

BTB

7.14.2020

I'm not quite sure, with all the Stimulus Checks out there, how I was considered unworthy to sup from that table too, especially considering the constituents I serve every day here who offer to purchase my package privilege from me... which is not exactly against the rules (well it is technically!), but it certainly feels undignified. But then so does eating the scraps from off other peoples food trays at chow time!

STIMULUS: something that rouses or incites to activity: as a) INCENTIVE
b) STIMULANT

State of California

Department of Corrections and Rehabilitation

Memorandum

Date July 1, 2020

To Associate Directors, Division of Adult Institutions
Wardens

Subject **ADDITIONAL QUARTERLY PACKAGE DURING COVID-19**

This memorandum is in response to the Coronavirus (COVID-19) and current allowable quarterly packages for inmates. Wardens are directed to afford the inmate population the opportunity to purchase an additional package for the year.

The process for providing inmates with an additional quarterly package will need to be tailored for each respective institution, observing physical plant design while noting the following directives:

The year shall begin January 1 and end December 31 as outlined in the Department Operations Manual (DOM) Section 54030.8 Personal Property Package Criteria.

- **Privilege Group A/ Privilege Group B:** Inmates in Privilege Group A and B shall be allowed four packages per year (one per quarter) not to exceed 30 pounds each. During the COVID-19 crisis an additional package purchase will be permitted.
- **Privilege Group C:** Inmates in Privilege Group C shall not be allowed a Personal Property Package. Inmates prohibited from receiving a package resulting from recent placement into Privilege Group C shall not be allowed to retain a package which was ordered prior to Privilege Group C placement. Disallowed packages shall be disposed of pursuant to DOM Section 54030.12.2. (No Change)
- **Privilege Group D:** Inmates in Privilege Group D, including those inmates housed in Administrative Segregation (ASU/Security Housing Unit (SHU) and Psychiatric Services Unit (PSU) shall be permitted to acquire one personal property package per year not to exceed 30 pounds each. During the COVID-19 crisis an additional package purchase will be permitted. Eligibility to acquire a personal property package commences one year after the date of Privilege Group D assignment.

This policy memorandum will remain in effect until this COVID-19 crisis is no longer in effect or rescinded.

30 pounds for a 90-day period doesn't seem like much to supplement the meager menu (Attached x 6) here, but NOTHING certainly doesn't. I'm not begging this public, nor am I entitled, but a closed mouth - as they say - doesn't get fed. Be blessed in your blessings. St. Matthew 25:31.

CDCR Standardized Weekly Menu
(Men FY 2019/2020)

QUARTER 4		WEEK: 2	4/6/2020	REVIEWED BY : Keith Robinson, DFA				
INSTITUTION:		4/12/2020						
BREAKFAST		CHO	LUNCH	CHO	DINNER	CHO		
M	FRESH FRUIT	1 EA	1	PEANUT BUTTER SANDWICH BL - PIA		GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0
O	COLD CEREAL	1 CUP	1.5	...PEANUT BUTTER - PIA	2 OZ	RANCH DRESSING	1 PK	0
N	COUNTRY STYLE EGGS-PIA	4 OZ	0	...SUGAR FREE JELLY - PIA	1 OZ	BROCCOLI CHEESE W/RICE	6 OZ	3
D	...PEPPERS AND ONIONS		0	...100% WHOLE WHEAT BREAD - PIA	1 PK	ITALIAN WHITE BEANS	6 OZ	2
A	HASHBROWN POTATOES (DEHY)	4 OZ	0.5	CORN NUTS - PIA	1 PK	VEGETABLE	6 OZ	0
Y	100% WHOLE WHEAT BREAD - PIA	2 SL	2	COOKIES - PIA	1 PK	FRESH FRUIT	1 EA	1
	MARGARINE REDDIES (LS PAT)	2 EA	0	SUGAR FREE BEVERAGE	1 PK	BLACK TEA	8 OZ	0
	KETCHUP	1 PK	0	FRESH VEGETABLE	1 EA	TOTAL CHO		6
	1% MILK - PIA	8 OZ	1	TOTAL CHO				
	COFFEE - PIA	1 PK	0					
	TOTAL CHO		6					
6								
T	FRESH FRUIT	4 OZ	1	LUNCHMEAT SANDWICH BL 1555		FRUITLESS SALAD	4 OZ	1
U	HOT CEREAL	1 CUP	2	...POULTRY BOLOGNA	2 OZ	VEGETABLE CHICKEN STEW	6 OZ	1
E	LOW FAT PLAIN YOGURT	4 OZ	1	...MUSTARD	1 PK	DARK CUBED BROTH- PIA		0
S	BRAN CAKE	1 SL	2	...100% WHOLE WHEAT BREAD	2 SL	VEGETABLE	6 OZ	0
D	PEANUT BUTTER - PIA 1 OZ	1 PK	0	PRETZELS	1 PK	CORNBREAD	1 SL	2
A	1% MILK - PIA	8 OZ	1	SUNFLOWER SEEDS	1 PK	MARGARINE REDDIES (LS PAT)	2 EA	0
Y	COFFEE - PIA	1 PK	0	SUGAR FREE BEVERAGE	1 PK	DESSERT	4 OZ	2
	TOTAL CHO		7	FRESH VEGETABLE	1 EA	SUGAR FREE BEVERAGE	1 PK	0
				TOTAL CHO		TOTAL CHO		6
7								
				CHEESE SANDWICH BL (AE) 1567	1 EA	VEGETABLE STEW W/CHEESE (AE)	6 OZ/2 OZ	1
						HAMBURGER PATTY (RMA)	1 EA	0
W	FRESH FRUIT	1 EA	1	LUNCHMEAT SANDWICH BL 1556		GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0
E	COLD CEREAL	1 CUP	1.5	...ROASTED TURKEY	2 OZ	CHICKEN SANDWICH	1 EA	0
D	DENVER SCRAMBLE- PIA	6 OZ	0	...MUSTARD	1 PK	...CHICKEN BREAST/ZESTY- PIA	1 EA	0
N	...DICED TURKEY HAM		0	...100% WHOLE WHEAT BREAD	1 PK	...SLICED CHEESE	1 EA	0
E	HASH BROWN (DEHY)	3 OZ	1	PEANUT BUTTER CRACKERS	1 PK	...MARINARA SAUCE	2 OZ	0
S	KETCHUP	1 PK	0	DRIED FRUIT BANANA CHIPS	1 PK	...HAMBURGER BUN - PIA	1 EA	2
D	BISCUIT 3 OZ	1 EA	2	SUGAR FREE BEVERAGE	1 PK	TUSCAN STYLE BEANS	6 OZ	2
A	SUGAR FREE JELLY - PIA (1/2 OZ)	1 PK	0	FRESH VEGETABLE	1 EA	VEGETABLE	6 OZ	1
Y	1% MILK - PIA	8 OZ	1	TOTAL CHO		DESSERT	4 OZ	1
	COFFEE - PIA	1 PK	0			BLACK TEA	8 OZ	0
	TOTAL CHO		6.5			TOTAL CHO		6
8	VEGETARIAN SCRAMBLE (AE)	6 OZ		PEANUT BUTTER SANDWICH BL - PIA	1 EA	TUSCAN STYLE BEANS (AE)	4 OZ	2
						BREADED CHICKEN PATTY (RMA)	1 EA	0.5
T	FRESH FRUIT	1 EA	1	PEANUT BUTTER SANDWICH BL - PIA		COLESLAW	6 OZ	1
H	HOT CEREAL	1 CUP	3	...PEANUT BUTTER - PIA	2 OZ	ITALIAN SAUSAGE- PIA	1 EA	0
U	CALICO SCRAMBLED EGGS	6 OZ	0	...SUGAR FREE JELLY - PIA	1 OZ	NEW ORLEANS RED BEANS	6 OZ	2
R	...SCRAMBLED EGGS - PIA			...100% WHOLE WHEAT BREAD - PIA	1 PK	...ONIONS, CELERY, PEPPERS		
S	...GREEN PEPPERS			ALMONDS - PIA	1 PK	STEAMED WHITE RICE	4 OZ	1
D	...SALSA			COOKIES - PIA	1 PK	VEGETABLE	6 OZ	0
A	CORN/ FLOUR TORTILLA	2 EA	2	SUGAR FREE BEVERAGE	1 PK	DESSERT	1 SL	2
Y	MARGARINE REDDIES (LS PAT)	2 EA	0	FRESH VEGETABLE	1 EA	1% MILK-PIA	8 OZ	1
	1% MILK - PIA	8 OZ	1	TOTAL CHO		TOTAL CHO		7
	COFFEE - PIA	1 PK	0					
	TOTAL CHO		7					
9								
						NEW ORLEANS STYLE RED BEANS (AE)	4 OZ	2
						TURKEY HOT DOG (RMA)	2 EA	0
F	BANANA CHIPS	1 EA	1	TUNA SANDWICH BL 1557		GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0
R	COLD CEREAL	1 CUP	1.5	TUNA PACKET 2OZ	1 PK	CHORIZO BEEF TACO SALAD		0
I	CREAMED BEEF-PIA	6 OZ	2	...100% WHOLE WHEAT BREAD	2 SL	CHORIZO BEEF -PIA	4 OZ	0
D	BISCUIT 3 OZ	1 EA	2	PRETZELS	1 PK	TORTILLAS/CORN CHIPS	2 EA	1
A	HASHBROWN POTATOES (DEHY)	4 OZ	1	TRAIL MIX	1 PK	ONION, BELL PEPPER	2 OZ	0
Y	KETCHUP	1 PK	0	SUGAR FREE BEVERAGE	1 PK	SHREDDED CHEESE	2 OZ	0
	MARGARINE REDDIES (LS PAT)	2 EA	0	FRESH VEGETABLE	1 EA	TACO SAUCE	2 PK	0
	1% MILK - PIA	8 OZ	1			SPANISH RICE	4 OZ	1
	COFFEE - PIA	1 PK	0			REFRIED BEANS	6 OZ	2
	TOTAL CHO		6.5	TOTAL CHO		VEGETABLE	6 OZ	0
						DESSERT	4 OZ	0
						SUGAR FREE BEVERAGE	1 PK	1
						TOTAL CHO		5
10	SCRAMBLED EGGS - PIA (AE)	4 OZ	0			REFRIED BEANS (AE)	4 OZ	2
	BISCUIT & GRAVY NO MEAT (AE)	1EA/2OZ	1	CHEESE SANDWICH BL (AE) 1572	1 EA	HAMBURGER PATTY (RMA)	1 EA	0
S	FRESH FRUIT	1 EA	1	SUB SANDWICH BL 1558		MACARONI SALAD	6 OZ	1
A	HOT CEREAL	1 CUP	2	...SMOKED POULTRY W/ CHEESE	2 OZ	HOT LINK SAUSAGE-PIA	1 EA	0
T	BREAKFAST BURRITOS			...MUSTARD	1 PK	FRESH DICED ONIONS	2 OZ	0
U	SCRAMBLED EGG - PIA	3 OZ	0	...RELISH	1 PK	MUSTARD/RELISH PACK	1 EA	0
R	CHICKEN CHORIZO - PIA	3 OZ	0	...HOAGIE ROLL - PIA	1 PK	HOT DOG BUN- PIA	1 EA	3
D	SLICED CHEESE	1 EA	0	GRAHAM CRACKERS	1 PK	CHILI BEANS NO-MEAT	6 OZ	2
A	FRESH SALSA	2 OZ	0	ORIENTAL MIX	1 PK	VEGETABLE	6 OZ	0
Y	FLOUR TORTILLAS	2 EA	2	SUGAR FREE BEVERAGE	1 PK	DESSERT	4 OZ	1
	REFRIED BEANS (DEHY)	6 OZ	2	FRESH VEGETABLE	1 EA	BLACK TEA	8 OZ	0
	1% MILK - PIA	8 OZ	1	TOTAL CHO		TOTAL CHO		7
	COFFEE - PIA	1 PK	0					
	TOTAL CHO		8					
11	SCRAMBLED EGGS PIA (AE)	3 OZ	0	PEANUT BUTTER SANDWICH BL - PIA	1 EA	CHILI BEANS (AE)	4 OZ	2
						TURKEY HOT DOG (RMA)	2 EA	0
S	JUICE - PIA FORTIFIED	1 EA	1	LUNCHMEAT SANDWICH BL 1559		COLESLAW	6 OZ	1
U	HOT CEREAL	1 CUP	3	...POULTRY W/ JALAPENO	2 OZ	BAKED CHICKEN HIND QUARTER- PIA	1 EA	0
N	SIERRA BRAN PANCAKES	2 EA	2	...MUSTARD	1 OZ	BBQ SAUCE	2 OZ	1
D	PEANUT BUTTER - PIA	2 OZ	1	...100% WHOLE WHEAT BREAD	1 PK	BAKED YAM/SWEET POTATO	1 EA	1
A	SUGAR FREE SYRUP - PIA	2 OZ	0	PEANUT BUTTER CRACKERS	1 PK	BLACK EYED PEAS W/ONIONS	6 OZ	2
Y	MARGARINE REDDIES (LS PAT)	2 EA	0	GOLD FISH CRACKERS	1 PK	VEGETABLE	6 OZ	1
	1% MILK - PIA	8 OZ	1	SUGAR FREE BEVERAGE	1 PK	CHOCOLATE MILK - PIA	8 OZ	1
	COFFEE - PIA	1 PK	0	FRESH VEGETABLE	1 EA	TOTAL CHO		7
	TOTAL CHO		8	TOTAL CHO				
12								
				CHEESE SANDWICH BL (AE) 1551	1 EA	BLACK EYED PEAS W/ONIONS (AE)	4 OZ	2
						BREADED CHICKEN PATTY (RMA)	1 EA	0.5
MENU TO BE FOLLOWED AS WRITTEN: SUBSTITUTIONS ARE TO BE MADE ONLY WHEN ITEM ON MENU IS NOT AVAILABLE AND NOT ON A PERMANENT BASIS								
PIA = PIA product, or contains PIA products. AE = Alternate Entrée for religious diet. AE will substitute the protein. CHO = Carbohydrate exchange								
RMA = Religious Meat Alternate Entrée. RMA will substitute the protein. SM = Small. LS = Low sodium. Total CHO count does not include religious diets.								
Note: When green or spinach salad on menu, in addition; add chopped vegetables such as celery, onion, peppers, green onions, etc.								

MENU TO BE FOLLOWED AS WRITTEN: SUBSTITUTIONS ARE TO BE MADE ONLY WHEN ITEM ON MENU IS NOT AVAILABLE AND NOT ON A PERMANENT BASIS

PIA = PIA product, or contains PIA products. AE = Alternate Entrée for religious diet. AE will substitute the protein. CHO = Carbohydrate exchange

RMA = Religious Meat Alternate Entrée. RMA will substitute the protein. SM = Small. LS = Low sodium. Total CHO count does not include religious diets.

Note: When green or spinach salad on menu, in addition; add chopped vegetables such as celery, onion, peppers, green onions, etc.

WALKENHORST'S

Quarterly & Special Purchase Form

WALKENHORST'S

445 Ingenuity Ave, Sparks, NV 89441
Phone Toll Free: (800) 660-9255 • Fax (707) 261-4020
www.walkenhorsts.com

Please Check the Appropriate Quarter:

☐ 1st Qtr
Jan 1 - Mar 31

☐ 2nd Qtr
Apr 1 - Jun 30

☐ 3rd Qtr
Jul 1 - Sep 30

☐ 4th Qtr
Oct 1 - Dec 31

CDCR Standardized Weekly Menu
(Men FY 2019/2020)

QUARTER 4			WEEK: 3		4/13/2020		REVIEWED BY : Keith Robinson, DFA		
INSTITUTION:			4/19/2020						
BREAKFAST			CHO	LUNCH		CHO	DINNER		CHO
M	FRESH FRUIT	1 EA	1	PEANUT BUTTER SANDWICH BL - PIA			GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0
O	COLD CEREAL	1 CUP	1.5	PEANUT BUTTER - PIA	2 OZ	2	ITALIAN DRESSING	1 PK	0
N	SCRAMBLED EGGS W/CHEESE/PEPPER - PIA	6 OZ	0	SUGAR FREE JELLY - PIA	1 OZ	0	ALFREDO BROCCOLI W/NOODLES	6 OZ	3
D	HASHBROWN POTATOES (DEHY)	4 OZ	1	100% WHOLE WHEAT BREAD - PIA	1 PK	2	VEGETABLE	6 OZ	0
A	KETCHUP	1 PK	0	CORN NUTS - PIA	1 PK	1	100% WHOLE WHEAT BREAD-PIA	2 SL	2
Y	100% WHOLE WHEAT BREAD- PIA	2 SL	2	COOKIES - PIA	1 PK	1	MARGARINE REDDIES (LS PAT)	2 EA	0
	1% MILK-PIA	8 OZ	1	SUGAR FREE BEVERAGE	1 PK	0	FRESH FRUIT SEASONAL	1 EA	1
	COFFEE - PIA	1 PK	0	FRESH VEGETABLE	1 EA	0	BLACK TEA	8 OZ	0
	TOTAL CHO		6.5	TOTAL CHO		7	TOTAL CHO		6
13									
T	FRUIT CUP	1 EA	1	TUNA SANDWICH BL 1560			MACARONI SALAD	4 OZ	1
U	HOT CEREAL	1 CUP	2	TUNA PACKET 2 OZ	1 PK	0	CHICKEN COBB SALAD	1 EA	0
E	SCRAMBLED EGGS W/CHEESE- PIA	4 OZ	0	100% WHOLE WHEAT BREAD	2 SL	2	LETTUCE	2 CUP	0
S	CHICKEN CHORIZO-PIA	3 OZ	0	SOY SNACKS	1 PK	1	CHICKEN BREAST - ZESTY PIA	1 EA	0
D	REFRIED BEANS (DEHY)	6 OZ	2	BANANA CHIPS	1 PK	1	HARD BOILED EGG - PIA	1 EA	0
A	FRESH SALSA	2 OZ	0	SUGAR FREE BEVERAGE	1 PK	0	SHREDDED CHEESE	2 OZ	0
Y	CORN/FLOUR TORTILLA	2 EA	2	FRESH VEGETABLE	1 EA	0	ONION, BELL PEPPER, RANCH DRESSING	2 OZ	0
	1% MILK - PIA	8 OZ	1	TOTAL CHO		4	VEGETABLE	2 PK	0
	COFFEE - PIA	1 PK	0				DINNER ROLL (2 OZ)	4 OZ	1
	TOTAL CHO		8				MARGARINE REDDIES (LS PAT)	1 EA	2
							DESSERT	2 EA	0
							1% MILK-PIA	1 SL	2
							TOTAL CHO	1 PK	1
									7
14	PEANUT BUTTER PK - PIA (AE)	2 PK	0	PEANUT BUTTER SANDWICH BL - PIA	1 EA		HARD BOILED EGG W/ SHREDDED CHEESE (AE)	2 EA	
							BREADED CHICKEN PATTY (RMA)	3 OZ	0
								1 EA	0.5
W	FRESH FRUIT	1 EA	1	PEANUT BUTTER SANDWICH BL - PIA			GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0
E	COLD CEREAL	1 CUP	1.5	PEANUT BUTTER - PIA	2 OZ	2	THOUSAND ISLAND DRESSING	1 PK	0
D	MUFFIN & EGG SANDWICH			SUGAR FREE JELLY - PIA	1 OZ	0	GROUND CHICKEN TETRAZZINI-PIA	6 OZ	3
N	EGGS SCRAMBLED - PIA	4 OZ	0	100% WHOLE WHEAT BREAD - PIA	1 PK	2	VEGETABLE	6 OZ	0
E	TURKEY HAM	2 OZ	0	CORN NUTS - PIA	1 PK	1	RED BEANS	6 OZ	2
S	SLICED AMERICAN CHEESE	1 EA	0	COOKIES - PIA	1 PK	1	CHOCOLATE MILK - PIA	8 OZ	1
D	ENGLISH MUFFIN	1 EA	2	SUGAR FREE BEVERAGE	1 PK	0	FRESH FRUIT	1 EA	1
A	PINTO BEANS	6 OZ	2	FRESH VEGETABLE	1 EA	0	TOTAL CHO		7
Y	1% MILK - PIA	8 OZ	1	TOTAL CHO		6			
	COFFEE - PIA	1 PK	0				RED BEANS (AE)	4 OZ	1.5
	TOTAL CHO		7.5				SEASONED PASTA (AE/RMA)	6 OZ	1.5
15	SLICED AMERICAN CHEESE (AE)	2 EA	0				TURKEY HOT DOG (RMA)	2 EA	0
T	FRUIT CUP	1 EA	1	CHEESE SANDWICH BL 1561			GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0
H	HOT CEREAL	1 CUP	2	AMERICAN CHEESE SLICE	2 OZ	0	BEEF MAC & CHEESE	6 OZ	2
U	PLAIN LOW FAT YOGURT	4 OZ	1	100% WHOLE WHEAT BREAD	1 EA	2	VEGETABLE	6 OZ	0
R	BRAN MUFFIN CAKE	1 SL	2	GRAHAM CRACKERS	1 PK	1	SIMMERED WHITE BEANS	6 OZ	2
S	PEANUT BUTTER - PIA 1 OZ	1 PK	0	BANANA CHIPS	1 PK	1	DESSERT	4 OZ	0
D	1% MILK - PIA	8 OZ	1	SUGAR FREE BEVERAGE	1 PK	0	BLACK TEA	8 OZ	0
A	COFFEE - PIA	1 PK	0	FRESH VEGETABLE	1 EA	0	THOUSAND ISLAND DRESSING	1 PK	0
Y	TOTAL CHO		7	TOTAL CHO		4	TOTAL CHO		4
16									
							MAC & CHEESE (AE/RMA)	8 OZ	2.5
F	JUICE - PIA FORTIFIED	1 EA	1	LUNCHMEAT SANDWICH BL 1562			COLD PASTA SALAD ENTREE	6 OZ	2
R	COLD CEREAL	1 CUP	2	ROASTED CHICKEN	2 OZ	0	CHICKEN BREAST LEMON PEPPER-PIA	1 EA	0
I	CHORIZO SCRAMBLED EGGS	4 OZ	0	MUSTARD	1 PK	0	PINTO BEANS	6 OZ	2
D	EGGS - PIA		0	100% WHOLE WHEAT BREAD - PIA	1 PK	2	VEGETABLE	6 OZ	1
A	CHICKEN CHORIZO - PIA		0	PEANUT BUTTER CRACKERS	1 PK	1	DINNER ROLL (2 OZ)	1 EA	2
Y	CORN/FLOUR TORTILLAS	2 EA	2	SOY NUTS	1 PK	0	MARGARINE REDDIES (LS PAT)	2 EA	0
	MEXICAN BEANS	6 OZ	2	SUGAR FREE BEVERAGE	1 PK	0	1% MILK PIA	8 OZ	1
	FRESH SALSA	2 OZ	0	FRESH VEGETABLE	1 EA	0	FRESH FRUIT	1 EA	1
	1% MILK - PIA	8 OZ	1	TOTAL CHO		4	TOTAL CHO		9
	COFFEE - PIA	1 PK	0						
	TOTAL CHO		8						
17	SCRAMBLED EGGS - PIA (AE)	6 OZ	0	CHEESE SANDWICH BL (AE) 1572	1 EA		PINTO BEANS (AE)	4 OZ	2
							BREADED CHICKEN PATTY (RMA)	1 EA	0.5
S	FRESH FRUIT	1 EA	1	LUNCHMEAT SANDWICH BL 1563			COLESLAW	4 OZ	1
A	HOT CEREAL	1 CUP	2	POULTRY W/ JALAPENO	2 OZ	0	HOT DOGS - PIA	2 EA	0
T	SCRAMBLED EGGS W/CHEESE- PIA	4 OZ	0	MUSTARD	1 PK	0	MUSTARD/RELISH PACK	2 EA	0
U	BREAKFAST SAUSAGE LINK - PIA	1 EA	0	100% WHOLE WHEAT BREAD	1 PK	2	FRESH CHOPPED ONIONS	2 OZ	0
R	BISCUIT 3 OZ	1 EA	2	PRETZELS	1 PK	1	HOT DOG BUNS - PIA	2 EA	2
D	MARGARINE REDDIES (LS PAT)	2 EA	0	SOY NUTS	1 PK	1	BAKED BEANS	6 OZ	2
A	1% MILK - PIA	8 OZ	1	SUGAR FREE BEVERAGE	1 PK	0	VEGETABLE	6 OZ	1
Y	COFFEE - PIA	1 PK	0	FRESH VEGETABLE	1 EA	0	DESSERT	4 OZ	1
	TOTAL CHO		6	TOTAL CHO		4	SUGAR FREE BEVERAGE	1 PK	0
							TOTAL CHO		7
18	SCRAMBLED EGGS W/CHEESE (AE)	4 OZ		PEANUT BUTTER SANDWICH BL - PIA	1 EA		TURKEY HOT DOGS (RMA)	2 EA	0
							AMERICAN CHEESE (AE)	2 SL	0
S	JUICE - PIA FORTIFIED	1 EA	1	LUNCHMEAT SANDWICH BL 1564			GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0
U	HOT CEREAL	1 CUP	3	SMOKED POULTRY	2 OZ	0	RANCH DRESSING	1 PK	0
N	SIERRA BRAN PANCAKES	2 EA	2	MUSTARD	1 PK	0	SALISBURY STEAK - PIA	1 EA	0
D	PEANUT BUTTER - PIA	2 OZ	1	100% WHOLE WHEAT BREAD	1 PK	2	MASHED POTATOES	4 OZ	1
A	SUGR FREE SYRUP - PIA	2 OZ	0	PEANUT BUTTER CRACKERS	1 PK	1	GRAVY	2 OZ	1
Y	MARGARINE REDDIES (LS PAT)	2 EA	0	GRAHAM CRACKERS	1 PK	1	VEGETABLE	6 OZ	0
	1% MILK - PIA	8 OZ	1	SUGAR FREE BEVERAGE	1 PK	0	CORNBREAD	1 SL	2
	COFFEE - PIA	1 PK	0	FRESH VEGETABLE	1 EA	0	MARGARINE REDDIES (LS PAT)	2 EA	0
	TOTAL CHO		8	TOTAL CHO		4	DESSERT	1 EA	2
							BLACK TEA	8 OZ	0
							TOTAL CHO		6
19				CHEESE SANDWICH BL (AE) 1567	1 EA		PINTO BEANS (AE)	6 OZ	2
							BREADED CHICKEN PATTY (RMA)	1 EA	0.5
MENU TO BE FOLLOWED AS WRITTEN: SUBSTITUTIONS ARE TO BE MADE ONLY WHEN ITEM ON MENU IS NOT AVAILABLE AND NOT ON A PERMANENT BASIS									
PIA = PIA product, or contains PIA products. AE = Alternate Entrée for religious diet. AE will substitute the protein. CHO = Carbohydrate exchange									
RMA = Religious Meat Alternate Entrée. RMA will substitute the protein. SM = Small. LS = Low sodium. Total CHO count does not include religious diets.									
Note: When green or spinach salad on menu, in addition: add chopped vegetables such as celery, onion, peppers, green onions, etc.									

MENU TO BE FOLLOWED AS WRITTEN: SUBSTITUTIONS ARE TO BE MADE ONLY WHEN ITEM ON MENU IS NOT AVAILABLE AND NOT ON A PERMANENT BASIS
 PIA = PIA product, or contains PIA products. AE = Alternate Entrée for religious diet. AE will substitute the protein. CHO = Carbohydrate exchange
 RMA = Religious Meat Alternate Entrée. RMA will substitute the protein. SM = Small. LS = Low sodium. Total CHO count does not include religious diets.
 Note: When green or spinach salad on menu, in addition; add chopped vegetables such as celery, onion, peppers, green onions, etc.



Please fill out and return with your order or mail to:
 Union Supply Direct • Attn: Roni • Dept. 100, P.O. Box 9018 • Rancho Dominguez, CA 90224-9018

The California Department of Corrections and Rehabilitation(CDCR) has approved this independent vendor to sell merchandise to inmates and the public. CDCR's brief review and approval of this vendor was strictly limited to minimum security requirements and general business intent. CDCR is not affiliated with this vendor and does not guarantee that the vendor will fulfill any obligations, perform as expected, nor permanently remain in business, nor does CDCR guarantee the vendor's products in any way. Any purchases from this vendor are at the buyer's sole risk. CDCR assumes no liability whatsoever for such purchases, nor any aspect thereof. Any issues or disputes regarding the vendor's products are the sole responsibility of the buyer and/or the vendor, and CDCR is not obligated to mediate or resolve any such disputes.

CDCR Standardized Weekly Menu
(Men FY 2019/2020)

QUARTER 4		WEEK: 4	4/20/2020		REVIEWED BY : Keith Robinson, DFA	
INSTITUTION:		4/26/2020				
BREAKFAST		CHO	LUNCH	CHO	DINNER	CHO
M	FRESH FRUIT	1 EA	1	PEANUT BUTTER SANDWICH BL - PIA		
O	COLD CEREAL	1 CUP	2	...PEANUT BUTTER - PIA	2 OZ	2
N	HUEVOS RANCHEROS			...SUGAR FREE JELLY - PIA	1 OZ	0
D	...SCRAMBLED EGGS - PIA	4 OZ	0	...100% WHOLE WHEAT BREAD - PIA	1 PK	2
A	...SALSA		0	ALMONDS - PIA 0.625 OZ	1 PK	0
Y	REFRIED BEANS (DEHY)	6 OZ	2	COOKIES - PIA	1 PK	1
	CORN/FLOUR TORTILLAS	2 EA	2	SUGAR FREE BEVERAGE	1 PK	0
	PEANUT BUTTER 1 OZ	1 EA	0	FRESH VEGETABLE	1 EA	0
	1% MILK - PIA	8 OZ	1	TOTAL CHO	5	
	COFFEE - PIA	1 PK	0			
	TOTAL CHO		8			8
20						
T	JUICE - PIA FORTIFIED	1 EA	1	SUB SANDWICH BL 1565		
U	HOT CEREAL	1 CUP	2	ROASTED TURKEY W/CHEESE	2 OZ	0
E	CHORIZO COUNTRY BREAKFAST	4 OZ	0	MUSTARD	1 PK	0
D	...CHICKEN CHORIZO - PIA			RELISH	1 PK	0
A	...ONION			HOAGIE ROLL	1 PK	3
Y	...BELL PEPPER			SUGAR FREE BEVERAGE	1 PK	0
	BISCUIT 3 OZ	1 EA	2	CORN CHIPS	1 PK	1
	SUGAR FREE JELLY - PIA (1/2 OZ)	1 PK	0	BANANA CHIPS	1 PK	1
	HASHBROWNS (DEHY)	4 OZ	1	FRESH VEGETABLE	1 EA	0
	KETCHUP	1 PK	0	TOTAL CHO	5	
	1% MILK - PIA	8 OZ	1			
	COFFEE - PIA	1 PK	0			
	TOTAL CHO		7			8
21	SCRAMBLED EGGS - PIA (AE)	4 OZ	0	CHEESE SANDWICH BL (AE) 1573		
	...ONION AND BELL PEPPER					
W	FRESH FRUIT	1 EA	1	LUNCHMEAT SANDWICH BL 1566		
E	HOT CEREAL	1 CUP	2	...ROASTED CHICKEN LUNCHMEAT	2 OZ	0
D	SCRAMBLED EGG W/ONIONS/PEPPER-PI	4 OZ	0	...MUSTARD	1 PK	0
N	BREAKFAST SAUSAGE LINK - PIA	1 EA	0	...100% WHOLE WHEAT BREAD	1 PK	2
E	BISCUIT 3 OZ	1 EA	2	PEANUT BUTTER CRACKERS	1 PK	1
S	MARGARINE REDDIES (LS PAT)	2 EA	0	GOLD FISH CRACKERS	1 PK	0
D	1% MILK - PIA	8 OZ	1	SUGAR FREE BEVERAGE	1 PK	0
A	COFFEE - PIA	1 PK	0	FRESH VEGETABLE	1 EA	0
Y	TOTAL CHO		6	TOTAL CHO	3	7
22	EGGS W/ONIONS & PEPPERS (AE)	4 OZ	0	PEANUT BUTTER SANDWICH BL - PIA	1 EA	
T	FRESH FRUIT	1 CUP	1	CHEESE SANDWICH BL 1567		
H	HOT CEREAL	1 CUP	2	AMERICAN CHEESE SLICE	2 OZ	0
U	HARD BOILED EGG - PIA	1 EA	0	...MUSTARD	1 PK	0
R	BEEF HASH	6 OZ	1	100% WHOLE WHEAT BREAD	2 SL	2
S	100% WHOLEWHEAT BREAD	2 SL	2	GRAHAM CRACKERS	1 PK	1
D	1% MILK-PIA	8 OZ	1	PEANUT BUTTER CRACKERS	1 PK	1
A	COFFEE - PIA	1 PK	0	PRETZELS	1 EA	2
Y	TOTAL CHO		7	SUGAR FREE BEVERAGE	1 PK	0
				FRESH VEGETABLE	1 EA	0
				TOTAL CHO	6	
			</			

MENU TO BE FOLLOWED AS WRITTEN: SUBSTITUTIONS ARE TO BE MADE ONLY WHEN ITEM ON MENU IS NOT AVAILABLE AND NOT ON A PERMANENT BASIS

PIA = PIA product, or contains PIA products. AE = Alternate Entrée for religious diet. AE will substitute the protein. CHO = Carbohydrate exchange

RMA = Religious Meat Alternate Entrée. RMA will substitute the protein. SM = Small. LS = Low sodium. Total CHO count does not include religious diets.

Note: When green or spinach salad on menu, in addition; add chopped vegetables such as celery, onion, peppers, green onions, etc.

CALIFORNIA QUARTERLY PACKAGE PROGRAM | PROGRAMA DE PAQUETE TRIMESTRAL

MAIL ENTIRE AND COMPLETED ORDER FORM WITH PAYMENT TO (ENVÍE TODA LA ORDEN COMPLETA CON EL PAGO A) :

Access Securepak®

P.O. Box 50028, Sparks, NV 89435-0028

Prepaid Accounts

The terms and conditions set forth below govern the use of the Access Securepak Prepaid Account. By creating an account, depositing funds into an account and/or making purchases using the account, you agree to these terms and conditions.

About the Account: Friends and family members of inmates may deposit funds into an inmate's Prepaid Account ("account") so the inmate can make direct purchases through the Access Securepak program. The account is a prepaid payment device that must have funds loaded into it prior to use. It is not a credit or charge card, and does not constitute a checking, savings, or other demand deposit or consumer asset account. The account may only be used for the purchase of goods or services through the Access Securepak program, such as Quarterly Package, Special Purchase Order, Media – MP3, etc. Money deposited into a Prepaid Account will be spent in the order in which it is received.

Account Set-Up: An account will be automatically created when the first deposit is submitted on behalf of an inmate. No fees will be assessed for the creation of an account.

How to Deposit Funds: Deposits can be made at any time by friends or family members of an inmate in the following ways: (1) **Online:** www.californiaqp.com; (2) **By Mail:** Send payments to: Access Securepak, P.O. Box 50028, Sparks, NV 89435-0028 (the Inmate's Name and Number must accompany each payment); or (3) **By Phone** to: 1-800-546-6283. No fees will be assessed for depositing money onto an account.

The amount of each deposit must be at least \$25 and cannot exceed \$250. The maximum aggregate balance on an account at any time may not exceed \$1,500. Access Securepak ("We") may change these limits at any time for legal, risk management, security or other purposes. Deposits by phone or web will generally be available for use immediately after the transaction has been completed. We reserve the right to delay the availability of funds until such funds have cleared and posted to the prepaid account. We may change the accepted tender types and funding methods for the account at any time for legal, risk management, security or other purposes. We reserve the right to accept, reject or limit deposits in our sole discretion. You will not receive interest on funds loaded to the account.

Who May Spend Funds from the Prepaid Account: The inmate is the only person allowed to make purchases using the inmate's Prepaid Account.

How to Spend: The funds may only be spent with Access Securepak, which includes any Access Securepak products, services or programs that the inmate is eligible to participate in. All orders must be submitted in writing using the Access Securepak Order Form. If there are insufficient funds in the Prepaid Account to cover the total price of the purchase, the transaction will be adjusted as necessary to reflect the amount of funds actually available in the Prepaid Account. Access Securepak reserves the right to make these adjustments as necessary. The inmate may only make purchases equal to or less than the balance in the account at the time of the transaction. We are not responsible or liable for any interruption in your use of the account.

Returns: The inmate's Prepaid Account will be credited with the purchase price of any item(s) returned to Access Securepak that were purchased using funds from that inmate's Prepaid Account whether that return constitutes the complete package or only a partial of the items originally shipped. Any processing fee or shipping and handling fees originally incurred will not be refunded.

Refunds: Refunds will only be issued when an inmate has been released from incarceration. Upon written notification to Access Securepak that an inmate has been released from incarceration, their remaining funds will be returned to the original sender of the funds in the reverse order in which funds were received. A request for a refund prior to the release of the inmate from incarceration will be considered based on the specific circumstances for that request.

Account Balance Information: The inmate will receive a notice every time there is a deposit into the account, stating the amount of the deposit and the new account balance. The inmate will also receive a notice every time there is a purchase (withdrawal) from the account and the remaining account balance.

Consent to Fees: We will not charge fees to open a Prepaid Account, make deposits into a Prepaid Account nor charge a maintenance or inactivity fee on a Prepaid Account.

Inquiries: All questions regarding a Prepaid Account should be mailed to: Attention – Prepaid Accounts at this address: P.O. Box 50028, Sparks, NV 89435-0028 or call 1-800-546-6283.

These terms and conditions are subject to change.

How to Order Your Promo Items:

For All Orders:

The opportunity to choose promo items is based on the regularly priced Quarterly Package items and Giant Warehouse Sale items subtotal, EXCLUDING processing fee and Special Purchase Order items. Calculate your total dollar amount for regularly priced items to determine your eligibility. Eligible shoppers may choose a maximum of ten (10) "what YOU want" promo items, with no duplicates. OR, you may choose a "Platinum Promo" item instead of "what YOU want" items. The price of the "Platinum Promo" item will be added to your subtotal of regularly priced items.

*Ship weights of Promo items must fall within the overall ship weight limits of the order.

For Web Orders:

Online shoppers will choose their Promo items after submitting regularly priced Quarterly Package items and Giant Warehouse Sale items to the checkout process. This EXCLUDES special purchase order items. If after selecting Promo items you return to the shopping cart and edit your order such that the total dollar amount falls below the Promo qualifying thresholds, any Promo item previously selected will be automatically removed.

Note: You may return to your shopping cart and make changes at any time—Promo items are ONLY affected if qualifying price thresholds change.

For Mail and Fax Orders:

When completing your order form, calculate the subtotal of your regularly priced Quarterly Package items and Giant Warehouse Sale items in the space provided to determine how many Promo items you may choose. This EXCLUDES Special Purchase Order items. Once you have added your Promo items in the specified space and calculated the subtotal, add that amount to your regularly priced items subtotal to calculate your grand total.

For Phone Orders:

When placing a phone order, you should submit your regularly priced Quarterly Package item and Giant Warehouse Sale item choices to the customer service agent. He or she will calculate your subtotal and tell you how many Promo items you qualify for. This EXCLUDES Special Purchase Order items. At that time, you may add your Promo items to the order, which ensures you will receive the best price.

CDCR Standardized Weekly Menu
(Men FY 2019/2020)

QUARTER 4		WEEK: 5	4/27/2020	REVIEWED BY : Keith Robinson, DFA		
INSTITUTION:			5/3/2020			
	BREAKFAST	CHO	LUNCH	DINNER	CHO	
M	FRESH FRUIT	1 EA	1 PEANUT BUTTER SANDWICH BL - PIA	GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	
O	COLD CEREAL	1 CUP	2 ...PEANUT BUTTER - PIA	FRENCH DRESSING	1 PK	
N	SCRAMBLED EGGS/CHEESE - PIA	4 OZ	0 ...SUGAR FREE JELLY - PIA	0 BEAN AND CHEESE BURRITO 5 OZ	1 EA	
D	PINTO BEANS	6 OZ	2 ...100% WHOLE WHEAT BREAD - PIA	2 SPANISH RICE	4 OZ	
A	SALSA	2 OZ	0 ALMONDS - PIA 0.625 OZ	0 MEXICAN PINTO BEANS	4 OZ	
Y	CORN FLOUR TORTILLA	2 EA	2 COOKIES - OATMEAL - PIA	1 VEGETABLE	6 OZ	
	1% MILK - PIA	8 OZ	1 SUGAR FREE BEVERAGE	0 DESSERT	1 EA	
	COFFEE - PIA	1 PK	0 FRESH VEGETABLE	0 SUGAR FREE BEVERAGE	1 PK	
	TOTAL CHO	8	TOTAL CHO	TOTAL CHO	9	
27						
T	JUICE - PIA FORTIFIED	1 EA	1 TUNA SANDWICH BL 1550	CARROT PINEAPPLE SALAD	4 OZ	
U	HOT CEREAL	1 CUP	3 TUNA PACKET 2 OZ	0 BEEF PATTY - PIA	1 EA	
E	PLAIN LOW FAT YOGURT	4 OZ	1 100% WHOLEWHEAT BREAD	2 ONION AND BELL PEPPER GRAVY	2 OZ	
S	HARD BOILED EGGS - PIA	2 EA	0 GOLD FISH CRACKERS	0 BAKED POTATO	1 EA	
D	100% WHOLE WHEAT - PIA	1 PK	2 PRETZELS	2 VEGETABLE	6 OZ	
A	1% MILK - PIA	8 OZ	1 SUGAR FREE BEVERAGE	0 DESSERT	4 OZ	
Y	COFFEE - PIA	1 PK	0 FRESH VEGETABLE	0 DINNER ROLL 2 OZ	1 EA	
	TOTAL CHO	8	TOTAL CHO	BLACK TEA	8 OZ	
				TOTAL CHO	5	
28			CHEESE SANDWICH BL (AE) 1570	1 EA	RED BEANS (AE)	8 OZ
					HAMBURGER PATTY (RMA)	1 EA
W	FRESH FRUIT	1 EA	1 CHEESE SANDWICH BL 1551	GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	
E	HOT CEREAL	1 CUP	2 ...AMERICAN CHEESE	0 CHICKEN VEGETABLE STEW - PIA	6 OZ	
D	COUNTRY BREAKFAST - PIA	4 OZ	0 ...100% WHOLE WHEAT BREAD	2 VEGETABLE	6 OZ	
N	HASHBROWN POTATOES (DEHY)	4 OZ	1 SUNFLOWER SEEDS	1 PK	CORN BREAD	1 SL
E	BISCUIT 3 OZ	1 EA	2 PEANUT BUTTER CRACKERS	1 PK	MARGARINE REDDIES (LS PAT)	2 EA
S	SUGAR FREE JELLY - PIA (1/2 OZ)	1 PK	0 SUGAR FREE BEVERAGE	1 PK	0 DESSERT	1 SL
D	MARGARINE REDDIES (LS PAT)	2 EA	0 FRESH VEGETABLE	1 EA	0 1% MILK - PIA	8 OZ
A	1% MILK - PIA	8 OZ	1 MUSTARD PACK	1 EA	0 BABY LIMA BEANS	4 OZ
Y	COFFEE - PIA	1 PK	0 TOTAL CHO	3 TOTAL CHO		8
	TOTAL CHO	7				
29	SCRAMBLED EGGS - PIA (AE)	4 OZ	0		BABY LIMA BEANS (AE)	4 OZ
					VEGETABLE STEW (AE/RMA)	6 OZ
					TURKEY HOT DOG (RMA)	2 EA
T	FRESH FRUIT	1 EA	1 LUNCHMEAT SANDWICH BL 1552	LETTUCE/TOMATO/ONION SLICE	1 EA	
H	HOT CEREAL	1 CUP	2 ...ROASTED CHICKEN	0 CHEESE BURGER	1 EA	
U	PLAIN LOW FAT YOGURT	4 OZ	1 ...MUSTARD	0 BEEF PATTY - PIA	1 EA	
R	VEGETABLE EGG SCRAMBLE	4 OZ	0 ...100% WHOLE WHEAT BREAD	2 SLICED AMERICAN CHEESE	1 SL	
S	EGGS - PIA	1 EA	0 PEANUT BUTTER CRACKERS	1 PK	KETCHUP & MUSTARD	1 EA
D	PEPPERS AND ONIONS	1 PK	0 SOY SNACK	1 PK	HAMBURGER BUN - PIA	1 EA
A	SHREDDED CHEESE	1 EA	1 SUGAR FREE BEVERAGE	1 PK	CORN CHIPS	1 PK
Y	HASH BROWN POTATO PATTY	1 EA	1 FRESH VEGETABLE	1 EA	0 VEGETABLE	6 OZ
	KETCHUP	1 PK	0 TOTAL CHO	3 1% MILK - PIA	8 OZ	1
	1% MILK - PIA	8 OZ		0 DESSERT	4 OZ	0
	COFFEE - PIA	1 PK		TOTAL CHO	5	
	TOTAL CHO	6		PINTO BEANS (AE)	4 OZ	1
30			PEANUT BUTTER SANDWICH BL - PIA	1 EA	SLICED AMERICAN CHEESE (AE)	2 EA
					HAMBURGER PATTY (RMA)	1 EA
F	JUICE - PIA FORTIFIED	1 EA	1 PEANUT BUTTER SANDWICH BL - PIA	LETTUCE/TOMATO/ONION SLICE	1 EA	
R	COLD CEREAL	1 CUP	2 ...PEANUT BUTTER - PIA	2 BREADED FISH SANDWICH		
I	CHEESY BREAKFAST CASSEROLE	6 OZ	0 ...SUGAR FREE JELLY - PIA	1 OZ	0 BREADED FISH (4 OZ)	4 OZ
D	EGGS - PIA	0	0 ...100% WHOLE WHEAT BREAD - PIA	1 PK	2 TARTAR SAUCE	2 OZ
A	SHREDDED CHEESE	0	0 CORN NUTS	1 PK	1 HAMBURGER BUN - PIA	1 EA
Y	DICED POTATOS (DEHY)	1	0 COOKIES CHOCOLATE CHIP - PIA	1 PK	1 MAC-N-CHEESE	6 OZ
	CHOPPED HAM	0	0 SUGAR FREE BEVERAGE	1 PK	0 VEGETABLE	6 OZ
	KETCHUP	1 PK	0 FRESH VEGETABLE	1 EA	0 BLACK TEA	8 OZ
	1% MILK - PIA	8 OZ	0 TOTAL CHO	6 FRESH FRUIT	1 EA	1
	COFFEE - PIA	1 PK		TOTAL CHO	7	
	TOTAL CHO	5				
1	SCRAMBLED EGGS WITH BELL PEPPER AND ONIONS (AE)	6 OZ	0		MAC & CHEESE	8 OZ
						2
S	FRESH FRUIT	1 EA	1 SUB SANDWICH BL 1553	GREEN SALAD W/CUCUMBERS/DRESSING	1 CUP/1PK	1
A	HOT CEREAL	1 CUP	2 ...ROASTED TURKEY W/ CHEESE	0 BAKED BBQ CHICKEN - PIA		
T	PLAIN LOW FAT YOGURT	4 OZ	1 ...MUSTARD	1 PK	0 HIND QUARTER	1 EA
U	BRAN MUFFIN CAKE PLAIN	1 SL	2 ...RELISH	1 PK	0 RICE PILAF	4 OZ
R	PEANUT BUTTER - PIA 1 OZ	1 PK	0 ...HOAGIE ROLL	1 PK	3 BBQ SAUCE	2 OZ
D	1% MILK - PIA	8 OZ	1 GOLD FISH CRACKERS	1 PK	0 VEGETABLE	6 OZ
A	COFFEE - PIA	1 PK	0 PRETZELS	1 PK	2 CHOCOLATE MILK - PIA	8 OZ
Y	FRUIT CUP	1 EA	1 SUGAR FREE BEVERAGE	1 EA	0 BLACK EYED PEAS	6 OZ
	TOTAL CHO	8	1 FRESH VEGETABLE	1 EA	0 TOTAL CHO	9
			TOTAL CHO	5		
2			CHEESE SANDWICH (AE/RMA) 1573	1 EA	BLACK EYED PEAS (AE)	8 OZ
					BREADED CHICKEN PATTY (RMA)	1 EA
S	JUICE - PIA FORTIFIED	1 EA	1 LUNCHMEAT SANDWICH BL 1554	GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0
U	HOT CEREAL	1 CUP	2 ...POULTRY BOLOGNA	0 ITALIAN DRESSING	1 PK	0
N	SIERRA BRAN PANCAKES	2 EA	2 ...MUSTARD	0 CHEESE PIZZA DELUX	1 EA	0
D	SCRAMBLED EGGS - PIA	4 OZ	0 ...100% WHOLE WHEAT BREAD	1 PK	0 FRESH BELL PEPPER AND ONIONS	0
A	SUGAR FREE SYRUP - PIA	2 OZ	0 CORN CHIPS	1 PK	1 SMALL WHITE BEANS	4 OZ
Y	MARGARINE REDDIES (LS PAT)	2 EA	0 PEANUT BUTTER CRACKERS	1 PK	1 VEGETABLE	6 OZ
	1% MILK - PIA	8 OZ	1 SUGAR FREE BEVERAGE	1 PK	0 DESSERT	4 OZ
	COFFEE - PIA	1 PK	0 FRESH VEGETABLE	1 EA	0 SPAGHETTI W/MARINARA SAUCE	6 OZ
	TURKEY HAM SLICE	2 OZ	0 TOTAL CHO	4 1% MILK - PIA	8 OZ	0
	TOTAL CHO	8		TOTAL CHO	8	
3	PEANUT BUTTER - PIA 2 OZ (AE)	1 EA	1 CHEESE BL (AE/RMA) BL 1574	1 EA		
MENU TO BE FOLLOWED AS WRITTEN: SUBSTITUTIONS ARE TO BE MADE ONLY WHEN ITEM ON MENU IS NOT AVAILABLE AND NOT ON A PERMANENT BASIS						
PIA = PIA product, or contains PIA products. AE = Alternate Entrée for religious diet. AE will substitute the protein. CHO = Carbohydrate exchange						
RMA = Religious Meat Alternate Entrée. RMA will substitute the protein. SM = Small. LS = Low sodium. Total CHO count does not include religious diets.						
Note: When green or spinach salad on menu, in addition; add chopped vegetables such as celery, onion, peppers, green onions, etc.						

MENU TO BE FOLLOWED AS WRITTEN: SUBSTITUTIONS ARE TO BE MADE ONLY WHEN ITEM ON MENU IS NOT AVAILABLE AND NOT ON A PERMANENT BASIS

PIA = PIA product, or contains PIA products. AE = Alternate Entrée for religious diet. AE will substitute the protein. CHO = Carbohydrate exchange

RMA = Religious Meat Alternate Entrée. RMA will substitute the protein. SM = Small. LS = Low sodium. Total CHO count does not include religious diets.

Note: When green or spinach salad on menu, in addition; add chopped vegetables such as celery, onion, peppers, green onions, etc.

CDCR Standardized Weekly Menu
(Men FY 2019/2020)

QUARTER 4			WEEK: 6		5/4/2020		5/10/2020		REVIEWED BY : Keith Robinson, DFA	
INSTITUTION:										
BREAKFAST			CHO	LUNCH		CHO	DINNER		CHO	
M	FRESH FRUIT	1 EA	1	PEANUT BUTTER SANDWICH BL - PIA			GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0	
O	COLD CEREAL	1 CUP	1.5	PEANUT BUTTER - PIA	2 OZ	2	RANCH DRESSING	1 PK	0	
N	COUNTRY STYLE EGGS-PIA	4 OZ	0	SUGAR FREE JELLY - PIA	1 OZ	0	BROCCOLI CHEESE W/RICE	6 OZ	3	
D	PEPPERS AND ONIONS		0	100% WHOLE WHEAT BREAD - PIA	1 PK	2	ITALIAN WHITE BEANS	6 OZ	2	
A	HASHBROWN POTATOES (DEHY)	4 OZ	0.5	CORN NUTS - PIA	1 PK	1	VEGETABLE	6 OZ	0	
Y	100% WHOLE WHEAT BREAD - PIA	2 SL	2	COOKIES - PIA	1 PK	1	FRESH FRUIT	1 EA	1	
	MARGARINE REDDIES (LS PAT)	2 EA	0	SUGAR FREE BEVERAGE	1 PK	0	BLACK TEA	8 OZ	0	
	KETCHUP	1 PK	0	FRESH VEGETABLE	1 EA	0	TOTAL CHO		6	
	1% MILK - PIA	8 OZ	1	TOTAL CHO		6				
	COFFEE - PIA	1 PK	0							
4	TOTAL CHO		6							
T	FRESH FRUIT	4 OZ	1	LUNCHMEAT SANDWICH BL 1555			FRIJOLE SALAD	4 OZ	1	
U	HOT CEREAL	1 CUP	2	POULTRY BOLOGNA	2 OZ	0	VEGETABLE CHICKEN STEW	6 OZ	1	
E	LOW FAT PLAIN YOGURT	4 OZ	1	MUSTARD	1 PK	0	DARK CUBED BROTH- PIA		0	
S	BRAN CAKE	1 SL	2	100% WHOLE WHEAT BREAD	2 SL	2	VEGETABLE	6 OZ	0	
D	PEANUT BUTTER - PIA 1 OZ	1 PK	0	PRETZELS	1 PK	2	CORNBREAD	1 SL	2	
A	1% MILK - PIA	8 OZ	1	SUNFLOWER SEEDS	1 PK	0	MARGARINE REDDIES (LS PAT)	2 EA	0	
Y	COFFEE - PIA	1 PK	0	SUGAR FREE BEVERAGE	1 PK	0	DESSERT	4 OZ	2	
	TOTAL CHO		7	FRESH VEGETABLE	1 EA	0	SUGAR FREE BEVERAGE	1 PK	0	
				TOTAL CHO		4	TOTAL CHO		6	
5										
				CHEESE SANDWICH BL (AE) 1567	1 EA		VEGETABLE STEW W/CHEESE (AE)	6 OZ/2 OZ	1	
							HAMBURGER PATTY (RMA)	1 EA	0	
W	FRESH FRUIT	1 EA	1	LUNCHMEAT SANDWICH BL 1555			GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0	
E	COLD CEREAL	1 CUP	1.5	ROASTED TURKEY	2 OZ	0	CHICKEN SANDWICH	1 EA	0	
D	DENVER SCRAMBLE- PIA	6 OZ	0	MUSTARD	1 PK	0	CHICKEN BREAST/ZESTY- PIA	1 EA	0	
N	DICED TURKEY HAM		0	100% WHOLE WHEAT BREAD	1 PK	2	SLICED CHEESE	1 EA	0	
E	HASH BROWN (DEHY)	3 OZ	1	PEANUT BUTTER CRACKERS	1 PK	1	MARINARA SAUCE	2 OZ	0	
S	KETCHUP	1 PK	0	DRIED FRUIT BANANA CHIPS	1 PK	1	HAMBURGER BUN - PIA	1 EA	2	
D	BISCUIT 3 OZ	1 EA	2	SUGAR FREE BEVERAGE	1 PK	0	TUSCAN STYLE BEANS	6 OZ	2	
A	SUGAR FREE JELLY - PIA (1/2 OZ)	1 PK	0	FRESH VEGETABLE	1 EA	0	VEGETABLE	6 OZ	1	
Y	1% MILK - PIA	8 OZ	1	TOTAL CHO		4	DESSERT	4 OZ	1	
	COFFEE - PIA	1 PK	0				BLACK TEA	8 OZ	0	
	TOTAL CHO		6.5				TOTAL CHO		6	
6	VEGETARIAN SCRAMBLE (AE)	6 OZ		PEANUT BUTTER SANDWICH BL - PIA	1 EA		TUSCAN STYLE BEANS (AE)	4 OZ	2	
							BREADED CHICKEN PATTY (RMA)	1 EA	0.5	
T	FRESH FRUIT	1 EA	1	PEANUT BUTTER SANDWICH BL - PIA			COLESLAW	6 OZ	1	
H	HOT CEREAL	1 CUP	3	PEANUT BUTTER - PIA	2 OZ	2	ITALIAN SAUSAGE- PIA	1 EA	0	
U	CALICO SCRAMBLED EGGS	6 OZ	0	SUGAR FREE JELLY - PIA	1 OZ	0	NEW ORLEANS RED BEANS	6 OZ	2	
R	SCRAMBLED EGGS - PIA		0	100% WHOLE WHEAT BREAD - PIA	1 PK	2	ONIONS, CELERY PEPPERS			
S	GREEN PEPPERS			ALMONDS - PIA	1 PK	0	STEAMED WHITE RICE	4 OZ	1	
D	SALSA			COOKIES - PIA	1 PK	1	VEGETABLE	6 OZ	0	
A	CORN FLOUR TORTILLA	2 EA	2	SUGAR FREE BEVERAGE	1 PK	0	DESSERT	1 SL	2	
Y	MARGARINE REDDIES (LS PAT)	2 EA	0	FRESH VEGETABLE	1 EA	0	1% MILK-PIA	8 OZ	1	
	1% MILK - PIA	8 OZ	1	TOTAL CHO		5	TOTAL CHO		7	
	COFFEE - PIA	1 PK	0							
7	TOTAL CHO		7				NEW ORLEANS STYLE RED BEANS (AE)	4 OZ	2	
							TURKEY HOT DOG (RMA)	2 EA	0	
F	JUICE - PIA FORTIFIED	1 EA	1	TUNA SANDWICH BL 1557			GREEN SALAD W/FRESH CHOPPED VEG	1 CUP	0	
R	COLD CEREAL	1 CUP	1.5	TUNA PACKET 2OZ	1 PK	0	CHORIZO BEEF TACO SALAD			
I	CREAMED BEEF-PIA	6 OZ	2	100% WHOLE WHEAT BREAD	2 SL	2	CHORIZO BEEF -PIA	4 OZ	0	
D	BISCUIT 3 OZ	1 EA	2	PRETZELS	1 PK	2	TORTILLAS/CORN CHIPS	2 EA	1	
A	HASHBROWN POTATOES (DEHY)	4 OZ	1	TRAIL MIX	1 PK	1	ONION, BELL PEPPER	2 OZ	0	
Y	KETCHUP	1 PK	0	SUGAR FREE BEVERAGE	1 PK	0	SHREDDED CHEESE	2 OZ	0	
	MARGARINE REDDIES (LS PAT)	2 EA	0	FRESH VEGETABLE	1 EA	0	TACO SAUCE	2 PK	0	
	1% MILK - PIA	8 OZ	1				SPANISH RICE	4 OZ	1	
	COFFEE - PIA	1 PK	0	TOTAL CHO		5	REFRIED BEANS	6 OZ	2	
	TOTAL CHO		8.5				VEGETABLE	6 OZ	0	
							DESSERT	4 OZ	0	
							SUGAR FREE BEVERAGE	1 PK	1	
							TOTAL CHO		5	
8	SCRAMBLED EGGS - PIA (AE)	4 OZ	0	CHEESE SANDWICH BL (AE) 1572	1 EA		REFRIED BEANS (AE)	4 OZ	2	
	BISCUIT & GRAVY NO MEAT (AE)	1EA/2OZ	1				HAMBURGER PATTY (RMA)	1 EA	0	
S	FRESH FRUIT	1 EA	1	SUB SANDWICH BL 1558			MACARONI SALAD	6 OZ	1	
A	HOT CEREAL	1 CUP	2	SMOKED POULTRY W/ CHEESE	2 OZ	0	HOT LINK SAUSAGE-PIA	1 EA	0	
T	BREAKFAST BURRITOS			MUSTARD	1 PK	0	FRESH DICED ONIONS	2 OZ	0	
U	SCRAMBLED EGG - PIA	3 OZ	0	RELISH	1 PK	0	MUSTARD/RELISH PACK	1 EA	0	
R	CHICKEN CHORIZO - PIA	3 OZ	0	HOAGIE ROLL - PIA	1 PK	3	HOT DOG BUN- PIA	1 EA	3	
D	SLICED CHEESE	1 EA	0	GRAHAM CRACKERS	1 PK	1	CHILI BEANS NO-MEAT	6 OZ	2	
A	FRESH SALSA	2 OZ	0	ORIENTAL MIX	1 PK	1	VEGETABLE	6 OZ	0	
Y	FLOUR TORTILLAS	2 EA	2	SUGAR FREE BEVERAGE	1 PK	0	DESSERT	4 OZ	1	
	REFRIED BEANS (DEHY)	6 OZ	2	FRESH VEGETABLE	1 EA	0	BLACK TEA	8 OZ	0	
	1% MILK - PIA	8 OZ	1	TOTAL CHO		5	TOTAL CHO		7	
	COFFEE - PIA	1 PK	0							
	TOTAL CHO		8							
9	SCRAMBLED EGGS PIA (AE)	3 OZ	0	PEANUT BUTTER SANDWICH BL - PIA	1 EA		CHILI BEANS (AE)	4 OZ	2	
							TURKEY HOT DOG (RMA)	2 EA	0	
S	JUICE - PIA FORTIFIED	1 EA	1	LUNCHMEAT SANDWICH BL 1559			COLESLAW	6 OZ	1	
U	HOT CEREAL	1 CUP	3	POULTRY W/ JALAPENO	2 OZ	0	BAKED CHICKEN HIND QUARTER- PIA	1 EA	0	
N	SIERRA BRAN PANCAKES	2 EA	2	MUSTARD	1 OZ	0	BBO SAUCE	2 OZ	1	
D	PEANUT BUTTER - PIA	2 OZ	1	100% WHOLE WHEAT BREAD	1 PK	2	BAKED YAM/SWEET POTATO	1 EA	1	
A	SUGAR FREE SYRUP - PIA	2 OZ	0	PEANUT BUTTER CRACKERS	1 PK	1	BLACK EYED PEAS W/ONIONS	6 OZ	2	
Y	MARGARINE REDDIES (LS PAT)	2 EA	0	GOLD FISH CRACKERS	1 PK	0	VEGETABLE	6 OZ	1	
	1% MILK - PIA	8 OZ	1	SUGAR FREE BEVERAGE	1 PK	0	CHOCOLATE MILK - PIA	8 OZ	1	
	COFFEE - PIA	1 PK	0	FRESH VEGETABLE	1 EA	0	TOTAL CHO		7	
	TOTAL CHO		8	TOTAL CHO		3				
10				CHEESE SANDWICH BL (AE) 1551	1 EA		BLACK EYED PEAS W/ONIONS (AE)	4 OZ	2	
							BREADED CHICKEN PATTY (RMA)	1 EA	0.5	
MENU TO BE FOLLOWED AS WRITTEN: SUBSTITUTIONS ARE TO BE MADE ONLY WHEN ITEM ON MENU IS NOT AVAILABLE AND NOT ON A PERMANENT BASIS										
PIA = PIA product, or contains PIA products. AE = Alternate Entrée for religious diet. AE will substitute the protein. CHO = Carbohydrate exchange										
RMA = Religious Meat Alternate Entrée. RMA will substitute the protein. SM = Small. LS = Low sodium. Total CHO count does not include religious diets.										
Note: When green or spinach salad on menu, in addition; add chopped vegetables such as celery, onion, peppers, green onions, etc.										