



# ADMINISTRATION

## Scheduling Visits Through IC Solutions

Late arrivals: Effective December 11, 2022, late arrivals will no longer be reserved. Utilizing IC Solutions to schedule a visit has been a great tool for friends and family to make sure they are able to visit at a reserved time. As we are moving away from the days of Covid, more loved ones are coming back into the institution. It is imperative when making a reservation to arrive at the time scheduled. For example, if an appointment is made at 12:15 pm but the visitor does not arrive until 1:15 pm, that is an entire hour that someone else was not able to visit. Moving forward, visitors will need to check in no later than 15 minutes after their appointment time. If a visitor has not arrived within that time frame, the space will be opened for walk-ins. The visiting desk will process those with scheduled appointments first. This will go into effect December 11, 2022.

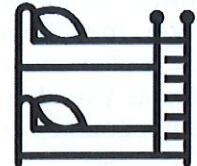
Children Visits: Effective now through January 8, 2023, only one child will have points deducted. Only one child per visit, 17 and under, will be deducted visiting points per session. This is a pilot that will run until January 8, 2023.

Homework: Effective December 11, 2022, bringing homework into visiting room will be allowed. Children ages 17 and under will be allowed to bring in their homework when they visit. Homework will be limited to five (5) worksheets/pages. Textbooks are not authorized. Pencils are available in the visiting room. All items will be searched by staff and must be declared at the visiting desk. All pages entering the visiting room will be accounted for and must exit at the conclusion of visiting. This will go into effect December 11, 2022.

/s/ C. Lenex, Correctional Rehabilitation Manager



# SECURITY



## D-Block Blanket Exchange

Attention D-Block dwellers:

D-Block blanket exchange will start Thursday, December 1, 2022, ending on Friday, December 30, 2022, and will go as follows:

For those AICs with jobs, blankets can be exchanged during scheduled shower times only, and for 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

## Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by dialing 9 from any AIC phone.

### Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Office of Constituent Services  
900 Court Street NE, Suite 254  
Salem, Oregon 97301



Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

### Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

#### Role of an Advocate:

- ⌘ Provide confidential support and crisis intervention
- ⌘ Inform you about the investigation and medical examination process
- ⌘ Educate you about healing from sexual abuse
- ⌘ Offer resources and referrals

#### Advocates will:

- ⌘ Not tell you what to do
- ⌘ Not communicate with the institution unless you request them to do so and sign a release
- ⌘ Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information. DOC is committed to providing AICs with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters  
3325 Wilshire Blvd., Suite 340  
Los Angeles, CA 90010

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator  
Oregon Department of Corrections  
2575 Center St. NE  
Salem, Oregon 97301



través del sistema de quejas, llamando a la línea directa de PREA marcando 9 desde cualquier teléfono de AIC.

#### Presentación de un informe prea anónimo

Si se siente incómodo al presentar una acusación de PREA, puede presentar un informe anónimo ante una agencia externa.

Puede escribir a:

Oficina del Gobernador de Servicios Constituyentes  
900 Court Street NE, Suite 254  
Salem, Oregon 97301

Indique al principio de su carta que está presentando una denuncia de PREA y que está solicitando permanecer en el anonimato. La Oficina del Gobernador remitirá todas las acusaciones anónimas al Coordinador de DOC PREA para garantizar que se complete una investigación basada en la información que se proporciona.

Programa de Defensa (Apoyo) de PREA Basado en la Comunidad

ODOC se ha asociado con defensores confidenciales y basados en la comunidad de víctimas de abuso sexual para proporcionar servicios a AICs.

Los AICen ODOC que han experimentado abuso sexual pueden comunicarse con un defensor basado en la comunidad marcando los sistemas telefónicos 711 AIC , o pueden solicitar una llamada privada a través del Gerente de Cumplimiento de PREA en la instalación. Los defensores brindan a las víctimas de abuso sexual información sobre sus opciones, recursos, información y apoyo emocional. No hay cargo por llamadas a defensores.

#### Papel de un defensor:

- ⌘ Proporcionar apoyo confidencial e intervención en crisis
- ⌘ Informarle sobre el proceso de investigación y examen médico
- ⌘ Educarlo sobre la curación del abuso sexual
- ⌘ Ofrecer recursos y referencias

#### Los defensores:

- ⌘ No te digo qué hacer
- ⌘ No comunicarse con la institución a menos que usted solicite que lo hagan y firmen una liberación
- ⌘ No proporcionar asesoramiento legal

Los centros de defensa basados en la comunidad brindan apoyo contra el abuso sexual a personas de todos los géneros. Los defensores basados en la comunidad no informarán a menos que usted les solicite que lo hagan y si usted firma una divulgación de información.

### **Ley de Eliminación de la Violación en Prisión (Información PREA)**

El Departamento de Correcciones de Oregon (ODOC) tiene una política de tolerancia cero para el abuso sexual, el acoso sexual y las represalias por denunciar un incidente. Puede informar en persona a cualquier personal, a través de una comunicación de AIC , a

El DOC se compromete a proporcionar a los reclusos vías para buscar ayuda. A continuación se presentan recursos adicionales:

Sede internacional de Just Detention  
3325 Wilshire Blvd., Suite 340  
Los Ángeles, CA 90010



La línea de crisis de defensa basada en la comunidad es para personas que necesitan asistencia para hacer frente a problemas relacionados con el abuso sexual y no debe usarse para otros fines.

Las llamadas telefónicas y el correo con centros de defensa basados en la comunidad se consideran una comunicación privilegiada y se manejarán de manera similar a las llamadas legales / correo oficial.

Si tiene alguna otra pregunta con respecto a PREA, puede preguntarle a cualquier miembro del personal, escribir al Gerente de Cumplimiento de PREA en su institución, o puede escribir:

E. Sage, Coordinador de TOO  
Departamento de Correcciones de Oregón  
2575 Centro St.NE  
97301, Salem, Oregón

/s/ B. Gaither, Group Living Captain

## GROUP LIVING Q. A.

### Prison Rape Elimination Act Questions and Answers

Here are the most asked questions when it comes to PREA:

- How can I report a PREA allegation?  
Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, AIC communication and by third party.
- If I use the PREA hotline or advocacy hotline are my calls confidential?  
Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a victim advocate, the phone system will not record the conversation or log that number was called.
- What is the buzzer sound I hear in all the housing blocks, units, and infirmary?  
Answer: That buzzer sound is to make sure all AICs are aware that a staff member of the opposite gender has entered the area.
- Is there a resource outside of the institution I can talk to about PREA confidentially?  
Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7.

The role of the advocate is to

- Amplify the victim voice
- Redirect victim blaming
- Provide emotional support
- Explain options for reporting
- Help victims process decision (not guide, recommend, or suggest what is right)
- Provide resources and referrals
- Sit through forensic exam/investigatory interview if desired by the victim
- Support family and friends of the victim

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.

/s/ B. Gaither, Group Living Captain

## COMMISSARY



### Commissary News, Updates, and Reminders

Commissary has a limited inventory of right-handed and left-handed guitars available for immediate purchase. As you know, it has been difficult to get guitars from the manufacturer, so place your orders soon as these will go quick.



Happy Holidays.

/s/ A. Nelson, DOC Distribution Services

## HEALTH SERVICES



### Five Tips on Enjoying Food During the Holiday Season taken from the American Diabetic Association

Want to enjoy the holidays and the food and still stay healthy? Planning ahead is important, especially if you have diabetes. The five tips below can help guide you through your next holiday event:

- Focus on friends, family and activities instead of food. Remember, the holidays are a time to slow down and remember what we are thankful for. Participate in activities being held through the institution, and spend time outdoors enjoying the weather.

2. **Holiday Food.** Eat slowly, and really enjoy the foods that you may only have once a year. If the meal will be served near your usual meal time, try to eat the same amount of carbohydrate that you normally would for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course. Make sure your portions are reasonable and resist second helpings.
3. **Eat before you eat.** Do not skip meals or snacks earlier in the day to "save" calories and carbs for the large holiday feast. If you skip meals, it will be harder to keep your blood glucose in control. Also, if you arrive hungry, you will be more likely to overeat.
4. **Stay active.** One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Plan time into each day for exercise and do not break your routine. Make the holidays an active time.
  - o Off from work or programing? Use this extra time to do some physical activity.
  - o Complete cell exercises after eating a holiday dinner.
5. **If you overindulge, get back on track.** If you eat more carbs or food than you planned for, do not think you have failed. Stop eating for the night and focus on spending the rest of your time reading, visiting with friends, or enjoying a hobby. Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits the next day.

/s/ Carrie Coffey, Medical Services Manager

**Preventative Health Care Screening**

DOC Medical Services is interested in partnering with you to promote healthy behaviors and ensure you are as healthy as possible. If you are interested in discussing your health risk factors and ways you can maintain and improve your health, please send an AIC Health Communication to Medical Services and request a "preventative health care screening" appointment.

Los Servicios de Salud del Departamento de Correccionales esta interesado en asociarse con usted para promover comportamientos saludables y garantizar que este lo mas saludable posible. Si esta interesado en hablar sobre los factores de riesgo de su salud y las formas en que puede mantener y mejorar su salud, envíe una Comunicacion de Salud Medica No-Urgente a Los Servicios de Salud y solicita una "cita de evaluacion de atencion medical preventiva."

/s/ Katherine A. Ross, Nurse Manager



**COUNSELING SERVICES**

**Clemency Denial Support Group**

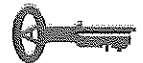


OSP is offering a voluntary group for AICs who have received clemency denials and are seeking a supportive space for discussion and improving their ability to manage the associated emotions of being denied. Topics will include navigating feelings of grief and loss, radical acceptance, and distress tolerance. The group will be offered Tuesdays from 1:00 pm to 3:00 pm on the CSF floor. Interested AICs should send an AIC communication form to Counselor J. Letourneau to be placed on callout.

/s/ J. Letourneau, Correctional Counselor

**JOB ANNOUNCEMENTS**

**Physical Plant Lock Shop Position**



The Physical Plant Lock Shop has a current opening for an AIC General Maintenance Locksmith.

Applicants must be Level 3 and have at least six months clear conduct. The ideal candidate will have the ability to disassemble faulty mechanisms using hand tools and power tools, replace defective or worn parts, clean and lubricate parts, reassemble, and test devices without repeated step-by-step instructions, be able to reach overhead, lift 50 pounds on a semi-regular basis, and climb stairs daily.

Work will include, but not be limited to, basic maintenance and repair work in a variety of skilled trades as well as general facility maintenance and repair. The selected applicant will be required to have dependable and predictable attendance, work well with others, and take direction from the staff supervisor(s). The position earns 13 PRAS points multiplied by the number of days worked each month.

Please sent a completed application to A. Miller, Physical Plant Lock Shop.

/s/ A/ Miller, Lock Shop

**Physical Plant Electronics Shop Position**



The Electronics Shop is accepting applications for AICs interested in a career as a low voltage electrician.

This position will give someone an opportunity to go through an apprenticeship program, learn a trade, and earn a LEB Electrical License, giving you the skills and license to succeed outside with a good-paying job when released.

Applicants should have good math skills, the ability to learn to use a variety of hand and power tools, have a good work ethic, and a drive to learn. Applicants will be

subject to a written test and a dexterity test to assess their skills and will have random drug screens to ensure the safety of the shop.

Send applications and resume to Palmer/Schaeffer Physical Plant Electronics Shop. Good Luck!

/s/ S. Palmer, Electronics Shop



**Physical Plant Office Assistant Position**

The Physical Plant Office has a rare job opening for a fulltime Outdoor/In-Office Assistant! Qualified candidates will have a willingness to learn and perform outdoor custodial tasks in all types of weather, indoor office and building janitorial duties, and the desire to learn/apply office-related skills in support of the Physical Plant Office Staff. The successful applicant will demonstrate an eagerness to accept and meet challenges, the ability to work with a wide variety of personalities, and a proven ability to maintain regular attendance.

Your completed job application form and an accompanying cover letter must be received in the Physical Plant Office on or before December 21, 2022 for interview consideration. Please send your materials to: Physical Plant Office/Attention Karla Shuholm.

/s/ J. Ellertson, Physical Plant Manager



**A Point to Ponder**

*“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”*

*~ Maya Angelou*

**RELIGIOUS SERVICES**

Weekly Chapel Schedule

**Saturday, December 17**

- 8:00 am LDS  
Sweat Lodge  
JW
- 1:00 pm Jewish  
SDA
- 2:00 pm Meditation/silent prayer
- 6:00 pm Calvary Chapel

**Sunday, December 18**

- 8:00 am Spanish protestant  
Spanish JW
- 1:00 pm Lutheran (1<sup>st</sup>/3<sup>rd</sup>/5<sup>th</sup> Sundays)  
Urantia Study (1<sup>st</sup>/3<sup>rd</sup> Sundays)
- 2:00 pm Meditation/silent prayer
- 6:00 pm Catholic

**Monday, December 19**

- 2:00 pm Meditation/silent prayer

**Tuesday, December 20**

- 1:00 pm Agape  
Orthodox Christianity (2<sup>nd</sup>/4<sup>th</sup> Tuesdays)
- 2:00 pm Meditation group
- 6:00 pm Buddhist (1<sup>st</sup>/3<sup>rd</sup> Tuesdays)

**Wednesday, December 21**

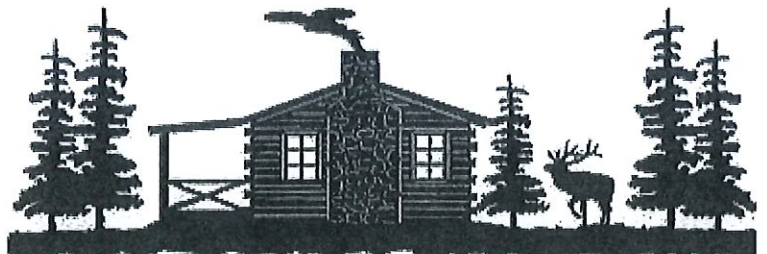
- 2:00 pm Meditation/silent prayer

**Thursday, December 22**

- 1:00 pm TUMI
- 2:00 pm Meditation silent prayer

**Friday, December 23**

- 1:00 pm Nation of Islam  
Sunni Jumma prayer
- 2:00 pm Meditation





# OREGON DEPARTMENT OF CORRECTIONS

## COVID-19 NEWSLETTER – NOTICE #151

### COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of December 6, 2022, DOC statewide has:

- 21 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 | 2,060          | 2,050      |                |        |
| AICs      | 6,093          | 5,843      | 25,538         | 52     |



# OREGON DEPARTMENT OF CORRECTIONS

## COVID - 19 BOLETÍN DE NOTICIAS - AVISO #151

### COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 6 el, diciembre el departamento en todo el estado tiene:

- 21 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 | 2,060             | 2,050          |                   |         |
| Presos   | 6,093             | 5,843          | 25,538            | 52      |

# 2023 CALENDAR

# Holidays

## January

| week | Su | Mo | Tu | We | Th | Fr | Sa  |
|------|----|----|----|----|----|----|-----|
| 1    |    | 1  | 2  | 3  | 4  | 5  | 6 7 |
| 2    | 8  | 9  | 10 | 11 | 12 | 13 | 14  |
| 3    | 15 | 16 | 17 | 18 | 19 | 20 | 21  |
| 4    | 22 | 23 | 24 | 25 | 26 | 27 | 28  |
| 5    | 29 | 30 | 31 |    |    |    |     |

## February

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 5    |    |    | 1  | 2  | 3  | 4  |    |
| 6    | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 7    | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 8    | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 9    | 26 | 27 | 28 |    |    |    |    |

## March

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 9    |    |    | 1  | 2  | 3  | 4  |    |
| 10   | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 11   | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 12   | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 13   | 26 | 27 | 28 | 29 | 30 | 31 |    |

## April

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 13   |    |    |    |    |    | 1  |    |
| 14   | 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 15   | 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16   | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 17   | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 18   | 30 |    |    |    |    |    |    |

## May

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 19   |    | 1  | 2  | 3  | 4  | 5  | 6  |
| 20   | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 21   | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 22   | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 23   | 28 | 29 | 30 | 31 |    |    |    |

## June

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 24   |    |    | 1  | 2  | 3  |    |    |
| 25   | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 26   | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 27   | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 28   | 25 | 26 | 27 | 28 | 29 | 30 |    |

## July

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 26   |    |    | 1  |    |    |    |    |
| 27   | 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 28   | 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 29   | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 30   | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 31   | 30 | 31 |    |    |    |    |    |

## August

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 31   |    | 1  | 2  | 3  | 4  | 5  |    |
| 32   | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 33   | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 34   | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 35   | 27 | 28 | 29 | 30 | 31 |    |    |

## September

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 35   |    |    |    |    |    | 1  | 2  |
| 36   | 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 37   | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 38   | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 39   | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

## October

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 40   | 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 41   | 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 42   | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 43   | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 44   | 29 | 30 | 31 |    |    |    |    |

## November

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 44   |    |    | 1  | 2  | 3  | 4  |    |
| 45   | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 46   | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 47   | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 48   | 26 | 27 | 28 | 29 | 30 |    |    |

## December

| week | Su | Mo | Tu | We | Th | Fr | Sa |
|------|----|----|----|----|----|----|----|
| 48   |    |    |    |    |    | 1  | 2  |
| 49   | 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 50   | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 51   | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 52   | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 1    | 31 |    |    |    |    |    |    |

- Jan 01: New Year's Day
- Jan 16: M L King Day
- Jan 22: Chinese New Year
- Feb 12: Lincoln's Birthday
- Feb 14: Valentines' Day
- Feb 20: Presidents' Day
- Feb 14: Valentines' Day
- Mar 12: Daylight Saving (begin)
- Mar 17: St. Patrick's Day
- Mar 23: Ramadan Begins
- Apr 01: April Fool's Day
- Apr 06: Passover
- Apr 09: Admin Assistants Day
- May 14: Mothers' Day
- May 28: Pentecost
- May 29: Memorial Day
- Jun 14: Fathers' Day
- Jun 21: June Solstice
- Jul 04: Independence Day
- Sep 04: Labor Day
- Sep 16: Rosh Hashanah
- Sep 23: Autumnal equinox
- Oct 09: Columbus Day
- Oct 31: Halloween
- Nov 05: Daylight Saving (End)
- Nov 11: Veterans' Day
- Nov 23: Thanksgiving
- Dec 07: Hanukah begins
- Dec 22: December Solstice
- Dec 25: Christmas Day
- Dec 06: Kwanzaa begins
- Dec:31 New Year's Eve



**Mainline**

|        |                  | Week at a Glance   |  |   |   |   |   |   |
|--------|------------------|--|--|---|---|---|---|---|
|        |                  | Monday 12/19/2022  | Tuesday 12/20/2022   | Wednesday 12/21/2022  | Thursday 12/22/2022   | Friday 12/23/2022   | Saturday 12/24/2022   | Sunday 12/25/2022   |
| Week 5 | <b>BREAKFAST</b> | <b>Pancakes</b><br>Oatmeal - 1.00 CP<br>Canned Fruit - 0.50 CP<br>Hard Boiled Egg (Sfa, Chl) - 1.00 EA<br>Pancakes (Sod, Chl) - 3.00 EA<br>Maple Syrup - 2.00 FLOZ<br>Margarine (Sfa) - 1.00 TBS<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA         | <b>Egg &amp; Cheese Muffin</b><br>Dry Cereal - 1.00 CP<br>Fresh Fruit - 1.00 EA<br>Fried Egg (Sfa, Chl) - 1.00 EA<br>Sliced Cheese (Sfa) - 1.00 SLC<br>English Muffin (Sfa, Chl) - 1.00 EA<br>Fried Potatoes (Sfa) - 0.75 CP<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA | <b>Biscuit w/Sausage Gravy</b><br>Farina - 1.00 CP<br>Canned Fruit - 0.50 CP<br>Sausage Gravy - 0.75 CP<br>Biscuit (Sfa, Sod) - 1.00 EA<br>Hashbrowns (Sfa) - 0.75 CP<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA   | <b>French Toast</b><br>Dry Cereal - 1.00 CP<br>Fresh Fruit - 1.00 EA<br>French Toast (Sod, Chl, Sfa) - 4.00 SLC<br>Maple Syrup - 2.00 FLOZ<br>Margarine (Sfa) - 1.00 TBS<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA  | <b>Vegetable Scramble</b><br>Oatmeal - 1.00 CP<br>Canned Fruit - 0.50 CP<br>Vegetable Scramble (Chl) - 0.50 CP<br>Hashbrowns (Sfa) - 0.75 CP<br>Wheat Toast - 2.00 SLC<br>Margarine (Sfa) - 1.00 TBS<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA                    | <b>Scrambled Eggs &amp; Bacon</b><br>Canned Fruit - 0.50 CP<br>0.33 CP<br>Turkey Bacon (Sfa, Sod, Chl) - 3.00 SLC<br>Fried Potatoes (Sfa) - 0.75 CP<br>Wheat Toast - 2.00 SLC<br>Jelly - 2.00 TBS<br>Margarine (Sfa) - 1.00 TBS<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA | <b>Hot Cereal, Egg &amp; Breakfast Pastry</b><br>Multigrain Hot Cereal - 1.00 CP<br>Fresh Fruit - 1.00 EA<br>Hard Boiled Egg (Sfa, Chl) - 1.00 EA<br>Breakfast Pastry (Sfa, Chl) - 1.00 EA<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA                                  |
|        | <b>LUNCH</b>     | <b>Chicken Fajitas</b><br>Texas Slaw - 0.75 CP<br>Chicken Fajita Mix (Chl) - 0.50 CP<br>Onions & Bell Peppers - 0.50 CP<br>Wheat Tortillas (Sfa, Sod) - 2.00 EA<br>Brown Rice - 0.75 CP<br>Salsa (Sod) - 0.25 CP<br>Fresh Fruit - 1.00 EA<br>Fortified Fruit Drink - 8.00 FLOZ | <b>Tuna Salad Sandwich</b><br>*Soup of the Day (Sod, Chl) - 10.00 FLOZ<br>Tuna Salad (Chl) - 0.50 CP<br>Shredded Lettuce - 0.25 CP<br>Carrots - 0.75 CP<br>Wheat Hoagie Roll - 1.00 EA<br>Chips - 1.00 BAG<br>Fresh Fruit - 1.00 EA<br>Fortified Fruit Drink - 8.00 FLOZ                           | <b>Chef Salad w/Turkey</b><br>Potato Soup - 10.00 FLOZ<br>Chef Salad with Turkey (Chl) - 1.00 SV<br>Hard Boiled Egg (Sfa, Chl) - 1.00 EA<br>Shredded Cheese (Sfa, Chl) - 2.00 TBS<br>SALAD Dressing (Sfa, Sod) - 2.00 FLOZ<br>Blended Vegetables - 0.75 CP<br>Fresh Fruit - 1.00 EA<br>Breadstick - 1.00 EA | <b>Chicken Salad</b><br>Split Pea Soup - 10.00 FLOZ<br>Chicken Salad (Chl) - 0.50 CP<br>Shredded Lettuce - 0.25 CP<br>Wheat Hoagie Roll - 1.00 EA<br>Broccoli - 0.75 CP<br>Chips - 1.00 BAG<br>Onions & Bell Peppers - 0.50 CP<br>Wheat Hoagie Roll - 1.00 EA<br>Fresh Fruit - 1.00 EA<br>Fortified Fruit Drink - 8.00 FLOZ | <b>Philly Cheese Steak Sandwich</b><br>*Soup of the Day (Sod, Chl) - 10.00 FLOZ<br>Philly Beef (Sod, Chl) - 3.00 OZCKD<br>Cheese Sauce (Sfa, Chl) - 2.00 FLOZ<br>Onions & Bell Peppers - 0.50 CP<br>Wheat Hoagie Roll - 1.00 EA<br>Fresh Fruit - 1.00 EA<br>Fortified Fruit Drink - 8.00 FLOZ | <b>Nachos</b><br>Nacho Meat - 0.50 CP<br>Refried Beans - 0.50 CP<br>Cheese Sauce (Sfa, Chl) - 2.00 FLOZ<br>Lettuce Salad - 1.00 CP<br>Salsa (Sod) - 0.25 CP<br>Tortilla Chips - 2.00 OZ<br>Corn - 0.75 CP<br>Fresh Fruit - 1.00 EA<br>Fortified Fruit Drink - 8.00 FLOZ                               | <b>Nachos</b><br>Nacho Meat - 0.50 CP<br>Refried Beans - 0.50 CP<br>Cheese Sauce (Sfa, Chl) - 2.00 FLOZ<br>Lettuce Salad - 1.00 CP<br>Salsa (Sod) - 0.25 CP<br>Tortilla Chips - 2.00 OZ<br>Corn - 0.75 CP<br>Fresh Fruit - 1.00 EA<br>Fortified Fruit Drink - 8.00 FLOZ                           |
| Week 5 | <b>DINNER</b>    | <b>Macaroni &amp; Cheese</b><br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Macaroni & Cheese (Chl, Sfa) - 1.25 CP<br>Green Beans - 0.75 CP<br>Wheat Dinner Roll - 1.00 EA<br>Margarine (Sfa) - 1.00 TBS<br>Tea - 8.00 FLOZ                                       | <b>Sloppy Joe</b><br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Sloppy Joe (Sod, Chl, Sfa) - 0.75 CP<br>Wheat Burger Bun (Sfa, Chl) - 1.00 EA<br>Mashed Potatoes - 0.75 CP<br>Beef Gravy - 2.00 FLOZ<br>Zucchini - 0.75 CP<br>Pudding - 0.50 CP<br>Tea - 8.00 FLOZ                   | <b>Chicken Enchilada Casserole</b><br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Chicken Enchilada Casserole (Chl, Sfa) - 1.00 SV<br>Seasoned Beans - 0.75 CP<br>Tortilla Chips - 1.00 OZ<br>Sour Cream (Sfa, Chl) - 2.00 TBS<br>Tea - 8.00 FLOZ  | <b>Pizza Night</b><br>Lettuce Salad - 1.00 CP<br>Salad Dressing (Sod) - 1.00 FLOZ<br>Vegetable Soup (Sod) - 10.00 FLOZ<br>*Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA<br>Cookie (Sfa, Chl) - 1.00 EA<br>Tea - 8.00 FLOZ   | <b>Loco Moco</b><br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Loco Moco Patty (Chl, Sfa) - 1.00 SV<br>Fried Egg (Sfa, Chl) - 1.00 EA<br>Beef Gravy - 2.00 FLOZ<br>White Rice - 0.75 CP<br>Peas and Carrots - 0.75 CP<br>Pear Crisp (Sfa, Sod) - 0.50 CP<br>Tea - 8.00 FLOZ     | <b>Turkey Noodle Casserole</b><br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Turkey Noodle Casserole (Sod, Chl) - 1.25 CP<br>Blended Vegetables - 0.75 CP<br>Wheat Bread - 2.00 SLC<br>Margarine (Sfa) - 1.00 TBS<br>Tea - 8.00 FLOZ  | <b>Delif Sandwich &amp; Soup of the Day</b><br>Soup of the Day - 10.00 FLOZ<br>*Meat & Cheese Sandwich on Wheat (Sod, Chl) - 1.00 EA<br>Shredded Lettuce - 0.25 CP<br>Mayo & Mustard (Sod) - 2.00 TBS<br>Hot Vegetables - 0.75 CP<br>Chips - 1.00 BAG<br>Fresh Fruit - 1.00 EA<br>Tea - 8.00 FLOZ |

Menu is subject to change without notice. Appropriate food substitutions are approved by a Dietitian.  
\*Items contain or may contain pork. Meat/Alternative Trays are available at lunch and dinner only.

Sod = High Sodium Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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