



ADMINISTRATION



Administrative Rule Notice

Below is the list of status changes made to DOC administrative rules since 06/22/2022.

PROPOSED RULES:

291-105 Prohibited Conduct and Processing Disciplinary Actions

- Amended to clarify the definition of Sexual Activity, to clarify language for Staff Assault I, and to add exceptions around DSU sanctions for AICs designated as Seriously Mentally Ill (SMI) and acts of self-harm.
- Last day to provide comments: 09/05/2022 at 5:00 PM

PERMANENT 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.
- Effective 06/29/22

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 and topic per communication. Do not include multiple divisions and 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 Form or letter to:
J. Vaughn, Rules Coordinator, DOC Rules Office.

/s/ J. Vaughn, DOC Rules Coordinator

ACTIVITIES



From the 7th Step Foundation Executive Body

Our Mission Statement: To provide information and resources to bring about change within the individual that will enable them to live a pro-social lifestyle.

Our Goal: We are looking to recruit those of you out there who have a thirst for a better life, both during your time in prison and beyond. If this sounds like something you would like to be a part of, we are inviting you to invest in your future.

In years past, we asked people to complete our 7 Steps to Freedom pamphlet as a precursor to joining the club; going forward, we are simply asking for a one-page handwritten bio. While this is not an application per se, and your content will not be measured against anyone else's, it will be a requisite for joining the club. We want to get to know you, while also gauging your willingness to invest in yourself.

Suggested topics:

- Goals--In prison and beyond
- Where you see yourself in five years
- What you value most
- Strengths and weaknesses
- What led you to prison and what you want to work on while here

There are no right or wrong bios. Your openness and honesty will be appreciated, kept confidential, and possibly used to develop future programming objectives. Hope to hear from you soon!

/s/ P. Lans, Recreational Specialist



COMMISSARY



Commissary News, Updates and Reminders

News:

Commissary has been working diligently with our vendor to renegotiate the price increase of the soda coupons. We were successful in our negotiations; the new price of the soda coupons is \$ 2.15 effective immediately. Thank you for your patience and understanding as we worked through the process.

In addition, Commissary has been thinking outside the box on special order items, more specifically electric guitars. There is a six – nine months wait on guitar orders so about six months ago we decided to stock guitars and are excited to announce we have finally received a limited number of Schechter Guitar packages. They will be available for purchase on a first come first serve basis throughout the state. We have several more guitars on order but do not have an estimated time of arrival. A newsletter article will be sent out once we have those addition items in stock.

/s/ A. Nelson, DOCC Operations Manager

HEALTH SERVICES



Exercising with Lower Back Pain

Increase Strength & Flexibility to Decrease Pain -- By Holly Little, Certified Personal Trainer, SparkPeople.com

It's a common problem for many who exercise. It makes everyday activity difficult, and scares a lot of people away from any physical activity. It's lower back pain. For those of you who suffer from it, there is hope. While there are a multitude of things that can cause back pain, from genetic malformations to injury, a number of recent studies show that a lack of core strength contributes to pain and stiffness in the lower back.

So what's the best way to deal with lower back pain that your health care provider has attributed to a lack of core strength? Exercise. This might cause a little more pain in the beginning, but under the care of your health provider, it can reduce your pain in the long run. And for many people, the long-term solution for back pain lies in abdominal, hip and lower back strengthening and stretching exercises.

Some pain or aches in your lower back might be the result of weak abdominal muscles. When you have weak abs, you are more likely to have poor posture and your lower back muscles are forced to take over, which can strain them in a way that becomes uncomfortable

or painful over time. You can minimize back pain by doing exercises that make the muscles in your abs stronger, while also training to increase the strength and flexibility level in your lower back, hips and thighs.

Everyone's back pain is different, so it's a good idea to check with your health care provider about what's best for you. If core strength is your problem, the following exercises can help.

Leg Raises to strengthen stomach and hip muscles:

How to: Lie on your back with your arms at your sides. Lift one leg off the floor to about a 45° angle. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat 5 times with each leg. If that is too difficult, keep one knee bent and the foot flat on the ground while raising the opposite leg.

Leg Raises to strengthen back and hip muscles:

How to: Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Raise it as high as you can (approximately 30°) without causing any discomfort to your lower back or lifting your hip off the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat 5 times with each leg.

Wall Slides to strengthen your back, hip and leg muscles:

How to: Stand with your back against a wall and feet shoulder-width apart. Slide down into a crouch until the knees bend to about 90°. Count to 5 and slide back up the wall. Repeat 5 times.

Partial Sit-Up to strengthen stomach muscles:

How to: Lie on your back with knees bent and feet flat on floor. Slowly raise your head and shoulders off the floor and reach with both hands toward your knees. Count to 10. Repeat 5 times.

Back Leg Swing to strengthen hip and back muscles:

How to: Stand behind a chair with your hands on the back of the chair. Lift one leg back and up while keeping the knee straight. Return slowly. Raise the other leg and return. Repeat 5 times with each leg.

Exercises to increase flexibility and stretch out the back:

How to: Lie on your back with your knees bent and feet flat on your bed or floor. Raise your knees toward your chest. Place both hands under your knees and gently pull your knees as close to your chest as possible. Do not raise your head. Do not straighten your legs as you lower them. Start with 5 repetitions, several times a day.

Remember to never exercise to the point of sharp pain or discomfort, and gradually progress to more repetitions or sets of an exercise. Although it can be

uncomfortable or slightly painful to strengthen the areas of your body that are causing your back pain, the benefit will be there in the long run. Say so long to the pain in your back!

/s/ C. Coffey, Medical Services Manager

COVID-19 Vaccine and Booster Dose Update

The COVID-19 virus is still present in our institutions and communities. Vaccines continue to be the safest and most effective way to protect from COVID-19 hospitalizations and deaths. If you are not yet vaccinated and would like to be, please contact Health Services.

DOC Health Services offers both the Moderna and the Johnson & Johnson (J&J) vaccinations and boosters.

If you have questions, contact your health care provider.





Actualización de dosis de refuerzo y vacuna COVID-19

El virus COVID-19 sigue presente en nuestras instituciones y comunidades. Las vacunas continúan siendo la forma más segura y efectiva de protegerse de las hospitalizaciones y muertes por COVID-19. Si aún no está vacunado y le gustaría estarlo, comuníquese con Health Services.

DOC Health Services ofrece vacunas y refuerzos tanto de Moderna como de Johnson & Johnson (J&J).

Si tiene preguntas, comuníquese con su proveedor de atención médica.

/s/ S. Lane, PIO/LIO Officer

COUNSELING SERVICES

ICH Unit Peer Companion Position Announcement

We believe that Adults in Custody (AIC) who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing is now hiring for multiple Peer Companions on the Intermediate Care Housing (ICH) unit. The Individuals selected for this position will report to the ICH unit, yard, and/or treatment lounge for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with both our elderly and special needs population. It is important for Unit Peer

Companion candidates to behave in a manner that is respectful, safe, confidential, and honest; modeling patience, respectful communication, and the following of all unit and institution rules.

ICH Unit Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHPs and treatment staff in ensuring that identified AICs housed on the ICH are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Duties may also include escorting individuals to appointments, assisting individuals in groups, guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities in the day room, treatment lounge, or out for ICH yard time.

Please submit an application AIC Communication Form to Tyann Etzel, ICH Program Manager, if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 2 or higher and have clear conduct for at least one year; it is preferred that you have one or more years left on your sentence.

/s/ T. Etzel, Counselor



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

ANGEL TREE Christmas 2022



Angel Tree is a Prison Fellowship Program that provides Christmas gifts to children of an incarcerated parent.

Again this year, no sign-up session will be held in the Yard. Please send an AIC Communication Form to the Chapel and request the Angel Tree application materials. Please specify how many children you will be registering. You can also request a list of gifts for either a boy or girl, or both. Return the completed applications to the Chapel. You must have the correct addresses and contact information of each child. Sorry, but this does not include grandchildren, or younger siblings.

All applications must be turned in by September 7, 2022.

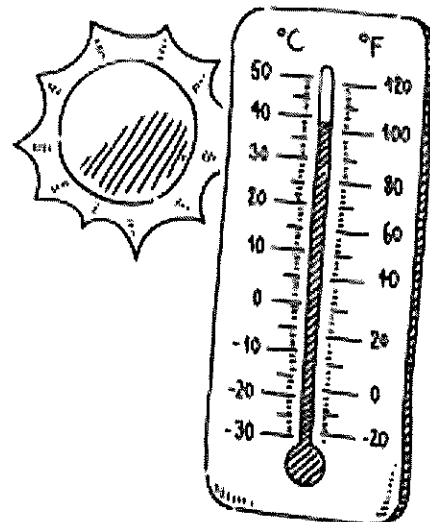
/s/ D. Stahlnecker, Chaplain

A Point to Ponder

“You can’t start the next chapter of your life if you keep re-reading the last one.”

- Author Unknown

Stay hydrated





OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #134

COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of July 18, 2022, DOC statewide has:

- 15 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
Employees	1,833	1,819		
AICs	5,593	5,368	25,538	47

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 #134

COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 18 del Julio, el departamento en todo el estado tiene:

- 15 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	1,833	1,819		
Presos	5,593	5,368	25,538	47

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.

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 5: August 1 2022 THROUGH August 7 2022

Monday 8/1/22	Tuesday 8/2/22	Wednesday 8/3/22	Thursday 8/4/22	Friday 8/5/22	Saturday 8/6/22	Sunday 8/7/22
<input type="checkbox"/> Pancakes - 3 ea (524) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 1.6 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	Egg & Cheese Muffin <input checked="" type="checkbox"/> English Muffin - 1 ea (286) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input type="checkbox"/> Fried Egg - 1 ea (80) <input type="checkbox"/> Cheese - 1 SL (50) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Skim Milk - 1.6 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0) Meat Sub: Peanut Butter - 1.5 oz (299)	Biscuit & Gravy <input checked="" type="checkbox"/> Biscuit (large) - 1 ea (296) <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input checked="" type="checkbox"/> Sausage Gravy - 6 oz (299) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Skim Milk - 1.6 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0) Meat Sub: Peanut Butter - 1.5 oz (299)	<input checked="" type="checkbox"/> French Toast - 3 sl (793) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 1.6 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	<input checked="" type="checkbox"/> Veggie Scramble - 4 oz (108) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 1.6 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	Turkey Bacon & Eggs <input checked="" type="checkbox"/> Turkey Bacon - 3 SL (158) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input checked="" type="checkbox"/> Jelly - 1 oz (80) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 1.6 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0) Meat Sub: Peanut Butter - 1 oz (159)	<input checked="" type="checkbox"/> Cinnamon Rolls - 1 ea (308) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Skim Milk - 1.6 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)
Grilled Cheese Sandwich <input checked="" type="checkbox"/> Tomato Soup - 10 fl oz (68) <input type="checkbox"/> Cheese - 4 SL (200) <input checked="" type="checkbox"/> Grilled Bread - 4 SL (328) <input checked="" type="checkbox"/> Cauliflower - 6 oz (32) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Tuna Salad Sandwich <input checked="" type="checkbox"/> Split Pea Soup - 10 fl oz (207) <input checked="" type="checkbox"/> Tuna Salad - 4 oz (150) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (230) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Turkey & Cheese Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Turkey - 3 oz (94) <input type="checkbox"/> Cheese - 1 SL (50) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Onions & Pickles - 1 oz ea (14) <input checked="" type="checkbox"/> Multi-Grain Bread - 2 SL (156) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Chef Salad <input checked="" type="checkbox"/> Cream of Potato Soup - 10 fl oz (160) <input checked="" type="checkbox"/> Turkey - 2 oz (62) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Lettuce - 10 oz bowl (12) <input type="checkbox"/> Ranch Dressing - 2 oz (204) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input checked="" type="checkbox"/> Bread Stick - 1 ea (94) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Chicken Salad Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input type="checkbox"/> Chicken Salad - 4 oz (221) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (230) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Tacos <input checked="" type="checkbox"/> Cowboy Salad - 6 oz (129) <input type="checkbox"/> Taco Meat - 4 oz (203) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input checked="" type="checkbox"/> Lettuce - 4 oz (6) <input checked="" type="checkbox"/> Salsa - 2 oz (26) <input checked="" type="checkbox"/> Flour Tortillas - 2 ea (326) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	<input type="checkbox"/> Roast Pork Loin - 3 oz (160) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Tangy Dill Vinaigrette - 1 oz (102) <input checked="" type="checkbox"/> Parsley Pasta - 6 oz (170) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> Bread Stick - 1 ea (94) <input checked="" type="checkbox"/> Ice Cream - 1 ea (80) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)
<input checked="" type="checkbox"/> Turkey Noodle Casserole - 10 oz (419) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> 1000 Island Dressing - 1 oz (102) <input checked="" type="checkbox"/> Peas - 6 oz (92) <input checked="" type="checkbox"/> Dinner Roll - 1 ea (308) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s (0)	<input type="checkbox"/> Chicken Lo Mein - 4 oz (233) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Basil Dressing - 1 oz (102) <input checked="" type="checkbox"/> Spaghetti Noodles - 6 oz <input checked="" type="checkbox"/> Stir-Fry Vegetables - 6 oz (89) <input checked="" type="checkbox"/> Flour Tortilla - 1 ea (163) <input checked="" type="checkbox"/> PB Chip Cookie - 1 ea (233) Tea - s/s (0)	<input type="checkbox"/> Italian Casserole - 10 oz (317) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Creamy HoneyMustard - 1 oz (102) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input checked="" type="checkbox"/> French Bread - 1 SL (122) <input checked="" type="checkbox"/> Garlic Margarine - 0.5 oz (80) Tea - s/s (0)	<input checked="" type="checkbox"/> Pizza - Cheese - 1 slc (337) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> 1000 Island Dressing - 1 oz (102) <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <input checked="" type="checkbox"/> Apple Crisp - 4 oz (340) Tea - s/s (0)	Loco Moco <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> French Dressing - 1 oz (102) <input type="checkbox"/> Beef Pattie - 1 ea (211) <input type="checkbox"/> Fried Egg - 1 ea (80) <input type="checkbox"/> Beef Gravy - 2 fl oz (46) <input checked="" type="checkbox"/> White Rice - 6 oz (169) <input checked="" type="checkbox"/> Peas & Carrots - 6 oz (66) <input checked="" type="checkbox"/> Pudding - 4 oz (91) Tea - s/s (0)	Macaroni & Cheese - 10 oz (403) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Green Goddess Dressing - 1 oz (102) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input checked="" type="checkbox"/> Wheat Dinner Roll - 1 ea (154) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s (0)	BBQ Chicken Burger <input type="checkbox"/> Coleslaw - 6 oz (134) <input type="checkbox"/> Chicken Burger Patty - 1 ea (232) <input checked="" type="checkbox"/> BBQ Sauce - 1 fl oz (33) <input checked="" type="checkbox"/> Wheat Hamburger Bun - 1 ea (244) <input checked="" type="checkbox"/> Peas - 6 oz (92) <input type="checkbox"/> French Fries - 6 oz (245) <input type="checkbox"/> Ketchup - 1 oz (34) <input checked="" type="checkbox"/> 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/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.

