



ADMINISTRATION

Administrative Rule Notice

On June 23, 2022, the Oregon Department of Corrections received a petition requesting an amendment to OAR 291-131-0035 and 291-131-0050. A copy of the petition is posted in the Legal Library rule manual.

Pursuant to ORS 183.390(2), the Oregon Department of Corrections invites comment on OAR 291-131-0035 and 291-131-0050, including any comments on whether options exist for achieving that rule's substantive goals in a way that reduces any negative economic impact on businesses. Any public comment must be received no later than September 1, 2022, at 5:00 pm. Comments must be submitted in writing to the address below:

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



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 Legal 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 Form or letter to: J. Vaughn, Rules Coordinator, DOC Rules Office.

/s/ J. Vaughn, DOC Rules Coordinator



Correction Communications System

My name is Jim Clack. I do come through the institution daily. Please feel free to ask me any questions you may have regarding your communications system. Another great way to report issues is to dial "4" on the phone system. You will typically get a quick response. If you do not get a response within a couple days, please send me an AIC Communication Form. Your unit staff is often busy and may not have the answers that you need. Please do not ask them to email me. I often ask them to tell you to just send me an AIC Communication Form. I pick up AIC Communication Forms daily and respond daily. Address the AIC Communication Form to ICsolutions and put it in the Miscellaneous Mailbox on the Control Floor. I will get back to you in a timely manner. If you find a phone or kiosk that is not properly working, also feel free to send me an AIC Communication Form.

A few things that ODOC would like to remind everyone: All tablets should be turned in by end of day. Unfortunately, we have been having issues with this. This has caused AICs to be suspended. There is only one (1) tablet per seven (7) AICs currently. We all need to do our part to ensure everyone has an opportunity to use these devices. To help, all tablets should be turned in before going to chow or the yard. Never should any AIC check out a tablet and then go to their job for the workday and leave the tablet in their cell. If tablets are found in your cell while you are at any activities, removal from the tablet for a time will be enforced.

When it comes to sanctions, please understand that if you decide to not use the tablets appropriately you will be suspended. The typical suspensions are: first offence three (3) days, then to six (6), twelve (12), continuing to double with each offense. If you are suspended and keep a tablet during your suspension, I will suspend all services on the tablet. If you are the last AIC to log into a tablet and then you hand it to a friend and it doesn't get turned in, you will receive a

suspension. Make sure all tablets are returned to their chargers in the appropriate IC Solution Box. If this does not happen, you will receive a suspension, no exceptions.

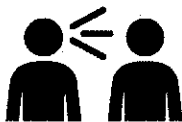
Many of you have been trying to get around not turning the tablets back in. This causes other AICs to have a harder time connecting with their families. I have taken up arriving very early in the morning to audit these tablets. I personally count them. Recently, many AICs in the Penitentiary received a suspension. I have heard every excuse, and they are all the same; there are no exceptions. Use the tablet and return it so another AIC gets a chance. None of you should have the feeling that these tablets are exclusively yours.

I am here to assist you and hope to make your use of the communications system at OSP useful and available.

/s/ J. Clack, DOC Operations Division

SECURITY

Visiting Room Rules Reminder



You must submit visiting application forms for all individuals you wish to visit. Visiting applications are available in your housing unit. The visiting application can take one to three months to be processed and are processed by the DOC AIC Services Unit.

The Department of Corrections rule, Visiting (AIC), is available for you to read in the library. You may have a maximum of 20 visitors over the age of 12 on your visiting list. Upon request, your visitors may receive a copy of the visiting pamphlet at the visiting desk.

Visiting is allowed at OSP seven days a week for general population AICs from 7:15 am to 10:15 am and 12:30 pm to 3:45 pm. It is your responsibility to notify your visitors whether the visiting application has been approved or denied and of the regulations. Staff will not tell visitors if they are approved. If an application is denied, you may request an administrative review of the denial by writing to the AIC Services Unit Manager at DOC Central Administration. If a visitor is suspended, removed or restricted to permanent basic visits, the visitor may request an administrative review by writing to the OSP Superintendent.

Be sure you inform your visitors to dress conservatively. Visitors are not allowed to wear: leggings, yoga pants, tights, revealing clothes (form fitting/low cut), underwire bras, or any pants, jackets, skirts, or shirts that look like AIC attire (blue denim or blue cotton). Visitors 16 and older must have current photo identification (acceptable forms of identification are listed in the visiting rule). Visitors are required to pass a metal detector. It is important that the visiting

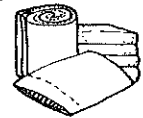
rules are followed so that everyone can enjoy visiting with family and friends. Failure to follow the rules may result in a reduction or termination of visits.

Visits for AICs in Special Management Housing (DSU, MHI, ICH, BHU) must be scheduled at least one day prior to the scheduled visit. AICs housed in DSU must submit a special housing visiting list and select no more than two visitors for the approved list. Your own children are allowed to visit in addition to the two visitors and you do not need to list their names on the form. These will be the only visitors allowed to visit while you are housed in DSU and visits can only be scheduled for Saturday or Sunday. You are allowed only one visit per week.

Professional (attorney) visits are scheduled through the Superintendent's Office. Please inform your visitors to check the DOC website at www.oregon.gov/DOC for more information.

/s/ S. Brown, Security Lieutenant

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

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



Dry Skin

Definition: Dry skin is most common in your lower legs, arms, flanks (sides of the abdomen), and thighs. The symptoms most often associated with dry skin include:

- Scaling
- Itching
- Cracks in the skin

Common Causes: Dry skin is common. It happens more often in the winter when cold air outside and heated air inside cause low humidity. Forced-air furnaces make skin even drier.

The skin loses moisture and may crack and peel or become irritated and inflamed. Bathing too frequently, especially with harsh soaps, may contribute to dry skin. Eczema may cause dry skin.

Home Care: It may help to change your bathing habits:

- Keep showers short.
- Use warm (not hot) water.
- Use as little soap as possible. Limit its use to face, armpits, and genitals if you can.
- Dry your skin thoroughly but gently--pat, don't rub.

Also, increase skin and body moisture:

- Avoid products with alcohol. Apply just after a bath or shower when your skin is still damp.
- Drink plenty of water throughout the day.

Apply cool compresses to itchy areas and try over-the-counter cortisone creams or lotions available from Canteen if your skin is inflamed.

The Sun and Your Skin

The sun's rays contain ultraviolet radiation that can damage our skin. There is no "safe" UV ray. These harmful UV rays are more intense in the summer, at

higher altitudes, and closer to the equator. However, even on cloudy days, UV radiation reaches the earth and can cause skin damage.

Without adequate protection from the sun's harmful UV rays, the following can occur:

- **SUNBURN**

To prevent sunburn, sun protection is essential year-round. While most common on a sunny, summer day, sunburns happen on cloudy days and during the winter. The most common sign of sunburn is redness, which can intensify for up to 24 hours. Severe sunburn causes skin tenderness, pain, swelling, and blistering. Fever, chills, upset stomach, and confusion indicate that the sunburn requires immediate medical attention. Cool, wet compresses, baths, and soothing lotions may provide some relief for all sunburns.

- **TANNING**

Tanning is often mistaken as a sign of good health; a tan actually means the skin has been injured. A tan develops when the skin tries to protect itself from exposure to UVA rays by producing more melanin, the substance that gives skin its color. Studies show that UVA rays penetrate the skin more deeply than UVB rays. UVA rays contribute not only to tanning but can cause premature wrinkling and skin cancer.

Protecting Your Skin from the Sun

Sun exposure is the most preventable risk factor for all skin cancers. You can have fun in the sun and decrease your risk of skin cancer. Here's how to be sun smart:

- Generously sunscreen with a Sun Protection Factor (SPF) of at least 15. This provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays to all exposed skin. Reapply every two hours, even on cloudy days, and after sweating.
- Wear protective clothing, such as a long-sleeved shirt, pants, a brimmed hat and sunglasses, where possible.
- Seek shade when appropriate, remembering that the sun's rays are the strongest between 10:00 am and 4:00 pm. If your shadow is shorter than you are, seek shade or the indoors.

Information provided by the *American Academy of Dermatology*.

/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

RELIGIOUS SERVICES

Weekly Chapel Schedule

SATURDAY, JULY 23

- 8:00 A.M. LDS
Sweatlodge
JW
- 1:00 P.M. SDA
Jewish
- 2:00 P.M. Meditation/
Silent Prayer
- 6:00 P.M. Calvary Chapel

SUNDAY, JULY 24

- 8:00 A.M. Spanish Protestant
Spanish JW
- 2:00 P.M. Meditation/
Silent Prayer
- 6:00 P.M. Catholic

MONDAY, JULY 25

- 2:00 P.M. Meditation/
Silent Prayer

TUESDAY, JULY 26

- 1:00 P.M. Agape Family Svc.
- 2:00 P.M. Meditation/
Silent Prayer

WEDNESDAY, JULY 27

- 1:00 P.M. Sweatlodge Drum Practice
- 2:00 P.M. Meditation/
Silent Prayer

THURSDAY, JULY 28

- 2:00 P.M. Meditation/
Silent Prayer

FRIDAY, JULY 29

1:00 P.M. Nation of Islam
Sunni Jumu'ah Prayer

2:00 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

“Second chances do come your way. Like trains, they arrive and depart regularly. Recognizing the ones that matter is the trick.”

- Jill A. Davis



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.



OSP CALORIE MENU WEEK 4: July 25 2022 THROUGH July 31 2022

Monday 7/25/22	Tuesday 7/26/22	Wednesday 7/27/22	Thursday 7/28/22	Friday 7/29/22	Saturday 7/30/22	Sunday 7/31/22
<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"> Breakfast Burrito ♥ Dry Cereal - 8 oz cup (119) ♥ Fresh Fruit - 1 ea (8) □ Scrambled Eggs - 2 oz (86) ♥ Refried Beans - 4 oz (121) □ Shredded Cheese - 0.5 oz (40) ♥ Flour Tortilla - 1 ea (163) ♥ Salsa - 1 oz (13) ♥ 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) ♥ 9 Grain Cereal - 8 oz (100) ♥ 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) Meat Sub: Peanut Butter - 1.5 oz (239) Meat Sub: Plain Potatoes - 6 oz (165) 	<ul style="list-style-type: none"> □ Beef Hash - 8 oz (187) ♥ Dry Cereal - 8 oz cup (119) ♥ Fresh Fruit - 1 ea (8) ♥ Wheat Toast - 2 SL (164) □ Margarine - 0.5 oz (80) ▽ Ketchup - 0.5 oz (17) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) Meat Sub: Peanut Butter - 1.5 oz (239) Meat Sub: Plain Potatoes - 6 oz (165) 	<ul style="list-style-type: none"> ▽ Waffles - 2 ea (190) ♥ Oatmeal - 8 oz (138) ♥ Canned Fruit - 4 oz (60) ♥ Peanut Butter - 1.5 oz (254) ⊗ Syrup - 2 fl oz (168) ♥ 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"> ⊗ Bacon & Eggs ⊗ Bacon - 3 sl (325) ♥ 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) ♥ Farina - 8 oz (140) ♥ 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"> ◇ Hot Dogs - 2 ea (202) ♥ Potato Salad - 6 oz (197) ♥ Hoagie - 1 ea ♥ Green Beans - 6 oz (56) ▽ Ketchup - 0.5 oz (17) ▽ Mustard - 0.5 oz (9) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Fried Egg Sandwich ♥ ⊗ Soup of the Day - 10 fl oz (444) □ Fried Eggs - 2 ea (160) ♥ Grilled Bread - 2 SL (164) ♥ Broccoli - 6 oz (48) ◇ Chips - 1 bag (120) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Deli Sandwich ♥ Split Pea Soup - 10 fl oz (207) ▽ Deli Meat (Chicken) - 3 oz (135) □ Cheese - 1 SL (50) ♥ Shredded Lettuce - 2 oz (3) ♥ Onions - 1 oz (11) ♥ Wheat Hoagie - 1 ea (230) ♥ Blended Vegetables - 6 oz (98) ◇ Chips - 1 bag (120) □ Mayo - 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"> 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) ▽ Ketchup - 1 oz (34) ♥ 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 (444) □ 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"> Taco Salad □ Taco Meat - 4 oz (203) □ Shredded Cheese - 1 oz (80) ♥ Seasoned Beans - 6 oz (153) ♥ Lettuce - 10 oz bowl (12) ♥ Spanish Rice - 6 oz (130) ◇ Tortilla Chips - 2 oz (279) ♥ Salsa - 2 oz (26) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> ♥ Roast Turkey - 3 oz (106) ♥ Tossed Salad - 10 oz bowl (12) □ Vinaigrette Dressing - 1 oz (102) □ Poultry Gravy - 2 fl oz (26) Bread Dressing / Stuffing - 10 oz ♥ Blended Vegetables - 6 oz (98) ◇ Frosted Cake - 1 ea ♥ Fruit Drink - 8 fl oz (5)
<ul style="list-style-type: none"> □ Cajun Meat Loaf - 5 oz (216) ♥ Tossed Salad - 10 oz bowl (12) □ French Dressing - 1 oz (102) ♥ Brown Rice - 6 oz (167) ♥ Peas - 6 oz (92) ♥ Dinner Roll - 1 ea (308) □ Margarine - 0.5 oz (80) Tea - s/s (0) 	<ul style="list-style-type: none"> ◇ Tamale Pie - 10 oz (433) ♥ Tossed Salad - 10 oz bowl (12) □ Green Goddess Dressing - 1 oz (102) ♥ Seasoned Beans - 6 oz (153) □ Tortilla Chips - 1 oz (140) ✗ Fruit Bar - 1 ea (284) Tea - s/s (0) 	<ul style="list-style-type: none"> ♥ Spaghetti - 6 oz (202) ♥ Tossed Salad - 10 oz bowl (12) □ Tangy Dill Vinaigrette - 1 oz (102) □ Meat Sauce - 6 oz (227) ♥ Carrots - 6 oz (43) ♥ French Bread - 1 SL (122) □ Garlic Margarine - 0.5 oz (80) Tea - s/s (0) 	<ul style="list-style-type: none"> ◇ Pizza - Veggie & Cheese - 1 sic (335) ♥ Tossed Salad - 10 oz bowl (12) □ Ranch Dressing - 1 oz (102) ♥ Vegetable Soup - 10 fl oz (63) ◇ Oatmeal Cookie - 1 ea (263) Tea - s/s (0) 	<ul style="list-style-type: none"> ⊗ Red Beans & Bacon - 6 oz (245) □ Colleslaw - 6 oz (134) ♥ White Rice - 6 oz (169) ♥ Cauliflower - 6 oz (32) ◇ Cornbread - 1 ea (211) □ Margarine - 0.5 oz (80) ⊗ Gelatin w/whip topping - 4 oz (127) Tea - s/s (0) 	<ul style="list-style-type: none"> Chicken Fajitas □ Texas Slaw - 6 oz (117) □ Chicken Fajita Mix - 4 oz (227) ♥ Onions & Peppers - 4 oz (33) ♥ Wheat Tortillas - 2 ea (314) ♥ White Rice - 6 oz (169) ♥ Mango Salsa - 2 oz (33) Tea - s/s (0) 	<ul style="list-style-type: none"> Tuna Noodle Casserole - 10 oz (285) ♥ Tossed Salad - 10 oz bowl (12) □ Russian Dressing - 1 oz (102) ♥ Broccoli - 6 oz (48) ♥ Bread Stick - 1 ea (94) ♥ Fresh Fruit - 1 ea (8) Tea - s/s (0)
<p>⊗ Contains pork or may contain pork ♥ Healthy choice □ High fat/cholesterol ✗ High sugar ⊗ High fat/cholesterol/sugar ▽ High Sodium ◇ High fat/cholesterol/sodium (#) Calories</p>						

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.

