



ADMINISTRATION



A Letter from the Corrections Ombudsman

In 2022 the Oregon legislature funded an independent Corrections Ombudsman position located in the Governor’s Office. One of the primary purposes of this position is to strengthen procedures and practices which lessen the possibility that objectionable corrections actions will occur.

The Corrections Ombudsman has the power: to investigate, on complaint or on the Ombudsman’s own motion, any action by the Department of Corrections (DOC) or any employee thereof without regard to its finality. However, pursuant to ORS 423.425, the Ombudsman may decide not to investigate complaints that are trivial, frivolous, vexatious, or not made in good faith, as well as those that are too long delayed or could reasonably be expected to be resolved through a different administrative process.

The position is located within the Governor’s Office and is not accountable to and does not report to the DOC in any manner. All communications to the Ombudsman are confidential and no person who files a complaint to the Ombudsman pursuant to ORS 423.400 to 423.450 shall be subject to any penalties, sanctions or restrictions because of such complaint. If any person willfully obstructs or hinders the proper and lawful exercise of the Ombudsman’s powers, or willfully misleads or attempts to mislead the Ombudsman in inquiries under ORS 423.400 to 423.450, a Marion County Circuit Court judge, on application of the Ombudsman, shall compel obedience by proceedings for contempt.

Because the modern version of this position is new, it will take some time to establish the office and build the Ombudsman team. While I am processing and replying to all complaints, please be advised that this is a very slow process. For now, please take the survey below and send an AIC communication form or write a letter with your answers to the address below.

1. How many people on your contact list have tried to get validated with the IC Solutions phone system?

2. How many have been successful so far?
3. What stopped them from getting registered (they have a prepaid phone, cannot get a credit card, system is too complicated, etc.)
4. How long have you been waiting for someone to get validated (example: “I haven’t talked to my partner in six weeks because they can’t get validated.”).
5. What other DOC issues are important to you?

Please send responses by AIC communication form or letter to:

Adrian Wulff
Corrections Ombuds
900 Court Street SE, Suite 254
Salem, OR 08301

Hotline Number: 833-685-0842

/s/ A. Wulff, Corrections Ombuds



Visiting Services Update

The Department of Corrections (DOC) recognizes the importance of family connections during incarceration and we are working to ensure visiting applications are being processed in a timely manner.

Visiting Services remains open and is working hard to process visiting applications for you and your loved ones – including regular caseload maintenance and renewals.

Waiting to submit an application until the last minute could result in a delay. Now is the time to get these submitted.

- Encourage family and friends to submit applications online – the form is available on DOC’s website.
- You may also submit applications directly to Visitor Services using: DOC.Visitors@doc.oregon.gov

All visitors must ensure they are on the adult in custody’s (AIC’s) approved visitors list before scheduling an in-person visit.

While the online system allows for scheduling regardless of visitor status, the visit will be denied at the institution if the visitor is not approved. Check with your incarcerated loved one to ensure your visiting status is up to date.

Please visit DOC's website at: (available 24/7) for the most accurate and up-to-date information on institution visiting: <https://www.oregon.gov/doc>

This website link <https://www.oregon.gov/doc/visiting> takes you directly to the Visiting section with information on:

- Visiting requirements and restrictions.
- A quick visiting checklist – what to bring and what to leave at home or in a facility locker; and
- Anti-drug smuggling information.

The site also has links to the following specifics:

- How to become a visitor
- Visiting guidelines
- Arriving at the facility
- Visiting hours
- Visiting alerts



IMPORTANT NOTE: We are NOT processing any Administrative Review requests at this time. Updates will be shared once Visiting Services reengages with these requests.

El Departamento Correccional (DOC) reconoce la importancia de las conexiones familiares durante el encarcelamiento y estamos trabajando para garantizar que las solicitudes de visitas se procesen de manera oportuna.

La sección de Servicios de visitas del departamento permanece abierta y está trabajando arduamente para procesar las solicitudes de visitas para usted y sus seres queridos - incluido el mantenimiento y las renovaciones de casos regulares.

Esperar para enviar solicitudes hasta que se reanuden las visitas podría resultar en un retraso. Ahora es el momento de enviar las solicitudes.

- Anime a familiares y amigos a enviar solicitudes en línea - el formulario está disponible en el sitio web del DOC.
- También puede enviar solicitudes directamente a Servicios para visitantes usando: DOC.Visitors@doc.oregon.gov

Todos los visitantes deben asegurarse de estar en la lista de visitantes aprobados del adulto bajo custodia (AIC) antes de programar una visita en persona.

Si bien el sistema en línea permite la programación independientemente del estado del visitante, la visita será denegada en la institución si el visitante no es aprobado. Consulte con su ser querido encarcelado para asegurarse de que su estado de visita esté actualizado.

Visite el sitio web del DOC en: (disponible las 24 horas del día, los 7 días de la semana) para obtener la

información más precisa y actualizada sobre las visitas a instituciones: <https://www.oregon.gov/doc>

El enlace de este sitio <https://www.oregon.gov/doc/visiting> lo lleva directamente a la sección de visitas con información sobre:

- Requisitos y restricciones de visita.
- Una lista de verificación de visita rápida: qué llevar y qué dejar en casa o en un casillero de la instalación; y
- Información contra el narcotráfico

El sitio también tiene enlaces a los siguientes detalles:

- Cómo convertirse en un visitante
- Directrices de visita
- Al llegar a las instalaciones
- Horas de visita
- Alertas de visitas



NOTA IMPORTANTE: NO estamos procesando ninguna solicitud de revisión administrativa en este momento. Las actualizaciones se compartirán una vez que Visiting Services vuelva a comprometerse con estas solicitudes.

/s/ S. Lane, OSP Superintendent's Office

Visiting Cancellation

Visiting will be closed on May 9, 2023 for Correctional Employees Appreciation Week (Awards Ceremony).

/s/ S. Lane, OSP Superintendent's Office

COVID-19 Vaccine and Booster Dose Update—April 2023

The COVID-19 virus is still present in our institutions and communities, and vaccines continue to be the safest and most effective way to protect from COVID-19 infection. The Food and Drug Administration (FDA) has released new guidelines on COVID-19 vaccine protocol. Health Services will be compiling a list of individuals who are eligible for a booster dose and will hold vaccination clinics for individuals who meet the criteria as established by the Food and Drug Administration.

If you are not yet vaccinated and would like to be, please contact Health Services. If you do not wish to be vaccinated, or receive boosters, you can opt-out.

What you need to know:

- At this stage of the pandemic, the FDA is simplifying the use of the authorized single mRNA bivalent COVID-19 vaccines (the monovalent mRNA vaccines are no longer being used).
- Most unvaccinated individuals may receive a single dose of a bivalent vaccine, rather than



multiple doses of the original monovalent mRNA vaccines.

- Most individuals who have already received a single dose of the bivalent vaccine are not currently eligible for another dose.
- Individuals 65 years of age and older who have received a single dose of a bivalent vaccine may receive one additional dose at least four months following their initial bivalent dose.
- Most individuals with certain kinds of immunocompromise who have received a bivalent COVID-19 vaccine may receive a single additional dose of a bivalent COVID-19 vaccine at least 2 months following a dose of a bivalent COVID-19 vaccine.
- Health Services is compiling a list of individuals eligible for a second dose.

If you have questions, please contact Health Services.

Actualización de Dosis de Refuerzo y Vacuna COVID-19: Abril de 2023

El virus COVID-19 todavía está presente en nuestras instituciones y comunidades, y las vacunas continúan siendo la forma más segura y efectiva de protegerse de la infección por COVID-19. La Administración de Alimentos y Medicamentos (FDA) ha publicado nuevas pautas sobre el protocolo de la vacuna COVID-19. Los Servicios de Salud (Health Services) compilarán una lista de personas que son elegibles para una dosis de refuerzo y realizarán clínicas de vacunación para las personas que cumplan con los criterios establecidos por la Administración de Alimentos y Medicamentos.

Si aún no está vacunado y le gustaría estarlo, comuníquese con los Servicios de Salud. Si no desea ser vacunado o recibir refuerzos, puede optar por no hacerlo.

Lo que necesitas saber:



- En esta etapa de la pandemia, la FDA está simplificando el uso de las vacunas COVID-19 bivalentes de ARNm único autorizadas (las vacunas de ARNm monovalente ya no se usan).
- La mayoría de las personas no vacunadas pueden recibir una dosis única de una vacuna bivalente, en lugar de dosis múltiples de las vacunas de ARNm monovalentes originales.
- La mayoría de las personas que ya recibieron una dosis única de la vacuna bivalente actualmente no son elegibles para otra dosis.
- Las personas mayores de 65 años que hayan recibido una dosis única de una vacuna bivalente pueden recibir una dosis adicional al menos cuatro meses después de la dosis bivalente inicial.

- La mayoría de las personas con ciertos tipos de inmunodepresión que han recibido una vacuna bivalente contra el COVID-19 pueden recibir una sola dosis adicional de una vacuna bivalente contra el COVID-19 al menos 2 meses después de una dosis de una vacuna bivalente contra el COVID-19.
- Servicios de Salud está compilando una lista de personas elegibles para una segunda dosis.

Si tiene preguntas, comuníquese con los Servicios de Salud.

/s/ S. Lane, OSP Superintendent's Office

Staff Change News **IMPORTANT NOTICE**

Beginning April 24, 2023, all grievance and discrimination complaints and ADA concerns should be routed to Josh Lawson. Thank you.

/s/ S. Lane, OSP Superintendent's Office

GENERAL SERVICES 

May is National Physical Fitness Month

According to the CDC Physical Activity Guidelines for Americans, each week adults need:

- Moderate-intensity aerobic activity for 150 minutes every week (for example, 30 minutes a day, 5 days a week)
- Muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class – these types of activities and more count as aerobic. As long as you are doing physical activities at a moderate- or vigorous-intensity, they count toward meeting the aerobic guideline.

Intensity is how hard your body is working during a physical activity.

Moderate-intensity aerobic physical activity means you are working hard enough to raise your heart rate and break a sweat. One way to tell if it is a moderate-intensity aerobic activity is that you will be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast or hiking
- Riding a bike
- Pushing a lawn mower



Vigorous-intensity aerobic activity means you are breathing hard and fast, and your heart rate has gone up quite a bit. Use the talk test for the intensity of your aerobic physical activity. If you are being active at a vigorous level, you will not be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Running
- Swimming laps
- Playing basketball



Build Up Over Time

If you want to do more vigorous-level activities, slowly replace those that take moderate effort like fast walking with more vigorous activities like running. You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two, each week.

If you have not been very active lately, however, increase your physical activity slowly. If you have a history of a chronic disease, consider telling your doctor you are planning to increase your physical activity, including moving to more vigorous activity. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones.

Muscle-strengthening Activities

Physical activities to strengthen your muscles are recommended at least two days a week. Activities should work all the major muscle groups of your body—legs, hips, back, chest, abdomen, shoulders, and arms. Muscle-strengthening activities should be done in addition to your aerobic activity.

To gain health benefits, you need to do muscle-strengthening activities to the point where it is hard for you to do another repetition without help.

A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8-12 repetitions per activity, which counts as 1 set. Try to do at least one set of muscle-strengthening activities. To gain even more benefits, do two or three sets.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity—whatever works best for you. There are many ways you can strengthen your muscles, whether it is at home or the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (e.g., push-ups, sit-ups)
- Heavy gardening or landscaping (e.g., digging, shoveling)
- Some forms of yoga

/s/ E. Guevara, DOC Dietitian

Dish TV Changes



Recently, Dish TV had some changes to their programming. In that process, we have lost around 40 music stations. Currently, there is a very limited selection of music genre and variety.

I contacted our provider and just received the following response as of April 14, 2023: The Ultimate goal of these recent changes is to move content off of the 129-orbital slot. I confirmed that the music swap to 129 is temporary and should be moved back potentially next week. We have begun migrating core channels as of last week, and this will continue through June.

Thank you for your patience and understanding in these trying times.

/s/ S. Palmer, Physical Plant Electronics Shop

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

GROUP LIVING



AIC Property Compliance Mandate--Excess Legal Property

The Deputy State Fire Marshal mandates that the Department of Corrections (DOC) is compliant with the rules for adults in custody (AIC) property in all housing units. Which means DOC must limit the amount of AIC personal property in accordance with Oregon Fire Code.

We are now ready to begin the task of coming into compliance on AIC legal property.

AICs are limited to two totes of legal property in their cell. Each AIC is authorized to possess in his/her living quarters, and in the facility law library, legal material in or directly pertaining to his/her own pending and active case(s)/lawsuit(s) before the courts or paroling authorities. The authorized legal material shall not exceed the capacity of storage container(s) designated by the functional unit manager/designee for storage of AIC personal property. Excess legal property shall be stored in compliance with OAR 291-117-0100. If you have legal property for more than two totes, you will be required to purchase a tote via Canteen. Once you have the tote, you will need to follow the following steps:

- Complete an Excess Authorized Legal Materials Inventory List (CD1242a)
- Submit a Law Library Request form, seeking to store excess legal material
- The Law Library will schedule time for you to bring your tote and inventory list
- Law Library Staff will conduct a cursory review of your items to insure those items in the tote match items listed on the CD1242a
- Your tote of excess legal materials will then be securely stored. You may access it by submitting a Library Request form.

NOTE: Legal totes prohibit storage of the following:

- Non-legal material
- Case Law
- Legal textbooks or books
- Multiple copies of legal material

If you are indigent and need a legal tote, please contact the Law Library.

On April 27, 2023, Security and Library Staff will work with AICs housed on unit A3 and progressively through each housing unit, to ensure that legal totes are sold to AICs who have excess legal property, who have not yet procured one from Canteen. A reconciliation of excess legal totes will occur that day and be placed in secure

storage. A schedule for the cleanup date of subsequent housing units will be issued later.

/s/ C. Porter, Group Living Captain

HEALTH SERVICES



Allergic Rhinitis

Allergic rhinitis develops when the body's immune system recognizes and overreacts to the environment.

Seasonal: Symptoms of seasonal rhinitis can occur in spring, summer, and early fall. They are usually caused by allergic sensitivity to airborne mold spores or to pollens from trees, grass, and weeds.

Symptoms

- Runny nose
- Itchy eyes, mouth or skin
- Sneezing
- Stuffy nose due to blockage or congestion
- Fatigue (often reported due to poor quality sleep as a result of nasal obstruction)

Triggers

- Outdoor allergens, such as pollens from trees, grass, weeds, and mold spores
- Indoor allergens, such as pet hair or dander, dust mites and mold
- Irritants, such as cigarette smoke, perfume, and diesel exhaust

People with allergic rhinitis generally experience symptoms after breathing in an allergy-causing substance such as pollen or dust. In the spring, the most common triggers are tree and grass pollen. In the fall, a common allergen is ragweed or other weed pollens or outdoor mold. When a sensitive person inhales an allergen, the body's immune system may react causing symptoms.

Treatment

Antihistamines are commonly used to treat allergic rhinitis. These medications counter the effects of histamines, the irritating chemical released within your body when an allergic reaction takes place. Antihistamines help relieve nasal allergy symptoms such as

- Sneezing and an itchy runny nose
- Eye itching, burning, tearing and redness
- Itchy skin, hives and eczema

Antihistamines are available on Canteen and can help reduce the symptoms of allergic rhinitis.

/s/ C. Coffey, Medical Services Manager:



RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, May 6

8:00 am LDS
Sweat Lodge/Smudge
Jehovah's Witness

1:00 pm Jewish Service
Seventh Day Adventist

6:00 pm Calvary Chapel



Sunday, May 7

8:00 am Spanish Protestant
Spanish Jehovah's Witness

1:00 pm Catholic
Urantia Study

6:00 pm Lutheran



Tuesday, May 9

1:00 pm Agape
Orthodox

6:00 pm United Pentecostal Church

Wednesday, May 10

1:00 pm Restorative Justice

6:00 pm The Most Excellent Way



Thursday, May 11

1:00 pm TUMI

6:00 pm Gospel Worship

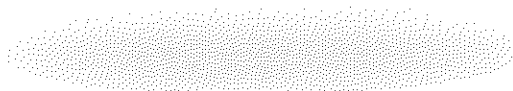
Friday, May 12

1:00 pm Nation of Islam Prayer
Sunni Jumma Prayer

A Point to Ponder

*"Growth means change
and change involves
risk, stepping from the
known to the unknown."*

~ George Shinn



HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called "hazardous medicines."

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.

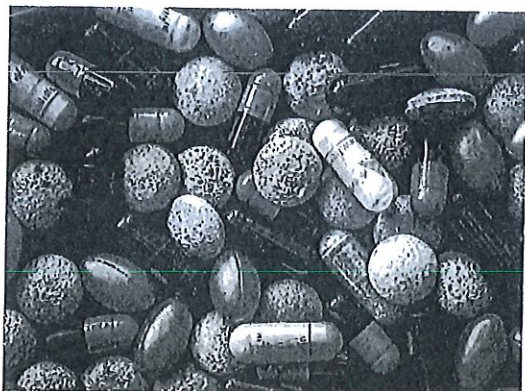


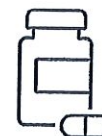
Photo by Raimond Klavins, Unsplash

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.

SERVICIOS DE SALUD



MEDICINA PELIGROSA

Servicios de Salud desea informarle de los cambios que estamos haciendo a la forma en que proporcionamos ciertos medicamentos.

Algunos medicamentos necesitan manejo porque pueden dañar a la persona que los da.

Estos se llaman "peligrosos medicinas".

Los estudios han encontrado que el personal de atención médica que está expuesto a estos medicamentos puede tener efectos secundarios.

El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.

QUE ESPERAR

Es posible que vea al personal de atención médica usando guantes, batas o máscaras faciales. Esto es para ayudar a limitar su Contacto con medicamentos peligrosos.

Algunos miembros del personal pueden usar más prendas protectoras que otros. Esto podría deberse al tipo de medicamentos que están manejando o cómo lo están dispensando. No todos los medicamentos peligrosos llevan lo mismo riesgo. ¡También podría ser su preferencia personal!

Si está tomando un medicamento peligroso, ya no podrá guardarlo en su celda. Esto es para ayudar a limitar la exposición a los demás, no porque haya hecho algo malo.



P: ¿ES SEGURO PARA MÍ TOMAR UN MEDICAMENTO PELIGROSO?

R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona que tiene cáncer. Pero, debido a que es tan fuerte, también puede lastimar al personal de atención médica que lo manipula. ¡Al usar prendas protectoras, el personal puede asegurarse de que estén lo suficientemente saludables como para seguir cuidando a sus pacientes!

Hable con su médico o envíe un kyte a la farmacia si tiene más preguntas sobre medicamentos peligrosos.

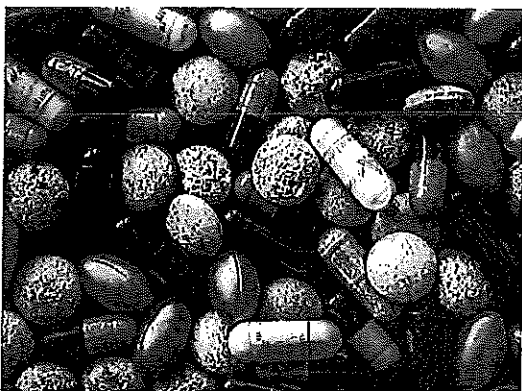


Foto por Raymond Klavins, Unsplash



Mainline

Week at a Glance

	Monday 5/8/2023	Tuesday 5/9/2023	Wednesday 5/10/2023	Thursday 5/11/2023	Friday 5/12/2023	Saturday 5/13/2023	Sunday 5/14/2023
Week 5	BREAKFAST Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod,Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Veggie & Cheese Scramble (Chl,Sfa) - 0.66 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy (Chl) - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod,Chl,Sfa) - 4.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA Sliced Cheese (Sfa) - 1.00 SLC English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Cornmeal Hot Cereal (Sfa,Sod) - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP Turkey Bacon (Sfa,Sod,Chl) - 3.00 SLC Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa,Chl) - 1.00 EA Breakfast Pastry (Sfa,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
Week 5	LUNCH Coleslaw (Sod) - 0.75 CP *Barbeque Pork (Chl,Sfa) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Brown Rice - 0.75 CP Peas - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Potato Soup - 10.00 FLOZ Chef Salad with Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sfa,Chl) - 1.00 EA Shredded Cheese (Sfa,Chl) - 2.00 TBS Sala Dressing (Sfa,Sod) - 2.00 FLOZ Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Vegetable Soup (Sod) - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod,Chl) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Cauliflower - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Nacho Meat (Chl,Sfa) - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa,Chl) - 2.00 FLOZ Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Roast Pork Loin (Chl,Sfa) - 3.00 OZCKD Brown Rice Pilaf - 0.75 CP Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
Week 5	DINNER Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Noodle Casserole (Sod,Chl) - 1.25 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Sloppy Joe (Sod,Chl,Sfa) - 0.75 CP Wheat Burger Bun (Sfa,Chl) - 1.00 EA Broccoli - 0.75 CP Waffle Fries (Sfa) - 5.00 OZCKD Ketchup - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Enchilada Casserole (Sod,Chl,Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sfa,Chl) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Loco Moco Patty (Chl,Sfa) - 1.00 EA Fried Egg (Sfa,Chl) - 1.00 EA Beef Gravy - 2.00 FLOZ White Rice - 0.75 CP Peas & Carrots - 0.75 CP Fruit Crisp (Sfa,Sod) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Macaroni & Cheese (Chl,Sfa) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Chicken Burger (Chl,Sfa) - 1.00 EA Barbeque Sauce - 1.00 FLOZ Wheat Burger Bun (Sfa,Chl) - 1.00 EA Carrots - 0.75 CP Waffle Fries (Sfa) - 5.00 OZCKD Ketchup (Sod) - 2.00 TBS Fresh Fruit - 1.00 EA 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. Meal-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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