



ADMINISTRATION



Flu Vaccinations

Can't I wait and get vaccinated when/if flu hits my community? It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu. Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness. • You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness. • Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu. • Or you may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating. • Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated

You need to get a flu vaccine every year. You need to get a flu vaccine every year to protect yourself against the viruses that research suggests are most likely to circulate each season. There are two reasons for getting a flu vaccine every year: a) The first reason is because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses that research indicates may be most common during the upcoming flu season. b) The second reason annual vaccination is recommended is that a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.

Vacunas contra la gripe

¿No puedo esperar y vacunarme cuando/si la gripe llega a mi comunidad? Lo mejor es vacunarse antes de que la gripe comience a propagarse. La vacuna contra la gripe tarda aproximadamente dos semanas en proporcionar una protección completa, por lo que cuanto antes se vacune, es más probable que esté completamente protegido una vez que la gripe comience a circular en su comunidad.

Las vacunas contra la gripe no pueden contagiarle la gripe. Incluso si se vacunó contra la influenza, existen razones por las que aún podría contraer la influenza o una enfermedad similar a la influenza. *Es posible que haya estado expuesto a un virus que no sea de la gripe antes o después de vacunarse. La vacuna contra la gripe solo puede prevenir enfermedades causadas por los virus de la gripe. No puede proteger contra virus que no son de la gripe que pueden causar enfermedades similares a la gripe. * O es posible que haya estado expuesto a la gripe después de vacunarse, pero antes de que la vacuna surtiera efecto. Se necesitan aproximadamente dos semanas después de recibir la vacuna para que su cuerpo desarrolle protección contra la gripe. * O es posible que haya estado expuesto a un virus de influenza que era muy diferente de los virus incluidos en la vacuna de ese año. La vacuna contra la influenza protege contra los virus de la influenza que, según indican las investigaciones, causarán la mayoría de las enfermedades durante la próxima temporada, pero puede haber otros virus de la influenza en circulación. * Desafortunadamente, la vacuna contra la influenza no brinda la misma protección para todos. La eficacia de la vacuna contra la influenza (o su capacidad para prevenir la influenza) puede variar ampliamente de una temporada a otra y también puede variar según quién se vacune.

Debe vacunarse contra la gripe todos los años. Debe vacunarse contra la influenza todos los años para protegerse contra los virus que, según las investigaciones, tienen más probabilidades de circular cada temporada. Hay dos razones para vacunarse contra la influenza todos los años: a) La primera razón es que los virus de la influenza cambian constantemente, las vacunas contra la influenza

pueden actualizarse de una temporada a la siguiente para proteger contra los virus que, según indican las investigaciones, pueden ser más comunes durante la temporada. próxima temporada de gripe. b) La segunda razón por la que se recomienda la vacunación anual es que la protección inmunitaria de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para una protección óptima.

/s/ B. Bernt, DOC Communications Manager

Update on Visiting

Visiting will remain at five days per week, staying closed on Tuesday and Wednesday. OSP leadership will reassess October 1, 2022. Thank you.

/s/ S. Lane, Superintendent's Office

ACTIVITIES



Hygiene Kits for DSU

For those in DSU that are seeking a hygiene kit, send an AIC Communication Form to Activities Floor, T. Olsen after you have had your disciplinary hearing. You must have at least a 30-day sanction to qualify for the kit. You also must have funds in your account before we will begin the process. A Hygiene Pack costs \$6.00: 1 tooth paste, 1 deodorant, 1 lotion, 4 ear plugs, 6-8 Q-tips.

/s/ T. Olsen, Recreation Specialist Lead

COMMISSARY

News, Updates and Reminders

This is an exciting new adventure that Commissary is proud to offer. Our customers have been asking for ground coffee so we are happy to announce that we will be selling Folgers ground coffee, a drip cone and coffee filters. Look for these new items on your Commissary Form.



Folgers Ground Coffee
9.6 oz.
\$9.30



Drip Cone 1 CT
\$6.30



Coffee Filters
100CT
\$7.15

/s/ A. Nelson, Distribution Services Manager

HEALTH SERVICES



Access to Medical Care

If you are not feeling well or have a problem that requires medical attention, please attend Triage during morning chow. Prior to attending Triage, complete an AIC Communication Form outlining your concerns.

Your AIC Communication Form will need the following: full name, SID number, cell number, and date, and a description of your need, with an explanation of your signs and symptoms. Please fill out the form completely to help us better meet your health care needs.

At your triage encounter, the nurse will discuss your concerns with you and determine appropriate follow-up. Follow-up can include a same-day sick call encounter, a scheduled sick call encounter, or a follow-up appointment with your primary care provider (PCP).

If a medical appointment is necessary, an appointment will be scheduled and a call pass will be issued. It is important that you keep your appointment and report promptly to the Medical Services area at the time shown on the call pass.

Should you become ill or otherwise need medical attention during other times of the day, consult your supervisor or housing unit officer. Your housing unit officer will call Nursing Services and triage your medical concerns awaiting further direction by Nursing Staff. All emergency medical situations will be handled when they arise.

/s/ C. Coffey, Medical Services Manager

Flu Vaccine Clinic

Well, it's that time of year again, flu and cold season. Health Services will be holding flu clinics in October/November. As with previous years, this will be a opt in/opt out process. Everyone will need to come and either sign a consent form for the vaccine and receive the flu vaccine right then or sign a refusal form that you do not want the vaccine, but that Health Services offered the vaccine to you.

The best way to decrease your chance of catching the flu and cold viruses are to wash your hands before you eat or touch your face. If you end up becoming sick with the flu or cold virus, please be sure to cover your mouth when you cough or sneeze and wash, wash, wash your hands. Since cold and flu are viruses, antibiotics will not work.

/s/ K. Ross, Nurse Manager



EDUCATION



University of Oregon Fall Term Classes

The University of Oregon's Prison Education Program offers 4-credit classes on a variety of subjects at the undergraduate or graduate level. Students apply to and are accepted to classes one term at a time—we encourage repeat students and brand-new students.

For fall term classes, please send an AIC Communication Form to Ms. Janet Norton in DOC Education for course announcements and an application.

Classes are still primarily distance learning/ correspondence/"packets" classes, but one class will be in person.

Institutional approval required. Classes are \$50 (\$75 for graduate-level). Scholarships are available – see the included application form.

Applications are also available in the Library.

/s/ K. Arrington, AS2 Education

JOB ANNOUNCEMENT

Recruitment for Call Center Agents

OSP Call Center is recruiting for Phone Agents.

Requirements:

- No ID Theft or Forgery convictions.
- Must be NCI Level (2).
- Must have basic typing and computer skills.
- Good Customer Service Skills.
- Professional Attitude.

PRAS & IMAP

1. AICs start at 14 PRAS.
2. AICs may earn up to an additional \$110.00 on their trust account.
3. AICs may earn 'Incentive Points' to redeem towards items through the Call Center only.
4. Team Goals set each month, with the opportunity to earn Team Feeds.

There are two companies in the Call Center.

- UGS is appointment setting for phone and internet services.
- HBW is lead generation for insurance services.
 - Each pays their agents for leads differently.

Send an AIC Application to the Call Center. Put the application in the 'OTHER' grey mailbox on the Control Floor. You may also send the application to the Call Center with another AIC.



Any questions, please send an AIC Communication Form to Bruce Potts, OCE Contact Center Manager.

/s/ B. Potts, Call Center Production Manager

RELIGIOUS SERVICES

Chapel Addition

I want to announce an addition to our Chapel Service Schedule. Pastor Sean Hicks from Emmanuel Church in Portland will be re-starting his Chapel service later in September/early October. Before the Covid pandemic restricted our Chapel program, his group would normally come in the fifth Sunday night of various months.

This Chapel service is scheduled for Thursday nights, from 6:00 pm to 8:00 pm. It is a Gospel-oriented service, with Bible instruction. Come and be blessed.

If you are interested in attending this service, please send an AIC Communication Form and we will add you to the list.

/s/ D. Stahlnecker, Chaplain



A Point to Ponder

"The right thing to do and the hard thing to do are usually the same."

~ Steve Maraboli



MAILROOM NEWSLETTER

UNSEALED OUTGOING MAIL

WE HAVE BEEN SEEING SEVERAL OUTGOING ENVELOPES THAT HAVE NOT BEEN SEALED. THE POSTAGE MACHINE DOES NOT SEAL. PLEASE SEAL ENVELOPES BEFORE SENDING SO THAT THE CONTENTS ARE NOT LOST IN TRANSIT.

SORRY FOR REPEATING OURSELVES, BUT...

PLEASE ALLOW EXTRA TIME FOR OUTGOING MAIL. USPS IS STILL VERY INCONSISTENT WITH DELIVERY TIMES. SOME MAIL ARRIVES VERY QUICKLY AND SOME MAIL IS DELAYED FOR UNKNOWN REASONS.

IF YOU HAVE A DEADLINE FOR PAPERWORK, COMPLETE AND SEND IT AS EARLY AS POSSIBLE.

PRIORITY MAIL

WE HAVE SEEN AN INCREASE IN THE USE OF PRIORITY MAIL ENVELOPES. IF YOU ARE STILL UNAWARE, PRIORITY MAIL ENVELOPES HAVE NO WEIGHT LIMIT. IF IT CLOSES, IT SHIPS REGARDLESS OF WEIGHT.

PRIORITY
* MAIL *



FLAT RATE ENVELOPE



REMINDER

HOMEMADE CARDS FROM AICs WITH A PHOTO ADHERED TO CARDSTOCK WILL BE CONFISCATED IF SENT TO ANOTHER AIC OR IF SENT OUTSIDE OF THE INSTITUTION AND RETURNED TO SENDER.



ATTENTION

PLEASE REMIND FRIENDS AND FAMILY THAT THE RETURN ADDRESS MUST BE ON THE FRONT OF THE ENVELOPE COMPLETE WITH NAME.

SENDING MAIL WITH ANOTHER AIC'S NAME AND SID# IS PROHIBITED.

Incoming mail shall have, on the front of the envelope free from obstruction, the sender's name and return address, and shall be addressed to the inmate using his/her court name and SID number. OAR 291-131-0025 (1)

Class announcements - OSP FALL 2022
University of Oregon Prison Education Program
September 26 - December 9th



Note: these are “correspondence” / “packet exchange” courses and **do not meet in person**. This is a difficult format for some people’s learning styles. Informational sheets and academic writing tips will be provided.

The math class (see back of this page) is an in-person class with a very small number of available seats. Students who apply for this class have to also be prepared for the class to be postponed, canceled, or shifted to a remote format if required by Covid restrictions.

All classes are 4 University of Oregon Credits

Prerequisite: DOC clearance and a GED/High School diploma is required. Students must be at OSP.

\$50 to participate (\$75 for graduate students) Payment due Week 5 via check, CD-28, or phone-in with a credit card (instructions will be sent if you are accepted to the class). **Scholarships are available.** Books and readings will be provided free of charge. Some paper and a pen will be provided but students will need to provide their own additional materials. *We cannot provide access to computers.*

Applications are due September 7th The class sizes are limited - not all who apply will be admitted. You may apply to more than one class, with a maximum of two classes per term.

GEOG 410/510 GLOBAL CHANGE: GEOGRAPHY OF HUMANITY / Scott Warren

Taught at both undergraduate and graduate level.

In this course we explore the relationship between nature and culture, and the many ways that humans have modified the earth. Many scientists, writers and other observers have asserted that humankind has “come to rival nature” in our ability to shape the earth and its systems (e.g., human-caused climate change). These observers argue that this ability to change nature and shape natural systems to our liking has ushered in a new era of geological history called the “Anthropocene.” We will interrogate this claim, reflect on its significance and theoretical underpinnings, and develop a better understanding of the drivers and consequences of global change.

GEOG 343/510 POWER, CULTURE, AND PLACE / Sanan Moradi

Taught at both undergraduate and graduate level.

This course is about power, culture and place. These terms are closely entangled with personal and social life. Strangely though, these concepts—and many others related to them—are rarely the subject of conscious reflection. Rather, they commonly seem to lurk in the shadows of the material world and the conscious mind. Inseparable from these concepts is the question of space—its definitions, production, partitions, regulations, in/access, etc. Taking a geographic approach, this course aims to shed light on these concepts, how they shape and are shaped by space, and how they impact personal and collective life. The goal is for the students to engage with concepts and theories in contemporary cultural geography and make connections with their own personal experiences.

We welcome students of all diverse identities including age, race, religion, LGBTQIA+ identity, gender, citizenship status, first-time college students, and all others.

Class announcements - OSP FALL 2022
University of Oregon Prison Education Program
September 26 - December 9th



(In person - Wednesday afternoons)

MATH 111 UNIVERSITY MATH III /Craig Tingey

Study of functions including graphs, operations and inverses. Includes polynomial, rational, exponential, logarithmic functions and their applications, and systems of equations. Prerequisite: Passing grade for Math 105, 106, 107, or other college-level math. On your application please note if you have taken one of these or other college-level math classes.

Please note also that this class is being offered in person. The course might be interrupted or postponed due to Covid, and is restricted in enrollment.

In-person classes have additional requirements for participation:

- NCI level 2 or 3
- Must have been at current institution for at least 6 months
- Must be able to access the education floor
- Must have 6 months clear conduct
- Must have NO history of compromising staff in the past 10 years

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Class announcements - OSP FALL 2022
University of Oregon Prison Education Program
September 26 - December 9th



University of Oregon Summer 2022 Class Application – Due September 7th
(PLEASE NOTE: THE ADDRESS FOR THE DOC EDUCATION OFFICE HAS CHANGED – SEE BELOW)

Name: _____ SID number: _____ Current Location: _____

Do you have a GED/high school diploma? _____

Have you taken college classes before (inside or 'on the streets')? If so, where? _____

(note: previous college experience is **not** required)

If you are applying for a graduate-level class, please indicate where you completed your Bachelor's Degree. _____

Which class/classes are you interested in? _____

On a separate sheet of paper, please answer the following two questions:

1. Why are you interested in college classes in general? (200 words or less)
2. Please write a short essay (200 - 400 words) explaining why you are interested in studying the specific topic in the class/classes. If you are applying to multiple classes, please complete one short essay for each.

If accepted to the class, I commit to taking it and completing the work (except for emergencies) _____ (Initial)

I acknowledge this is a "packets" class and will not meet in person _____ (Initial) AND/OR I acknowledge that the in-person class might be changed, interrupted, or canceled due to covid restrictions. _____ (Initial)

If you are not admitted to your first choice and there are open spots in another class, do you want to be added to the other class? _____ (Yes/No) Are you applying for a scholarship? (Separate application attached) _____ (Yes/ No)

Please sign to indicate your application is correct to the best of your knowledge:

Note: Unfortunately, not all those who apply will be accepted. You will be notified whether you are accepted to the class. **DO NOT send payment with your application** - this will cause administrative problems and *will not* improve your chances of being admitted to the class. Acceptance decisions are made first by establishing the pool of candidates who meet minimum qualifications, then those whose application essays are well-written and best express student interest in the subject. If there are more qualified candidates than there are available spots in the class, student names will be selected at random.

Send application **either** by:

Kyte to: Ms. Janet Norton DOC - Education and Training Office 3723 Fairview Industrial Dr. SE Suite 200 Salem, Oregon 97302-4975	USPS to: Katie Dwyer Prison Education Program 1251 University of Oregon Eugene, OR 97403-1251
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We welcome students of all diverse identities including age, race, religion, LGBTQIA+ identity, gender, citizenship status, first-time college students, and all others.

PRISON EDUCATION PROGRAM

UNIVERSITY OF OREGON



Inside Student Scholarship Announcement FALL 2022

The University of Oregon's Prison Education Program (PEP) is announcing scholarship funds for inside students. A scholarship will cover one **UO PEP class**. *Receiving a scholarship does not guarantee admission to a class.*

Please submit your scholarship application along with your PEP class application by **September 7th**. Attach additional paper as needed. ***Send the scholarship application with the class application form.***

Name: _____ SID: _____

Please write a short statement (20-150 words) about how this scholarship will help you to pursue your educational (or other) goals. If financial need is a motivation for you, please include that information.

(REQUIRED) Short Essay:

What is something you wish everyone knew about people "like you"?

Some past students have chosen "like you" to mean where they were born, being incarcerated, previous careers, etc. as well as race, gender, age, religion, LGBTQ+ identity, etc. Choose **just one part of your identity** for this prompt.

Please write a 300-500 word response. Attach additional paper as needed.

Scholarships are awarded on the basis of merit in the responses to both the short statement and the short essay. Award letters are sent at the same time as class acceptance letters.

We welcome students of all diverse identities including age, race, religion, LGBTQIA+ identity, gender, citizenship status, first-time college students, and all others.

OSP CALORIE MENU WEEK 1: September 12 2022 THROUGH September 18 2022

Monday 9/12/22	Tuesday 9/13/22	Wednesday 9/14/22	Thursday 9/15/22	Friday 9/16/22	Saturday 9/17/22	Sunday 9/18/22
<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"/> Veggie Scramble - 4 oz (108) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <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)	<input type="checkbox"/> Beef Hash - 8 oz (187) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input type="checkbox"/> Ketchup - 0.5 oz (17) <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) Meat Sub: Plain Potatoes - 6 oz (165)	<input 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 type="checkbox"/> French Toast - 3 sl (793) <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <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 type="checkbox"/> Poultry Sausage Patty & Eggs <input type="checkbox"/> Poultry Sausage Pattie - 2 oz (172) <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 type="checkbox"/> Coffee Cake - 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 type="checkbox"/> 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"/> Green Beans - 6 oz (56) <input 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 type="checkbox"/> Chicken over Lettuce Salad <input checked="" type="checkbox"/> Lentil Soup - 10 fl oz (144) <input checked="" type="checkbox"/> Grilled Chicken - 3 oz (153) <input checked="" type="checkbox"/> Lettuce - 10 oz bowl (12) <input checked="" type="checkbox"/> Onions - 1 oz (11) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input type="checkbox"/> 1000 Island Dressing - 2 oz (204) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <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 type="checkbox"/> Egg Salad Sandwich <input type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Hard Boiled Egg - 2 ea (140) <input type="checkbox"/> Shredded Lettuce - 2 oz (3) <input type="checkbox"/> Mayonnaise - 1 oz (100) <input type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (230) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input type="checkbox"/> Pretzels - 1 bag (100) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	<input type="checkbox"/> 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"/> Cauliflower - 6 oz (32) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	<input type="checkbox"/> Tuna Salad Sandwich <input type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Tuna Salad - 4 oz (150) <input 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 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"/> BBQ Pulled Pork Sandwich <input type="checkbox"/> Coleslaw - 6 oz (134) <input checked="" type="checkbox"/> X @ BBQ Pork - 4 oz (193) <input checked="" type="checkbox"/> Hoagie - 1 ea <input type="checkbox"/> Mac & Cheese - 6 oz (242) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	<input type="checkbox"/> Baked Chicken Quarter - 1 ea <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> French Dressing - 1 oz (102) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input type="checkbox"/> Chicken Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Peas - 6 oz (92) <input checked="" type="checkbox"/> Wheat Dinner Roll - 1 ea (154) <input type="checkbox"/> Margarine - 0.5 oz (80) <input type="checkbox"/> Ice Cream - 1 ea (80) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)
<input type="checkbox"/> Ham & Bean Stew - 10 fl oz (306) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Russian Dressing - 1 oz (102) <input checked="" type="checkbox"/> Brown Rice - 6 oz (167) <input checked="" type="checkbox"/> Peas - 6 oz (92) <input checked="" type="checkbox"/> Bread Stick - 1 ea (94) Tea - s/s (0)	<input type="checkbox"/> Meat Loaf - 5 oz (216) <input type="checkbox"/> Beet Salad - 6 oz (111) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input type="checkbox"/> Beef Gravy - 2 fl oz (46) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> Dinner Roll - 1 ea (308) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Pudding - 4 oz (91) Tea - s/s (0)	<input type="checkbox"/> Ranch Style Chili - 10 fl oz (291) <input type="checkbox"/> Cabbage Salad - 6 oz (148) <input checked="" type="checkbox"/> Baked Potato - 1 ea (168) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input type="checkbox"/> Cornbread - 1 ea (211) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s (0)	<input type="checkbox"/> Pizza - Salami - 1 slc (433) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Ranch Dressing - 1 oz (102) <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <input checked="" type="checkbox"/> Mango Bar - 1 ea (284) Tea - s/s (0)	<input type="checkbox"/> Chicken Pot Pie - 6 oz (221) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Basil Dressing - 1 oz (102) <input type="checkbox"/> Biscuits (large) - 2 ea (592) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input type="checkbox"/> Lemon Bar - 1 svg Tea - s/s (0)	<input type="checkbox"/> Turkey a La King - 6 oz (152) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Creamy Honey Mustard - 1 oz (102) <input checked="" type="checkbox"/> White Rice - 6 oz (169) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input checked="" type="checkbox"/> Wheat Bread - 2 sl (164) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s (0)	<input type="checkbox"/> Bean Burritos <input type="checkbox"/> Texas Slaw - 6 oz (117) <input checked="" type="checkbox"/> Seasoned Beans - 6 oz (153) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input checked="" type="checkbox"/> Spanish Rice - 6 oz (130) <input checked="" type="checkbox"/> Wheat Tortillas - 2 ea (314) <input checked="" type="checkbox"/> Salsa - 2 oz (26) <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/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.

