

SECURITY

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

Get your COVID Vaccination and Booster



COVID vaccines are safe and effective.

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

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

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

The COVID-19 vaccine is free. The vaccines will be provided at no cost to you.

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

Thank you for helping keep our OSP Community Healthy.

/s/ C. Coffey, Medical Services Manager

SELF-CANCELATION OR NO SHOWING MEDICAL/DENTAL APPOINTMENTS

If you decide to cancel your appointment or no show an appointment, you will need to write an inmate communication to Medical Services requesting your appointment will be rescheduled. This is necessary because a self-cancellation or no show may not be automatically rescheduled.

/s/ C. Coffey, Medical Services Manager

Health Services Emergency Notification From

Q: "If I'm sick or hurt, how can my family find out about my condition?"

A: Since information about your health is confidential, only you can give us permission to talk to your family or friends about your condition.

At least once a year, usually when you receive your TB test, you're given a form called the "Health Services Emergency Notification." Filling out this form and returning it to Health Services is your opportunity to give Health Services staff permission to talk to your family and/or friends. This form also includes a place to indicate you "do not want information provided to **anyone**," as well as clarify under what circumstances you **do** want information provided, such as

- Serious illness, planned hospitalization, or surgery
- Health emergency or death
- Inquiry regarding your health condition or care, and
- Mental health information limited to a general overview of services available

The form also includes space to list the names, addresses, and phone numbers of two people of your choice.

As a long-time nurse, I have talked to many family members over the years. Unfortunately, I have also had to explain that I cannot talk to family members if they are not listed on this form. I suspect that sometimes, when these forms are filled out, the person submitting them selects the "I do not want information provided to **anyone**" option, because they're not sick or injured at the time, and aren't thinking about the possibility of this occurring in the future. Unfortunately, when you're sick or injured, you may not be in a position to update this information.

We take confidentiality of your protected health information very seriously, and will not discuss your condition with your family or friends, unless you give us this written permission. We would urge you to consider updating your Health Services Emergency Notification, if you haven't done so recently (they expire every calendar year from the date consent is given). Please send us a AIC communication form if you would like to update your form.

/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

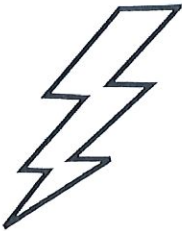
JOB ANNOUNCEMENTS

Electrical Shop Opening

The Electrical Shop is currently accepting applications for the Plant Journeyman Electrical Apprenticeship.

This position will give someone the opportunity to learn a skilled trade and provide a chance to earn a desirable state license that will be of great benefit upon release. The desired candidate will embody this list of personal traits:

- Self-motivated with a desire to learn new skills and perfect their trade.
- Willingness to take direction, constructive criticism, and work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Reliable maintaining regular attendance with a steady behavior.
- Willing to work off hours when necessary.



All applicants are required to have five years left on their sentence, must have a year of clear conduct with a level 3 NCI.

Please send applications with Resume to Smith/Perkins Physical Plant Electric Shop.

Applications will be accepted through July 15, 2022.

/s/ A. Smith, Physical Plant

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

OSP Weddings

Religious Services will be offering the opportunity to get married in person here at OSP. Weddings will be conducted in the Visiting Room all day on Wednesday, September 14, 2022. AICs will be given a 30-minute window for the ceremony. If you would like to get married then, please send an AIC communication form to Chapel requesting a wedding application.

/s/ A. Perlstein, Chaplain



TUMI Announcement

This is another announcement regarding TUMI (a Prison Fellowship educational program). We will be re-starting this program very soon. I currently have 16 men signed up for this program. The instructor told me if anyone else is interested in joining this, he is taking applications for new admits.

TUMI is a long-term program, and fulfills a need for deep discipleship and leadership development. The Prison Fellowship TUMI program is based on the Capstone Curriculum and is divided into 16 ten-week courses studying theology and the Bible. The courses are facilitated by trained Prison Fellowship Certified volunteers. Most of the material is delivered through DVD lessons and discussion interaction with the students. It can take up to four years to complete the curriculum. The Adults in Custody take tests, have rigorous homework assignments, and write papers, demonstrating careful research and reflection. Upon completion of all 16 courses, students receive a Certificate in Christian Leadership Studies.

If anyone is interested in joining, send an AIC communication form to the Chapel.

/s/ D. Stahlnecker, Chaplain

Oregon Agape Youth Camps

Would you like to give your children a summer camp experience they will never forget? The Agape Youth Camps are completely free of charge and created only for kids who have experienced incarceration at any time in their lives. Campers learn about love, hope and forgiveness while also experiencing a wide range of fun

camp activities. Every child receives a t-shirt for each day of camp, a sweatshirt, and other camping items they might need. Let your families know registration is available for both camps on our website, which is agapefamiliesoregon.org.

This summer we will be hosting camps in Eugene and Salem so make sure your campers apply early to reserve their spot. Here are the dates and locations for our 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

- 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

- 8:00 A.M. Spanish Protestant
Spanish JW
- 1:00 P.M. Lutheran
- 2:00 P.M. Meditation/
Silent Prayer
- 6:00 P.M. Catholic

MONDAY

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

TUESDAY

- 7:15 A.M. U-Self Mentorship
- 1:00 P.M. Agape Family Svc.
Orthodox Services
- 2:00 P.M. Meditation/
Silent Prayer

WEDNESDAY

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

THURSDAY

- 1:00 P.M. TUMI
- 2:00 P.M. Meditation/
Silent Prayer

FRIDAY

- 1:00 P.M. Nation of Islam
Sunni Jum'ah Prayer
- 2:00 P.M. Meditation/
Silent Prayer

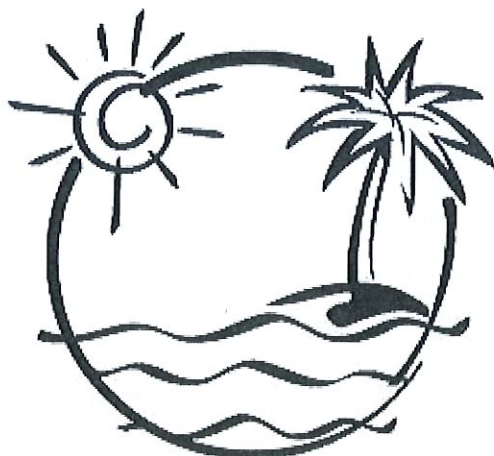
🕒 = Service is full or restricted. Add requests are not being accepted at this time.

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

A Point to Ponder

“Associate with men of good quality if you esteem your own reputation; for it is better to be alone than in bad company.”

– George Washington



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.



JULY 2022

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

PRAS

INDEPENDENCE DAY

NOTES:

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

OSP CALORIE MENU WEEK 2: July 11 2022 THROUGH July 17 2022

Monday 7/11/22	Tuesday 7/12/22	Wednesday 7/13/22	Thursday 7/14/22	Friday 7/15/22	Saturday 7/16/22	Sunday 7/17/22
<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)	<input checked="" type="checkbox"/> Breakfast Burrito <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input type="checkbox"/> Scrambled Eggs - 2 oz (86) <input checked="" type="checkbox"/> Refried Beans - 4 oz (121) <input type="checkbox"/> Shredded Cheese - 0.5 oz (40) <input checked="" type="checkbox"/> Flour Tortilla - 1 ea (163) <input checked="" type="checkbox"/> Salsa - 1 oz (13) <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"/> Waffles - 2 ea (190) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input checked="" type="checkbox"/> Peanut Butter - 1.5 oz (254) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <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"/> 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)	<input checked="" type="checkbox"/> Biscuit & Gravy <input checked="" type="checkbox"/> Sausage Gravy - 6 oz (299) <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Biscuit (large) - 1 ea (296) <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 (239)	<input checked="" type="checkbox"/> Bacon & Eggs <input checked="" type="checkbox"/> Bacon - 3 sl (325) <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"/> Oatmeal - 8 oz (138) <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)
<input checked="" type="checkbox"/> Tuna Salad Sandwich <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <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)	<input checked="" type="checkbox"/> Chef Salad <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Turkey - 2 oz (62) <input checked="" 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"/> 1000 Island 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)	<input checked="" type="checkbox"/> Fried Egg Sandwich <input checked="" type="checkbox"/> Minestrone Soup - 10 fl oz (130) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input checked="" type="checkbox"/> Grilled Bread - 2 SL (164) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	<input checked="" type="checkbox"/> Pork Fajitas <input type="checkbox"/> Texas Slaw - 6 oz (117) <input type="checkbox"/> Pork Fajita Mix - 4 oz (203) <input checked="" type="checkbox"/> Onions & Peppers - 4 oz (33) <input type="checkbox"/> Flour Tortillas - 2 ea (326) <input checked="" type="checkbox"/> Spanish Rice - 6 oz (130) <input checked="" type="checkbox"/> Mango Salsa - 2 oz (33) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	<input checked="" type="checkbox"/> Deli Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Deli Meat (Ham) - 3 oz (135) <input type="checkbox"/> Cheese - 1 SL (50) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Onions - 1 oz (11) <input checked="" type="checkbox"/> Hoagie - 1 ea <input checked="" type="checkbox"/> Carrots - 6 oz (43) <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)	<input checked="" type="checkbox"/> BBQ Chicken Burger <input checked="" type="checkbox"/> Beet Salad - 6 oz (111) <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"/> Cauliflower - 6 oz (32) <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)	<input checked="" type="checkbox"/> Roast Turkey - 3 oz (106) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Creamy HoneyMustard - 1 oz (102) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input type="checkbox"/> Poultry Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Wheat Bread - 2 sl (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Frosted Cake - 1 ea <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)
<input checked="" type="checkbox"/> Chicken Stir-Fry - 4 oz (213) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Tangy Dill Vinaigrette - 1 oz (102) <input checked="" type="checkbox"/> Stir-Fry Vegetables - 6 oz (89) <input checked="" type="checkbox"/> White Rice - 6 oz (169) <input checked="" type="checkbox"/> Flour Tortilla - 1 ea (163) Tea - s/s (0)	<input checked="" type="checkbox"/> Salisbury Steak - 4 oz (201) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Vinaigrette Dressing - 1 oz (102) <input type="checkbox"/> Beef Gravy - 2 fl oz (46) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <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) <input checked="" type="checkbox"/> Pear Crisp - 4 oz (316) Tea - s/s (0)	<input checked="" type="checkbox"/> Chili Mac - 10 oz (292) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Russian Dressing - 1 oz (102) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Cornbread - 1 ea (211) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s (0)	<input checked="" type="checkbox"/> Philly Beef Sandwich <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> 1000 Island Dressing - 1 oz (102) <input checked="" type="checkbox"/> Roast Beef - 3 oz (98) <input type="checkbox"/> Cheese Sauce - 2 fl oz (119) <input checked="" type="checkbox"/> Onions & Peppers - 4 oz (33) <input checked="" type="checkbox"/> Hoagie - 1 ea <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Gelatin w/whip topping - 4 oz (127) Tea - s/s (0)	<input checked="" type="checkbox"/> Spaghetti - 6 oz (202) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Basil Dressing - 1 oz (102) <input type="checkbox"/> Meat Sauce - 6 oz (227) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input checked="" type="checkbox"/> French Bread - 1 SL (122) <input type="checkbox"/> Garlic Margarine - 0.5 oz (80) Tea - s/s (0)	<input checked="" type="checkbox"/> BBQ Chicken Burger <input checked="" type="checkbox"/> Beet Salad - 6 oz (111) <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"/> Cauliflower - 6 oz (32) <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)	<input checked="" type="checkbox"/> Roast Turkey - 3 oz (106) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Creamy HoneyMustard - 1 oz (102) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input type="checkbox"/> Poultry Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Wheat Bread - 2 sl (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Frosted Cake - 1 ea <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)

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.