

SCI AIC NEWSLETTER

OCTOBER 6TH 2023 EDITION

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Hearing Notice from the Court

What do I do as an AIC that receives a Hearing Notice?

Unable to contact the court with the phones here

Contact staff here.

The **best way** to be able to proceed:

Contact family/friends and give them the information on the Hearing Notice:

Contact number on the Hearings Notice – SCI is conducting phone calls (at this time)

Give the case number, your full name and SID# to your contact, THEN your contact can call the court. They can give out the SCI staff information in the next step

Give your contact (Family/Friend) the staff contact (Ms. Moya 503-378-2964) OR DOC website for professional calls (follow prompts under SCI section)

What happens next?

Court contacts Ms. Bielenberg to schedule

Call-out is entered & a reminder kyte sent

Complete your call in assigned location (Unit 2 call room)

Do I need to follow-up and send a kyte to staff?

If you receive another Hearings Notice from the courts, the process will need to be repeated.

Sometimes you may need to call/ write your attorney, not staff.

Mailroom reminders

Please make sure your name and Sid# is on incoming and outgoing mail. All package authorizations must be approved by Lt. Comstock prior to you ordering the items.

PHOTOS DURING WINTER MONTHS!!!!

Photos during the winter months will still be taken on the yard and in visiting,. Depending on how many we receive, we may not send them out weekly, like we have been. It's possible it could be only once a month we send them out. So please plan ahead if paroling and discuss with the photographer or Mr. Jenne. The Same goes for CD 28's we may submit only once a month depending on how many we receive.

Commissary

Due to rising cost of goods, our vendors have increased prices on some of the products we carry in commissary. The new prices go into effect on September 23, 2023. We apologize for the short notice. We are updating the commissary order forms as quickly as possible.

Halloween Visit

Units 2&4 Monday Oct.23rd Units 1&3 Thursday Oct.26th

Invite your kids to come and play games, and eat candy!

Your kids will have the opportunity to Trick or Treat as they come in to visit. Also we will have cookies and juice, and play BINGO! Kids 12 and under may wear their costumes. The cost is just \$2 a visitor, fill out the special order form if you wish to attend and have them turned in to the black activities box by October 5th. Kids will also receive a pumpkin to take home on their way out! Regular visiting will be cancelled on these two nights.



Financial Services

Informational Briefing

Adult in Custody (AIC) Trust Accounts

<p>General Spending Account</p>	<ul style="list-style-type: none"> • Primary spending account for AICs • Eligible deposits are received into this account <ul style="list-style-type: none"> ◦ <i>Examples: Deposits received from friends/family, and PRAS</i> • AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account • Funds in this account are not protected from debt/obligation collection or garnishment
<p>Protected Spending Reserve Account</p>	<ul style="list-style-type: none"> • This is a spending account established for AICs who receive protected money <ul style="list-style-type: none"> ◦ <i>Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards</i> • AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account • Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
<p>Transitional Savings Account</p>	<ul style="list-style-type: none"> • Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody • 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500 • AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, <i>available electronically and in paper</i>) up to \$500 • AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied • Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
<p>General Savings Account</p>	<ul style="list-style-type: none"> • Established as a means for AICs to save funds outside of the Transitional Savings Trust Account • AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, <i>available electronically and in paper</i>) • Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158 • Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
<p>Obligated Reserve Accounts</p>	<ul style="list-style-type: none"> • Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria • AICs may receive deposits directly to one of these accounts from an external source • AICs must be approved to place funds into an Obligated Reserve Account • Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.



Financial Services

Informational Briefing

AIC Debt and Obligation Information

Debt / Obligation Type	Collection Schedule	Additional Information
Court Ordered Financial Obligation (COFO)	<ul style="list-style-type: none"> Collected from eligible deposits per ORS 423.105 10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500 Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied 	<ul style="list-style-type: none"> The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO details COFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child support COFOs will continue to collect during the Holiday Buying Period
<p><i>Note: Although the transitional savings trust account is considered an obligation, funds collected are owned by the AIC. Per ORS 423.105, 5% will be collected from eligible deposits and placed into the transitional savings trust account. Funds in the transitional savings trust account are <u>not</u> available until the AIC releases from ODOC custody.</i></p>		
DOC Debt	<ul style="list-style-type: none"> Collected from eligible deposits Additionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available 	<ul style="list-style-type: none"> DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advances DOC debt is due upon receipt; if/when funds are not available; funds are advanced and set-up as debt Monthly, AICs may spend up to \$40 of the first \$80 deposited into general spending DOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied
County Court Deferred Filing Fee Obligation	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> County obligations refer to deferred county filing fees These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee County Court fees will continue to collect during the Holiday Buying Period
Initial Federal / US Court Filing Fee Obligation	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> Initial Filing fees can be collected in total and are due upon receipt These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee Initial Federal/US Court filing fees will continue to collect during the Holiday Buying Period
Federal / US Court Deferred Filing Fee Obligation	<ul style="list-style-type: none"> Collected around the beginning of the month 	<ul style="list-style-type: none"> General filing fee collection amount determined by the previous month's deposit(s) 20% of previous months deposits multiplied by the number of cases is deemed collectable Federal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period

Note: Debt / Obligation types appear in order of collection priority. ODOC will comply with garnishment orders upon receipt.

Transitional News

From RTOS:

Resource hours are open from 800am to 1000am in Unit 5 (if the yard is open). If you need any resources or have questions, please come and visit us.

Clarification on "Clean Slate". I received a few requests for information on this program. It appears that this is a county specific program and not all counties have it. The only part that RTOS has in it is helping you obtain information on what is needed to get your license back when you release and that is the reinstatement form that you send to DMV.

Financial Peace classes will be starting up soon. If you have not signed up, send a kyte to Transitions (Ms. Enomoto-Haole) if you are interested.

FOCUS GROUP

2023 SCI

STRONGMAN COMPETITION

Date of Event: October 28, 2023

Weight Classes:

Under 160	160-179lbs	180-200lbs	201-220lbs	220+	Master Class (Optional) (50 and Over)
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3 Tested Weights: (one rep max)

Squat Bench Press Dead Lift

Qualifying rep: This is a total weight competition (combined weight of all 3 lifts)

Weight Belt is encouraged

Bench Press: (Assisted off the Rack and after the lock out)

- Bar must touch the chest and elbows locked out on the extension.
- Butt must stay on the bench at all times
- Thumbs over the bar (no suicide grips)

Squat: (Unassisted rack)

- Legs must be 45° (parallel with the deck) or greater (to the bucket).
- Weight belt is encouraged but not required

Dead Lift: (Unassisted)

- Full extension (standing straight up/hips locked out)
- Wrist straps available
- Control drop encouraged for safety reasons

*** Master Class is an optional bracket with no weigh ins***

Strongman Illustration: October 10th @5:30

Weigh Ins: October 26th or 27th

Sign-ups are available on the 2nd page.

Presented by: The Focus Group



Soccer Champs

Softball Champs



October Menu



SINGLE NUTRIENT REPORT : CALORIES

Oregon DOC Men : Oregon DOC Men

	Monday 10/2/2023	Tuesday 10/3/2023	Wednesday 10/4/2023	Thursday 10/5/2023	Friday 10/6/2023	Saturday 10/7/2023	Sunday 10/8/2023
Week 1: 10/2/2023 - 10/8/2023 - Mainline - Repeat Cycle	Breakfast Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Veggie & Cheese Scramble (204.6 Kcal) Wheat Toast (160.6 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Multigrain Hot Cereal (131.5 Kcal) Canned Fruit (64.6 Kcal) Fried Egg (287.5 Kcal) Refried Beans (120.9 Kcal) Ranchero Sauce (24.2 Kcal) Flour Tortilla (160.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (71.7 Kcal) Poultry Sausage (69.8 Kcal) French Toast (290.2 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Canned Fruit (47.6 Kcal) Scrambled Eggs (170.1 Kcal) Shredded Cheese (98.2 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Fresh Fruit (107.1 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.8 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (64.6 Kcal) Scrambled Eggs (119.1 Kcal) Poultry Sausage (69.8 Kcal) Fried Potatoes (205.6 Kcal) Wheat Toast (160.6 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)
Lunch	Bean Soup (157.1 Kcal) *Grilled Ham and Cheese Sandwich on Wheat (411.6 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Fried Egg Sandwich on Wheat (448.0 Kcal) Mayonnaise (33.7 Kcal) Broccoli (35.9 Kcal) Chips (140.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	Coleslaw (98.8 Kcal) Tuna Hoovie Casserole (368.3 Kcal) Blended Vegetables (59.5 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Lentil Soup (139.5 Kcal) Chicken-Lettuce Salad (108.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Carrots (39.4 Kcal) Wheat Dinner Roll (124.9 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Taco Meat Blend (198.9 Kcal) Seasoned Beans (158.0 Kcal) Shredded Cheese (98.2 Kcal) Lettuce Salad (7.9 Kcal) Salsa (14.7 Kcal) Wheat Tortillas (314.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Peanut Butter & Jelly Sandwich on Wheat (1045.7 Kcal) Blended Vegetables (59.5 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken Quarter (384.5 Kcal) Mashed Potatoes (148.7 Kcal) Poultry Gravy (51.5 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Ice Cream Cup (80.0 Kcal) Fortified Fruit Drink (5.1 Kcal)
Dinner	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Salisbury Steak (255.6 Kcal) Mashed Potatoes (148.7 Kcal) Pancakes (513.9 Kcal) Beef Gravy (44.7 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Chicken Alfredo Sauce (251.1 Kcal) Spaghetti (147.7 Kcal) Carrots (39.4 Kcal) Focaccia Bread (376.0 Kcal) Pudding (62.4 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Ranch Style Chili (375.4 Kcal) Baked Potato (134.4 Kcal) Shredded Cheese (98.2 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) *Pizza (choice) (549.2 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Beef Stew (318.7 Kcal) Brown Rice (163.9 Kcal) Cauliflower (32.4 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Choice Cookie (241.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Breakfast Pot Pie (161.2 Kcal) Biscuits (578.0 Kcal) Broccoli (35.9 Kcal) Tea (0.0 Kcal)	Texas Slaw (104.7 Kcal) Burrito Beans (154.9 Kcal) Shredded Cheese (98.2 Kcal) Spanish Rice (118.1 Kcal) Salsa (14.7 Kcal) Wheat Tortillas (314.0 Kcal) Fresh Fruit (107.1 Kcal) Tea (0.0 Kcal)
Total	2670.4 Kcal	2669.2 Kcal	2870.4 Kcal	2566.4 Kcal	2753.1 Kcal	3052.9 Kcal	2924.3 Kcal



SINGLE NUTRIENT REPORT : CALORIES

Oregon DOC Men : Oregon DOC Men

	Monday 10/9/2023	Tuesday 10/10/2023	Wednesday 10/11/2023	Thursday 10/12/2023	Friday 10/13/2023	Saturday 10/14/2023	Sunday 10/15/2023
Week 2: 10/9/2023 - 10/15/2023 - Mainline - Repeat Cycle	Breakfast Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Hard Boiled Egg (81.1 Kcal) Pancakes (513.9 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Scrambled Eggs (119.1 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (98.2 Kcal) Salsa (14.7 Kcal) Flour Tortilla (160.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Multigrain Hot Cereal (131.5 Kcal) Canned Fruit (64.6 Kcal) Fried Egg (287.5 Kcal) Peanut Butter (254.3 Kcal) Maple Syrup (90.7 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (71.7 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Canned Fruit (47.6 Kcal) Sausage Gravy (158.6 Kcal) Biscuit (289.0 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Fresh Fruit (107.1 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.8 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (64.6 Kcal) Scrambled Eggs (119.1 Kcal) *Pork Bacon (267.4 Kcal) Fried Potatoes (205.6 Kcal) Wheat Toast (160.6 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)
Lunch	Coleslaw (98.8 Kcal) *Barbeque Pork (217.7 Kcal) Wheat Hoagie Roll (228.4 Kcal) Macaroni & Cheese (253.2 Kcal) Cauliflower (32.4 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Chicken-Lettuce Salad (108.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Blended Vegetables (59.5 Kcal) Wheat Dinner Roll (124.9 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	Minestrone Soup (118.5 Kcal) Tuna Salad (115.6 Kcal) Shredded Lettuce (2.5 Kcal) Wheat Hoagie Roll (228.4 Kcal) Broccoli (35.9 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Potato Soup (161.6 Kcal) *Meat & Cheese Sandwich on Wheat (367.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Peas (92.3 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Texas Slaw (104.7 Kcal) Mexican Picadillo (217.0 Kcal) Brown Rice (163.9 Kcal) Broccoli (35.9 Kcal) Wheat Tortilla (308.3 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Chicken Salad (131.7 Kcal) Shredded Lettuce (2.5 Kcal) Wheat Hoagie Roll (228.4 Kcal) Blended Vegetables (59.5 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Roast Turkey (125.0 Kcal) Poultry Gravy (51.5 Kcal) Mashed Potatoes (148.7 Kcal) Green Beans (32.7 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Chocolate Cupcake (274.9 Kcal) Fortified Fruit Drink (5.1 Kcal)
Dinner	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Creole Chicken (156.5 Kcal) Brown Rice Pilaf (144.9 Kcal) Green Beans (32.7 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Hot Roast Beef Sandwich on Wheat (303.0 Kcal) Beef Gravy (44.7 Kcal) Mashed Potatoes (148.7 Kcal) Carrots (39.4 Kcal) Fruit Bar (288.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Chili Mac (285.0 Kcal) Sweet Potatoes (265.8 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Cheese Pizza (470.9 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Chicken & Rice Casserole (387.4 Kcal) Carrots (39.4 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Gelatin & Whip Topping (102.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Shepherd's Pie (755.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Meat Sauce (207.4 Kcal) Spaghetti (147.7 Kcal) Cauliflower (32.4 Kcal) French Bread (121.6 Kcal) Garlic Margarine (97.4 Kcal) Fresh Fruit (107.1 Kcal) Tea (0.0 Kcal)
Total	2746.5 Kcal	2509.6 Kcal	2815.0 Kcal	2753.1 Kcal	2789.4 Kcal	2707.7 Kcal	2923.5 Kcal



SINGLE NUTRIENT REPORT : CALORIES

Oregon DOC Men : Oregon DOC Men

	Monday 10/16/2023	Tuesday 10/17/2023	Wednesday 10/18/2023	Thursday 10/19/2023	Friday 10/20/2023	Saturday 10/21/2023	Sunday 10/22/2023							
Breakfast	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Hard Boiled Egg (91.1 Kcal) Pancakes (513.9 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Veggie & Cheese Scramble (204.6 Kcal) Wheat Toast (160.6 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Canned Fruit (64.6 Kcal) Scrambled Eggs (170.1 Kcal) Shredded Cheese (98.2 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (71.7 Kcal) Poultry Sausage (69.8 Kcal) French Toast (290.2 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Multigrain Hot Cereal (131.5 Kcal) Fresh Fruit (107.1 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.8 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (64.6 Kcal) Scrambled Eggs (119.1 Kcal) Poultry Sausage (69.8 Kcal) Fried Potatoes (205.6 Kcal) Wheat Toast (160.6 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Total - 1143.9 Kcal	Total - 838.4 Kcal	Total - 850.4 Kcal	Total - 888.5 Kcal	Total - 987.0 Kcal	Total - 749.4 Kcal	Total - 976.9 Kcal
	Lunch	Asian Cabbage Salad (118.5 Kcal) Sweet & Sour Chicken (279.9 Kcal) Brown Rice (163.9 Kcal) Stir-Fry Vegetables (88.5 Kcal) Japanese Milk Roll (160.2 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Meat & Cheese Sandwich on Wheat (367.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Peas (92.3 Kcal) Chips (140.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	Bean Soup (157.1 Kcal) Hot Turkey Sandwich on Wheat (265.8 Kcal) Mashed Potatoes (146.7 Kcal) Poultry Gravy (51.5 Kcal) Carrots (39.4 Kcal) Fresh Fruit (107.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	Corn Chowder (160.9 Kcal) Chicken-Lettuce Salad (105.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Broccoli (35.9 Kcal) Wheat Dinner Roll (124.9 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Tuna Melt Sandwich on Wheat (315.9 Kcal) Potato Salad (174.5 Kcal) Peas & Carrots (66.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	Texas Slaw (104.7 Kcal) Chicken Fajita Mix (169.5 Kcal) Onions & Bell Peppers (44.4 Kcal) Lemon Cilantro Rice (229.7 Kcal) Wheat Tortillas (314.0 Kcal) Salsa (14.7 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken Quarter (364.5 Kcal) Mashed Potatoes (146.7 Kcal) Poultry Gravy (51.5 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Ice Cream Cup (80.0 Kcal) Fortified Fruit Drink (5.1 Kcal)	Total - 923.2 Kcal	Total - 829.6 Kcal	Total - 793.1 Kcal	Total - 781.3 Kcal	Total - 729.6 Kcal	Total - 968.2 Kcal
Dinner		Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Beef Stroganoff (218.0 Kcal) Pasta (152.1 Kcal) Broccoli (35.9 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken & White Bean Chili (350.2 Kcal) Shredded Cheese (98.2 Kcal) Brown Rice (163.9 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Cookie (236.4 Kcal) Tea (0.0 Kcal)	Canned Fruit (47.6 Kcal) Pork Ham (93.6 Kcal) Fried Egg (287.5 Kcal) O'Brien Potatoes (129.8 Kcal) Biscuit (289.0 Kcal) Margarine (97.2 Kcal) Coffee (0.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Pizza (choice) (549.2 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Turkey A La King (145.8 Kcal) Brown Rice (163.9 Kcal) Green Beans (32.7 Kcal) French Bread (121.6 Kcal) Margarine (97.2 Kcal) Bread Pudding (193.7 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Beef Patty (210.7 Kcal) Sliced Cheese (45.0 Kcal) Wheat Burger Bun (237.0 Kcal) Blended Vegetables (59.5 Kcal) Ketchup (28.6 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Macaroni & Cheese (421.7 Kcal) Carrots (39.4 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.0 Kcal)	Total - 736.5 Kcal	Total - 1264.2 Kcal	Total - 944.8 Kcal	Total - 914.5 Kcal	Total - 858.6 Kcal	Total - 888.6 Kcal
	Total	2803.6 Kcal	2932.2 Kcal	2586.3 Kcal	2584.3 Kcal	2575.4 Kcal	2626.2 Kcal	2906.8 Kcal						



SINGLE NUTRIENT REPORT : CALORIES

Oregon DOC Men : Oregon DOC Men

	Monday 10/23/2023	Tuesday 10/24/2023	Wednesday 10/25/2023	Thursday 10/26/2023	Friday 10/27/2023	Saturday 10/28/2023	Sunday 10/29/2023							
Breakfast	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Scrambled Eggs (119.1 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (98.2 Kcal) Salsa (14.7 Kcal) Flour Tortilla (160.5 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Canned Fruit (64.6 Kcal) Sausage Gravy (158.6 Kcal) Biscuit (289.0 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (71.7 Kcal) Scrambled Eggs (170.1 Kcal) Peanut Butter (254.3 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Sausage Gravy (158.6 Kcal) Peanut Butter (254.3 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Multigrain Hot Cereal (131.5 Kcal) Fresh Fruit (107.1 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.8 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (64.6 Kcal) Scrambled Eggs (119.1 Kcal) Pork Bacon (267.4 Kcal) Fried Potatoes (205.6 Kcal) Wheat Toast (160.6 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Total - 989.5 Kcal	Total - 889.4 Kcal	Total - 1029.7 Kcal	Total - 866.7 Kcal	Total - 853.4 Kcal	Total - 788.2 Kcal	Total - 1174.5 Kcal
	Lunch	Lentil Soup (139.5 Kcal) Chicken Salad (131.7 Kcal) Shredded Lettuce (2.5 Kcal) Wheat Hoagie Roll (228.4 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Coleslaw (98.8 Kcal) Hot Dog (201.6 Kcal) Wheat Hoagie Roll (228.4 Kcal) Ketchup (14.3 Kcal) Mustard (6.6 Kcal) Peas (92.3 Kcal) Chips (140.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Meat & Cheese Sandwich on Wheat (367.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Blended Vegetables (59.5 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	Milnestrone Soup (118.5 Kcal) Chef Salad with Turkey (67.8 Kcal) Hard Boiled Egg (81.1 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Peas (92.3 Kcal) Wheat Dinner Roll (124.9 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Taco Salad with Meat (146.5 Kcal) Seasoned Beans (158.0 Kcal) Shredded Cheese (98.2 Kcal) Salsa (14.7 Kcal) Salad Dressing (129.9 Kcal) Spanish Rice (118.1 Kcal) Tortilla Chips (283.5 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Fish Sticks (281.2 Kcal) Tartar Sauce (95.2 Kcal) Macaroni Salad (151.3 Kcal) Carrots (39.4 Kcal) Breadstick (94.1 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (60.5 Kcal) Roast Turkey (125.0 Kcal) Poultry Gravy (51.5 Kcal) Mashed Potatoes (146.7 Kcal) Blended Vegetables (59.5 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Chocolate Cupcake (274.9 Kcal) Fortified Fruit Drink (5.1 Kcal)	Total - 787.0 Kcal	Total - 860.8 Kcal	Total - 832.8 Kcal	Total - 824.9 Kcal	Total - 1025.7 Kcal	Total - 870.0 Kcal
Dinner		Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Cajun Meat Loaf (301.7 Kcal) Brown Rice (163.9 Kcal) Cauliflower (32.4 Kcal) Wheat Bread (160.4 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken Tortilla Stew (220.7 Kcal) Lemon Cilantro Rice (229.7 Kcal) Tortilla Chips (141.8 Kcal) Sour Cream (56.1 Kcal) Carrots (39.4 Kcal) Gelatin & Whip Topping (102.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Meat Sauce (207.4 Kcal) Spaghetti (147.7 Kcal) Broccoli (35.9 Kcal) Focaccia Bread (376.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Cheese Pizza (470.9 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Chicken Teriyaki (125.0 Kcal) Brown Rice (163.9 Kcal) Stir-Fry Vegetables (88.5 Kcal) Japanese Milk Roll (160.2 Kcal) Fruit Bar (288.0 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Beef Patty (210.7 Kcal) Onions & Pickles (11.5 Kcal) Wheat Burger Bun (237.0 Kcal) Green Beans (32.7 Kcal) Seasoned Potatoes (204.1 Kcal) Ketchup (28.6 Kcal) Tea (0.0 Kcal)	Burrito Meat (198.9 Kcal) Refried Beans (120.9 Kcal) Shredded Cheese (98.2 Kcal) Lettuce Salad (7.9 Kcal) Spanish Rice (117.7 Kcal) Salsa (10.0 Kcal) Wheat Tortillas (314.0 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.0 Kcal)	Total - 848.8 Kcal	Total - 862.6 Kcal	Total - 860.2 Kcal	Total - 858.5 Kcal	Total - 929.3 Kcal	Total - 828.1 Kcal
	Total	2625.3 Kcal	2612.8 Kcal	2722.7 Kcal	2548.1 Kcal	2608.4 Kcal	2466.3 Kcal	3032.5 Kcal						



SINGLE NUTRIENT REPORT : CALORIES
Oregon DOC Men : Oregon DOC Men

	Monday 10/30/2023	Tuesday 10/31/2023	Wednesday 11/1/2023	Thursday 11/2/2023	Friday 11/3/2023	Saturday 11/4/2023	Sunday 11/5/2023
Breakfast	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Hard Boiled Egg (81.1 Kcal) Pancakes (513.9 Kcal) Maple Syrup (90.7 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (107.1 Kcal) Veggie & Cheese Scramble (204.6 Kcal) Wheat Toast (160.6 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Farina (136.0 Kcal) Canned Fruit (64.6 Kcal) Scrambled Eggs (119.1 Kcal) Ground Beef (73.4 Kcal) Shredded Cheese (98.2 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Dry Cereal (93.0 Kcal) Fresh Fruit (71.7 Kcal) Waffles (147.4 Kcal) Peanut Butter (254.3 Kcal) Maple Syrup (90.7 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Oatmeal (137.5 Kcal) Canned Fruit (47.6 Kcal) Fried Egg (91.1 Kcal) Sliced Cheese (45.0 Kcal) English Muffin (284.3 Kcal) Fried Potatoes (205.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Multigrain Hot Cereal (131.5 Kcal) Fresh Fruit (107.1 Kcal) Hard Boiled Egg (81.1 Kcal) Breakfast Pastry (253.6 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)	Canned Fruit (64.6 Kcal) Scrambled Eggs (119.1 Kcal) Poultry Sausage (69.8 Kcal) Fried Potatoes (205.6 Kcal) Wheat Toast (160.6 Kcal) Jelly (84.1 Kcal) Margarine (97.2 Kcal) Skim Milk (154.2 Kcal) Coffee (0.1 Kcal) Sugar PC (21.6 Kcal)
	Total - 1143.9 Kcal	Total - 838.4 Kcal	Total - 872.8 Kcal	Total - 833.0 Kcal	Total - 987.0 Kcal	Total - 749.4 Kcal	Total - 976.9 Kcal
Lunch	Coleslaw (98.8 Kcal) Barbeque Pork (217.7 Kcal) Wheat Hoagie Roll (226.4 Kcal) Sweet Potatoes (265.6 Kcal) Peas (92.3 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Chicken-Lettuce Salad (108.0 Kcal) Sliced Onions (11.3 Kcal) Shredded Cheese (98.2 Kcal) Salad Dressing (129.9 Kcal) Carrots (39.4 Kcal) Wheat Dinner Roll (124.9 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	Potato Soup (161.6 Kcal) Tuna Salad (115.6 Kcal) Shredded Lettuce (2.5 Kcal) Wheat Hoagie Roll (226.4 Kcal) Blended Vegetables (59.5 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	Tomato Soup (48.3 Kcal) Grilled Cheese Sandwich on Wheat (602.4 Kcal) Green Beans (32.7 Kcal) Chips (140.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	*Soup of the Day (96.6 Kcal) Meat & Cheese Sandwich on Wheat (367.7 Kcal) Sliced Onions (11.3 Kcal) Shredded Lettuce (2.5 Kcal) Mayo & Mustard (42.4 Kcal) Cauliflower (32.4 Kcal) Chips (140.0 Kcal) Fresh Fruit (71.7 Kcal) Fortified Fruit Drink (5.1 Kcal)	Nacho Meat (196.9 Kcal) Refried Beans (120.9 Kcal) Cheese Sauce (117.0 Kcal) Lettuce Salad (7.9 Kcal) Salsa (10.0 Kcal) Tortilla Chips (283.5 Kcal) Corn (125.0 Kcal) Fresh Fruit (107.1 Kcal) Fortified Fruit Drink (5.1 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Roast Pork Loin (177.8 Kcal) Brown Rice Pilaf (144.9 Kcal) Broccoli (35.9 Kcal) Wheat Dinner Roll (124.9 Kcal) Margarine (97.2 Kcal) Ice Cream Cup (80.0 Kcal) Fortified Fruit Drink (5.1 Kcal)
	Total - 1015.0 Kcal	Total - 685.1 Kcal	Total - 820.4 Kcal	Total - 935.6 Kcal	Total - 769.7 Kcal	Total - 975.4 Kcal	Total - 738.7 Kcal
Dinner	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Spicy Rice Casserole (315.6 Kcal) Green Beans (32.7 Kcal) Cornbread (212.7 Kcal) Margarine (97.2 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Sloppy Joe (340.9 Kcal) Wheat Burger Bun (237.0 Kcal) Broccoli (35.9 Kcal) Seasoned Potatoes (204.1 Kcal) Ketchup (14.3 Kcal) Pudding (92.4 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Chicken Enchilada Casserole (513.4 Kcal) Seasoned Beans (158.0 Kcal) Tortilla Chips (141.8 Kcal) Sour Cream (56.1 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (65.0 Kcal) Pizza (choice) (549.2 Kcal) Blended Vegetables (59.5 Kcal) Choice Dessert (232.9 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (95.8 Kcal) Loco Moco Patty (210.7 Kcal) Fried Egg (91.1 Kcal) Beef Gravy (44.7 Kcal) White Rice (148.0 Kcal) Peas & Carrots (66.0 Kcal) Fruit Crisp (228.8 Kcal) Tea (0.0 Kcal)	Lettuce Salad (7.9 Kcal) Salad Dressing (85.3 Kcal) Turkey Noodle Casserole (395.2 Kcal) Blended Vegetables (59.5 Kcal) Focaccia Bread (376.0 Kcal) Tea (0.0 Kcal)	Texas Slaw (104.7 Kcal) Chicken Quesadilla (578.5 Kcal) Salsa (14.7 Kcal) Sour Cream (56.1 Kcal) Spanish Rice (118.1 Kcal) Carrots (39.4 Kcal) Fresh Fruit (107.7 Kcal) Tea (0.0 Kcal)
	Total - 751.4 Kcal	Total - 1028.3 Kcal	Total - 942.2 Kcal	Total - 914.5 Kcal	Total - 893.0 Kcal	Total - 923.9 Kcal	Total - 1019.2 Kcal
Total	2910.3 Kcal	2551.8 Kcal	2635.4 Kcal	2683.1 Kcal	2649.7 Kcal	2648.7 Kcal	2734.6 Kcal

Week 5: 10/30/2023 - 11/5/2023 - Mainline - Repeat Cycle

Nutritional Adequacy of the Meat Alternative Tray

The meat alternative tray (MAT) provides an average of 915 calories per lunch or dinner meal. Protein content averages 27 grams (g.) per meal. For comparison, ODOC mainline lunch or dinner meals average 940 calories and 38 g. protein per meal.

According to the USDA Dietary Guidelines for Americans, adequate protein intake for males ranging in age from 19-65 years is 56 g. per day. Calorie requirements for this same group are from 2200-2800 calories per day, depending upon age and activity level.

The MAT provides 1/3 of daily requirements for adult males in calories and protein.

Elena Guevara RD, LD

The tentative date for SCI's Influenza clinic will be Saturday, October 21st from 8 am to 2 pm. Consents will be signed at the clinic entrance.

¡Vacúnese contra la influenza!

Los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) recomiendan que todas las personas de 6 años de edad y mayores se vacunen cada temporada de influenza. La protección tarda en desarrollarse alrededor de 2 semanas después de la vacunación. Hay muchos virus de influenza y siempre están cambiando. Cada año se produce una nueva vacuna en contra de los virus de la influenza que se cree son los probables de causar la enfermedad en la siguiente temporada de influenza. Incluso si la vacuna no coincide exactamente con estos virus, esta sí puede ofrecer cierta protección. Las vacunas en contra de la influenza no causan la gripe. Una vacuna contra la influenza puede administrarse al mismo tiempo que otras vacunas. Las personas con enfermedades menores, como un resfriado, pueden vacunarse. Las personas que están moderada o severamente enfermas normalmente deben esperar hasta su recuperación antes de vacunarse contra la influenza. Dolor, enrojecimiento e inflamación en el sitio en el que se puso la vacuna; y fiebre, dolores musculares y de cabeza pueden presentarse después de la vacuna contra la influenza.

Get your flu shot!

The Centers for Disease Control and Prevention (CDC) recommend everyone 6 months and older get vaccinated every flu season. It takes about 2 weeks for protection to develop after vaccination. There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to likely cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection. The influenza vaccines does not cause flu. An influenza vaccine may be given at the same time as other vaccines. People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting an influenza vaccine. Soreness, redness, and swelling where the shot is given; and fever, muscle aches, and headaches can happen after influenza vaccination.

Have a fantastic Month

