ea (80)</li> <li>□ Cheese - 1 SL (50)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>◇ French Toast - 3 sl (793)</li> <li>♥ Farina - 8 oz (140)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>⊗ Syrup - 2 fl oz (168)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>Poultry Sausage Patty &amp; Eggs</li> <li>□ Poultry Sausage Pattie - 2 oz (172)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>□ Fried Eggs - 2 ea (160)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Wheat Toast - 2 SL (164)</li> <li>⊗ Jelly - 1 oz (80)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul> <p style="font-size: small; margin-top: 5px;">Meat Sub: Peanut Butter - 1 oz (159)</p>	<ul style="list-style-type: none"> <li>◇ Cinnamon Rolls - 1 ea (308)</li> <li>♥ Oatmeal - 8 oz (138)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Hard Boiled Egg - 1 ea (70)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>
<ul style="list-style-type: none"> <li>Double Burger With Cheese</li> <li>□ Beef Pattie - 2 ea (422)</li> <li>□ Cheese - 1 SL (50)</li> <li>□ Texas Slaw - 6 oz (117)</li> <li>Hamburger Bun - 1 ea (244)</li> <li>♥ Shredded Lettuce - 1 svg</li> <li>♥ Sliced Onions - 1 oz</li> <li>▽ Pickle Slices - 4 ea (3)</li> <li>Tomato Slice - 1 ea</li> <li>▽ Ketchup - 0.5 oz (17)</li> <li>□ P.C. Mayo, Mustard - 1 svg</li> <li>♥ Corn On The Cob - 1 ea</li> <li>♥ Potato Salad - 6 oz (197)</li> <li>Watermelon - 1 svg</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken over Lettuce Salad</li> <li>♥ Lentil Soup - 10 fl oz (144)</li> <li>♥ Grilled Chicken - 3 oz (153)</li> <li>♥ Lettuce - 10 oz bowl (12)</li> <li>♥ Onions - 1 oz (11)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>□ 1000 Island Dressing - 2 oz (204)</li> <li>♥ Broccoli - 6 oz (48)</li> <li>♥ Bread Stick - 1 ea (94)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Egg Salad Sandwich</li> <li>♥ @ Soup of the Day - 10 fl oz (144)</li> <li>♥ Hard Boiled Egg - 2 ea (140)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>□ Mayonnaise - 1 oz (100)</li> <li>▽ Mustard - 0.5 oz (9)</li> <li>♥ Wheat Hoagie - 1 ea (230)</li> <li>♥ Green Beans - 6 oz (56)</li> <li>▽ Pretzels - 1 bag (100)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Tacos</li> <li>♥ Cowboy Salad - 6 oz (129)</li> <li>□ Taco Meat - 4 oz (203)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>♥ Lettuce - 4 oz (6)</li> <li>♥ Salsa - 2 oz (26)</li> <li>♥ Flour Tortillas - 2 ea (326)</li> <li>♥ Cauliflower - 6 oz (32)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Tuna Salad Sandwich</li> <li>♥ @ Soup of the Day - 10 fl oz (144)</li> <li>♥ Tuna Salad - 4 oz (150)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>♥ Wheat Hoagie - 1 ea (230)</li> <li>♥ Carrots - 6 oz (43)</li> <li>◇ Chips - 1 bag (120)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>⊗ BBQ Pulled Pork Sandwich</li> <li>□ Colleslaw - 6 oz (134)</li> <li>⊗ @ BBQ Pork - 4 oz (193)</li> <li>♥ Hoagie - 1 ea</li> <li>◇ Mac &amp; Cheese - 6 oz (242)</li> <li>♥ Green Beans - 6 oz (56)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Baked Chicken Quarter - 1 ea</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ French Dressing - 1 oz (102)</li> <li>♥ Mashed Potatoes - 6 oz (149)</li> <li>□ Chicken Gravy - 2 fl oz (26)</li> <li>♥ Peas - 6 oz (92)</li> <li>♥ Wheat Dinner Roll - 1 ea (154)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>◇ Ice Cream - 1 ea (80)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>
<ul style="list-style-type: none"> <li>◇ @ Ham &amp; Bean Stew - 10 fl oz (306)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Russian Dressing - 1 oz (102)</li> <li>♥ Brown Rice - 6 oz (167)</li> <li>♥ Peas - 6 oz (92)</li> <li>♥ Bread Stick - 1 ea (94)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>□ Meat Loaf - 5 oz (216)</li> <li>▽ Beet Salad - 6 oz (111)</li> <li>♥ Mashed Potatoes - 6 oz (149)</li> <li>□ Beef Gravy - 2 fl oz (46)</li> <li>♥ Carrots - 6 oz (43)</li> <li>♥ Dinner Roll - 1 ea (308)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>⊗ Pudding - 4 oz (91)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>□ Ranch Style Chili - 10 fl oz (291)</li> <li>□ Cabbage Salad - 6 oz (148)</li> <li>♥ Baked Potato - 1 ea (168)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>♥ Blended Vegetables - 6 oz (98)</li> <li>◇ Cornbread - 1 ea (211)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Pizza - Garlic Chicken - 1 sic (433)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Ranch Dressing - 1 oz (102)</li> <li>♥ Vegetable Soup - 10 fl oz (63)</li> <li>⊗ Mango Bar - 1 ea (284)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>□ Chicken Pot Pie - 6 oz (221)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Basil Dressing - 1 oz (102)</li> <li>▽ Biscuits (large) - 2 ea (592)</li> <li>♥ Broccoli - 6 oz (48)</li> <li>◇ Lemon Bar - 1 svg</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>□ Turkey a La King - 6 oz (152)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Creamy Honey Mustard - 1 oz (102)</li> <li>♥ White Rice - 6 oz (169)</li> <li>♥ Blended Vegetables - 6 oz (98)</li> <li>♥ Wheat Bread - 2 sl (164)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>Bean Burritos</li> <li>□ Texas Slaw - 6 oz (117)</li> <li>♥ Seasoned Beans - 6 oz (153)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>♥ Spanish Rice - 6 oz (130)</li> <li>♥ Wheat Tortillas - 2 ea (314)</li> <li>♥ Salsa - 2 oz (26)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>Tea - s/s (0)</li> </ul>
⊗ 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. MEAT/VEGETABLE TRAYS available for lunch & supper meals only. Menu subject to change without notice.

