



This report describes how the unhealthy food served and sold to people incarcerated in state prisons directly violates the state's Healthy Nutrition Guidelines and will lead to costly health care expenditures on preventable diseases, in violation of Executive Order 13-06. It offers recommendations for achieving compliance with EO 13-06 by establishing effective oversight to ensure that the Department of Corrections makes healthy nutrition possible for incarcerated people.

Correcting Food Policy in Washington Prisons

How the DOC Makes Healthy Food Choices Impossible for Incarcerated People & What Can Be Done

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KEY POINTS

- The food served and sold to the 18,000 people incarcerated in Washington state prisons is now unhealthier than it has ever been. It also violates Executive Order 13-06 and the DOH Healthy Nutrition Guidelines, which apply to all state agencies and institutions.
- When the Department of Corrections turned over responsibility for food services to Correctional Industries (CI), the DOC's business arm, it substituted 95% industrialized, plastic-wrapped, sugar-filled “food products” for locally prepared healthy food. This has turned Washington prisons into state-sponsored food deserts, with drastic reductions in fresh produce, lean protein, and whole grains in the diet of incarcerated people.
- This unhealthy diet encourages disadvantaged populations to eat poorly, disproportionately impacts the health of people of color, and leads to increased healthcare expenditures on preventable diseases such as diabetes, hypertension, and heart disease.
- The CI system of producing highly processed, packaged food in Spokane and continually trucking it to prisons across the state is expensive and harmful to the environment.

Recommendations

- Responsibility for prison menu planning must be taken away from CI, allowing a return to the healthier and cheaper alternative of cooking fresh, nutritious, locally grown food from scratch at each institution. Expert dietitians, not CI, must oversee the selection of food products for prison commissaries and quarterly packages.
- The Governor should empower DOH to evaluate and monitor DOC's compliance with the Healthy Nutrition Guidelines, not only administratively or by survey, but by careful attention to what is actually served.
- The topics covered in this report are limited to the scope of Executive Order 13-06 and DOH's Healthy Nutrition Guidelines. DOH is receptive to suggestions for improvement and plans to update its Healthy Nutrition Guidelines in 2017, but additional orders from the Governor may be necessary to bring DOC's food system up to the standards of Washington's local farm and food model.

Executive Summary

The food served and sold to people incarcerated in state prisons is now unhealthier than it has ever been. DOC policies and practices violate the state's Healthy Nutrition Guidelines, encourage disadvantaged populations to eat poorly, damage the environment, have a disproportionate adverse health impact on African Americans, and will lead to increased healthcare expenditures on preventable diseases such as diabetes, hypertension, and heart disease. In 2013, under the mandate of Governor Inslee's Executive Order 13-06, the Department of Health (DOH) promulgated [Healthy Nutrition Guidelines](#) for institutions, announcing that "Washington State supports healthy living by ensuring state facilities and agencies offer, purchase, and serve healthy food and beverages. We are making the healthy choice the easy choice." In reality, the Department of Corrections (DOC), working through a decades-long Correctional Industries (CI) takeover of food services, commissaries, and food package programs, has implemented policies that systematically deny healthy choices to the incarcerated, their families, and the staff who eat institutional food. Unlike others affected by state food policies, the incarcerated can eat only what DOC makes available. The new policies have eliminated the cooking from scratch of locally grown food ("farm-to-table") to impose an industrial model that damages both health and the environment through the plastic packaging and transporting of highly processed food products

How did this happen? The answer is twofold: (1) absence of any real oversight authority given to DOH under Executive Order 13-06, and (2) institutional disregard for the health of the incarcerated¹ in an organizational structure that prevents DOC Health Services from enforcing compliance with nutritional standards. The DOH Guidelines fail to address the commissaries and food packages through which incarcerated people buy food. Even where standards have been explicitly set, DOH has been given no means by which to ensure compliance, and institutional food service venues were entirely left out of evaluations conducted by the University of Washington's Center for Public Health Nutrition (CPHN). Instead, DOH has relied on the fact that DOC has "anecdotally reported" that it is "either fully implemented or close to full implementation across their institutional food service venues."

The only action currently proposed by DOH for ongoing monitoring and evaluation of DOC implementation of the Healthy Nutrition Guidelines is "through a survey disseminated to the point-person by September 2016." These surveys are voluntary and cannot ensure guideline implementation. DOC has a culture of disregard for the wellbeing of the incarcerated², and the DOC dietician has been able to do nothing to prevent DOC from flouting the Guidelines in its institutional food service venues, vending machines, commissaries, canteens, and food package programs.

What can be done? Active and ongoing collaboration between DOH and DOC in menu and food product planning is the key. The governor should empower DOH and the DOC Program Manager of Dietary Services to begin robust evaluation of DOC's institutional food services, commissaries, canteens, and food package programs to ensure compliance with the Guidelines. DOC must make certain that qualified nutritional experts, not CI factory managers, design the menu and monitor its implementation by Food Services. DOH should collaborate with the CPHN to ensure that evaluations include careful analysis of what is actually being served rather than what Food Services claims is served. DOC food venues must cease using industrial food products and instead return to cooking fresh, nutritious food from scratch as outlined

² DOC disregard for the health and well-being of the incarcerated is well-documented. On November 17, 2015, a class-action lawsuit was filed against DOC in response to widespread denials of medical care to incarcerated people in Washington. See *Haldane v. Hammond*, United States District Court for the Western District of Washington, Case No. 2:15 - cv - 01810 - RAJ

in the [Healthy Nutrition Guidelines Implementation Guide](#). DOH must also issue guidelines to regulate the food made available from commissaries and quarterly food packages so that unprocessed whole foods—whole grains, fruits, vegetables, and lean protein—are available and that healthy choices become, if not easy, at least *possible* for incarcerated people.

I. Background

Food in the Department of Corrections (DOC): 1986-present

I. Institutional Food Service Menus

Thirty years ago, Washington State's Department of Corrections could legitimately take pride in its food services menu. While prison food was never gourmet, it was not fundamentally different from ordinary household food. Prisons grew their own food, maintained dairies and bakeries, and the food—real food, not processed food “product”—was cooked locally. Incarcerated people learned to cook and bake professionally. Washington prisons served low-fat milk and whole-grain cereals such as oatmeal and cracked wheat at breakfast, and salad greens and vegetables at dinner. Skillful local food managers could save the state money by making intelligent choices about where to buy their produce, often contracting with local farmers and buying large quantities when prices were low.³ Local facility Consolidated Food Managers were able to save DOC over \$20,000 per month by using multiple local contractors.⁴ Taking pride in their work, they were able to offer incarcerated people a good variety of whole grains, fruits, vegetables and unprocessed meats, including such healthy items as salmon, chicken, spinach, broccoli, blueberries, and yogurt.

In 1995, however, DOC Food Services began to deteriorate after the state decided to turn to Correctional Industries (CI), the state-run prison-industrial conglomerate. CI was supposed to save the state money by concentrating all food production at a single DOC Food Factory at the Airway Heights Correctional Center. Local prison facility bakeries, dairies, and farms were shuttered. Problems were noted from the outset. State health department inspectors, responding to a barrage of complaints, cited the food factory for food-handling violations in 1996. Contracts were cancelled and senior administrators were fired. Yet the industrialization continued. Two decades ago, the environmental costs imposed by this model—which involves shipping food to a central location only to package, process, and ship it back to other facilities—were little appreciated. Policymakers also did not understand the deleterious effect on human health of exclusively consuming processed food containing added sugar, sodium, and soy every single day for many years.

Once the first food factory became operational, DOC steadily began demanding that its local food managers buy an ever greater percentage of their food from the CI Food Factory—even when other sources of food were both cheaper and more nutritious. At first it was only 5%, then 15%, and then 51%. Some food managers had concerns that declining food quality posed a security risk by creating unrest in the incarcerated population.⁵ Many resisted the changes, and some ultimately resigned, but the policy continued. Today, over 95% of the foods served in DOC institutions are from CI, and CI has opened a second food factory at the Coyote Ridge Correctional Center.

³ See “[John Holeman: Corrections Champ](#)”, *Foodservice Director*, February 5, 2009

⁴ See “John Holeman: Miracleworker”, *Foodservice Director*, April 15, 2004

⁵ Ibid.

“Paradigm Shift”

In a “success story” printed in the [Healthy Nutrition Guidelines Implementation Guide](#) about his having reduced sodium from 3,600mg to 3,000mg—a level still 25% over the limit under the Guidelines and double the recommended intake for African Americans⁶—Brent Carney, DOC’s Health Services Program Manager for Dietary Services, reports that as recently as 2009, “all 15 prisons in the state were preparing and cooking meals in their kitchens.” This would change dramatically in the following years. As Carney reports, “DOC decided to change their paradigm in how they produced meals. **DOC decided that our revenue branch—Correctional Industries would start producing the bulk of the meals served instead of letting each prison’s kitchen prepare the menu on site.**” Incarcerated people were relegated either to food processing jobs at the factory or to reheating precooked, processed, packaged food items from the factory. As Program Manager for Dietary Services, Carney raised concerns. **“I wasn’t happy about this paradigm shift because I was concerned that the quality of the food would not be as nutritious as the foods being prepared fresh in each prison’s kitchen.”** This has proven to be an understatement, to say the least. Although Carney touts the benefits of uniformity in the sodium content of meals achieved by central production, each prison’s staff continues to modify the diet with added sodium-heavy seasonings. At the same time, this uniformity has stripped the menu of the nutritious food that institutional kitchens were able to provide in the past—by replacing breakfast with packaged “boats” and freshly cooked meals with processed industrial food products. Meanwhile, DOC takes public officials on tours of a few small gardens at some facilities, presenting a rosy veneer of sustainability and fresh produce to circumvent any real scrutiny of the bleak food reality in Washington prisons.

2. Commissaries and Quarterly Food Packages

The other sources of food for incarcerated people—specifically, for those who have jobs or savings, or whose friends and families can afford it—are the prison commissaries, through which those in prison can purchase food bimonthly, and the quarterly food packages that incarcerated people or their families and friends can purchase once every three months.

A typical prison commissary list (Appendix A) includes over 175 food items. All items are non-refrigerated, prepackaged food items, since incarcerated people lack refrigerators in which to store perishable items. Commissary lists have not changed much, apart from rising prices⁷, and have never had a good selection of healthy items.

While commissaries have changed relatively little, the food packages have changed drastically in the past ten years. In the 1990s, incarcerated people could obtain a wide variety of food from a number of ordinary and specialty grocery stores, such as Safeway, Albertson’s, and Uwajimaya. However, in the 2000s, DOC severely limited the vendors from which incarcerated people could choose—situation CI as a middleman between families and vendors that benefits from markup profits. Today, CI has complete control of the food packages which are contracted to the private corporation Union Supply Direct three times a year (Appendix B) and to another contractor, Access Securepak, for a “holiday” food package (Appendix C) once per year⁸. DOC has complete control over what food it makes available, and what it has chosen to provide from these vendors is an enormous selection of debilitating junk food, including dozens of varieties of candy, sugar drink mixes, processed high-fat, high-sodium meats, sugar-coated breakfast cereal, refined

⁶ See Peters, Rosalind M., and John M. Flack. [“Salt sensitivity and hypertension in African Americans.”](#) *Progress in Cardiovascular Nursing* 15.4 (2000): 138-144.


⁷ For those incarcerated people fortunate enough to be employed under the estimated >80% prison unemployment rate, hourly gratuities (the official term for prison wages) are in most cases less than \$1 per hour. Yet commissary prices are similar to those the general public pays for equivalent items.

⁸ CI is currently in the process of transitioning to Hickory Farms as its holiday package vendor.

flour crackers, and cookies. There are no real healthy choices whatsoever, the best options being some packaged fish and roasted, salted pistachios. (See Appendices B and C).

Healthcare Costs from Preventable Dietary Diseases in DOC Facilities

Many people are surprised to learn that healthcare costs constitute a far larger portion of the overall cost of incarcerating a person than food does. In 2011, healthcare represented \$17.99 of the \$94.84 average daily cost, or almost 19% of the total bill.⁹ According to DOC's 2012 Annual Report to the Legislature "[Health Services Cost Containment](#)," diabetes and hypertension are among the top five chronic care areas for incarcerated people.



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Ordered	Shipped	UOM	Checked	Item Num	Description	Markdown	Unit Price	Ext. Price
10.00	10.00	CS	10	10025	CHOCOLATE BROWNIES, I/W>100-CT/CS	\$0.00	\$29.00	\$290.00
13.00	13.00	CS	13	10132	CHOCOLATE CHIP COOKIES, I/W, 2-PK>100-CT/CS	\$0.00	\$24.00	\$312.00
5.00	5.00	CS	5	10120	GINGER SNAP COOKIES, I/W, 2-PK>100-CT/CS	\$0.00	\$29.50	\$147.50
8.00	8.00	CS	8	10360	LEMON SUGAR COOKIES, I/W, 2-PK>100-CT/CS	\$0.00	\$24.00	\$192.00
8.00	8.00	CS	8	10173	OATMEAL COOKIES, I/W, 2-PK>100-CT/CS	\$0.00	\$24.00	\$192.00
8.00	8.00	CS	8	10391	ORANGE KRACKLE COOKIES, I/W, 2-PK>100-CT/CS	\$0.00	\$24.00	\$192.00
5.00	5.00	CS	5	10241	CHOC CUPCAKES, I/W, NO ICING>100-CT/CS	\$0.00	\$21.25	\$106.25
4.00	4.00	CS	4	10240	YELLOW CUPCAKES, I/W, NO ICING>100-CT/CS	\$0.00	\$21.25	\$85.00

In 2004, a dedicated DOC facility Consolidated Food Manager could design a nutritious daily 3-meal menu for \$3 per incarcerated person per day†. This 2015 invoice excerpt for a single order at one DOC facility shows over **\$1500** spent on brownies, cookies, and cupcakes. Even allowing for food price inflation, DOC could certainly allocate its budget more appropriately to achieve the goals established by the DOH Healthy Nutrition Guidelines.

† "John Holeman: Miracleworker", *Foodservice Director*, April 15, 2004.

Diabetes is second only to mental illness, while hypertension ranked fourth on the list. According to the American Diabetes Association, an estimated additional \$25,675 is spent annually on diabetes-related

⁹ "Are We Paying Too Much for Prisoners?" *Everett Herald*, April 20, 2011

health care per incarcerated person with diabetes.¹⁰ While less costly initially, hypertension leads to even more expensive interventions if heart disease results, as it frequently does. Poor nutrition is a primary contributing cause for both these preventable diseases.

Given that Washington prisons house a large elderly population, and that 1,383 of the approximately 18,000 people in DOC custody are serving de facto or actual life without parole sentences¹¹, investing in nutrition as preventative care would be a fiscally responsible action.

The costs of treating these diseases dwarfs the preventative care cost of providing a healthier diet to incarcerated people, but Health Services personnel play virtually no role in shaping the diet served to incarcerated people. As discussed above, Brent Carney, DOC Health Services Program Manager for Dietary Services and the most senior dietician in the agency, was unable to prevent DOC from adopting an industrial food model that he knew would decrease the nutritional quality of the food. Health Services has thus been relegated to issuing a medical diet when a disease finally results from the poor “mainline” diet.¹² For the most part, this is a “lighter fare” diet that increases some of the vegetables, while decreasing the amount of main course entrées and eliminating potatoes and wheat rolls. In recent years, DOC abolished the facility dietician staff position. These facility dieticians had helped provide guidance to Food Services in the preparation of healthier food. Now, Health Services plays no role in Food Services, nor in determining the content of the commissaries or food package programs.

Executive Order 13-06 (October 2013-present)

In October 2013, Washington Governor Jay Inslee signed [Executive Order 13-06](#) (EO 13-06), “Improving the Health and Productivity of State Employees and Access to Healthy Foods in State Facilities.” Noting that “chronic conditions such as heart disease, stroke, obesity, and diabetes are largely preventable,” and with the intention of improving health and thereby reducing state health care costs, EO 13-06 directed all state agencies, including the Department of Corrections, to adopt and implement food and beverage service policies that meet the Washington State Healthy Nutrition Guidelines (“Guidelines”), which were created concurrently with EO 13-06 and are based on the [Dietary Guidelines for Americans, 2010](#) (DGA). EO 13-06 states that the policies and guidelines shall ensure for the provision of healthful food and beverages in all food venues, including vending machines, cafeterias, on-site retail establishments, and, importantly, in institutional food service sites, specifically including those serving “students, custodial populations, and residents.” EO 13-06 encompasses all food and beverages served or sold by any state agency, and it also promotes Washington-grown products whenever practical. Policies should be fully implemented by December 31, 2016, with the Department of Health named as the lead agency in promoting the guidelines and providing technical assistance on development and implementation of food and beverage service policies.

In January 2014, the Food Procurement Workgroup, which was led by Colleen Arceneaux, the Healthy Eating Coordinator in the Department of Health’s Office of Healthy Communities, and which included Brent Carney, DOC Health Services Division Program Manager for Dietary Services, issued Healthy Nutrition Guidelines separately addressing the standards for Vending Machines, Cafeterias, Meetings and Events, and Institutions. The three-page Healthy Nutrition Guidelines for Institutions document

¹⁰ Firth, Caislin Leah, et al. “Female Inmates with Diabetes: Results from Changes in a Prison Food Environment.” *Women’s Health Issues* 25.6 (2015): 732-738.

¹¹ See the University of Washington’s Law, Societies, and Justice report: “[Life Without Parole Sentences in Washington State](#)”.

¹² The term “mainline” denotes the regular food served to the majority of incarcerated people, as distinct from diets ordered for religious or medical reasons, such as the kosher, halal, and vegan diets and diabetic snack-supplemented diets.

announces in bold at the top that “Washington State supports healthy living by ensuring state facilities and agencies offer, purchase and serve healthy food and beverages. We are making the healthy choice the easy choice.” The Guidelines specifically encompass food and beverages provided in institutions to clients, incarcerated people, and patients by DOC and Department of Social and Health Services (DSHS). The Guidelines for Institutions comprise five major sections: Section A addresses Food and Beverage Standards for Meals, Section B covers Scheduled Snacks, Section C addresses Standard Principles, Section D outlines Exceptions for Specific Population Groups, and Section E sets out guidelines for Celebratory and Special Occasions. In addition, the DOH issued an [Implementation Guide for Agencies, Sites and Vendors](#) that specifically addresses what DOC would need to do to comply with the Guidelines.

However, the March 2016 report prepared by the Washington State Department of Health on “Implementation of Food and Beverage Service Policies in State Agencies” reveals that institutions were excluded from the [baseline](#) and [mid-implementation](#) evaluations conducted by the Center for Public Health Nutrition (CPHN), due to insufficient funding from the Center for Disease Control (CDC). Instead, DOH relied on a “designated wellness coordinator” within DOC “to supply information on policy adoption and implementation,” and DOC “anecdotally reported” that it is “either fully implemented or close to full implementation across their institutional food service venues” (See “Executive Order 13-06: Implementation of Food and Beverage Service Policies in State Agencies,” March 2016, pgs. 5, 8). Clearly, DOC’s anecdotal “self-reporting” is insufficient and unacceptable. The only action currently proposed by DOH for ongoing monitoring and evaluation of DOC institutions is “through a survey disseminated to the point-person by September 2016.”

II. Changes in Food Service under CI Management

Perhaps the most striking change implemented in recent years is the **replacement of freshly cooked breakfast with a factory-packaged breakfast “boat” that is mostly sugar and starch**. CI replaced what had been one of the healthier meals served in prisons, usually including fresh fruit, lowfat milk, oatmeal, and eggs, with a plastic-wrapped “boat” (so-called for the shape of the cardboard container holding the items) that incarcerated people collect at their evening meals. These boats contain a single serving of nonfat milk, an [aspartame-sweetened, fortified drink mix](#) (intended to compensate for DOC’s failure to provide all nutrients from real food), a serving of processed, usually sugar-coated, breakfast cereal, a breakfast bar that contains large quantities of sugar and chemical preservatives, a sugary muffin, and a peanut-butter and jelly sandwich. Like the CI diet generally, these items are almost entirely sugar, starch, and fat. In fact, apart from the single serving of nonfat milk (no Vitamin D added), every item in the boats contains added sugar. The peanut butter is not all natural peanut butter but rather is a mixture of peanuts, hydrogenated vegetable oil, and sugars.

The breakfast bars are supposed to contain replacement for fruit, but one of the bars (the chocolate) contains no fruit at all, and the jelly is flavored sugar. These boats constitute the sole breakfast option that CI Food Services serves to incarcerated people, without any variation except in the flavor of the breakfast bar and the kind of cereal. Of the five varieties of cereal served, all contain added sugar except for corn flakes and Toasty Os (toasted oats cereal). Nearly a third of calories come from sugar with only 10% from protein.

The most important change in all the food served to the incarcerated is that **all of it is processed**. This is not an exaggeration. As CI took over food services around the state, it gradually **eliminated all freshly prepared, natural food**. Without exception, every single main course **is now a reheated, highly processed CI product with high amounts of sodium**. Apart from the occasional serving of beans, lean, natural proteins are never served at any meal. **Unprocessed meat is never served**. Among the meals

eliminated in the last decade are all that involved unprocessed food: chicken, tuna, salmon, beef, eggs, oatmeal, and milk are no longer served. The last remaining meals prepared from fresh food were the chicken salad and tuna salad sandwiches, which were made from scratch using unprocessed chicken and canned tuna with fresh onions and celery. Repeated requests to add these meals back to the menu have all been rejected.

Instead of a variety of fresh vegetables, CI **almost exclusively serves celery and carrots for vegetables**. Spinach, squash, radishes, and other nutritious vegetables are wholly absent from the CI menu. All **100% whole-grain products have been eliminated**. Oatmeal and cracked wheat, along with whole-wheat bread, have been completely eliminated from the institutional menu. What remains are partial whole-grain and refined white flour products.

The most important change for workers in Food Services is that, while CI claims that it is training incarcerated people for the jobs of the future, **cooking job positions have been eliminated**. Except for workers at the Food Factory, **Food Services workers now simply reheat processed food, package processed food, or bundle packages of processed foods**. Others pick up the garbage, which is considerable, given the amount of plastic packaging. Instead of learning marketable culinary skills that might lead to a career, they are universally engaged in performing entry-level low-skill assembly-line work that cannot sustain a living wage.

Nutrition Facts			*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Serving Size: 2 Tbsp. (32g)			Calories: 2,000 2,500		
Servings Per Container 71					
Amount Per Serving					
Calories 200 Calories from Fat 140					
% Daily Value*					
Total Fat	16g	25 %	Total Fat	Less than 65g	80g
Saturated Fat	3g	15 %	Sat. Fat	Less than 20g	25g
Trans Fat	0g		Cholesterol	Less than 300mg	300mg
Cholesterol	0mg	0 %	Sodium	Less than 2,400mg	2,400mg
Sodium	140mg	6 %	Total Carbohydrate	300g	375g
Total Carbohydrate	6g	2 %	Dietary Fiber	25g	30g
Dietary Fiber	2g	8 %	Calories per gram:		
Sugars	3g		Fat 9 • Carbohydrate 4 • Protein 4		
Protein	7g		Ingredients: Peanuts, Dextrose, <u>Fully Hydrogenated Vegetable Oil (Rapeseed, Cottonseed and Soybean), Salt, and Corn Syrup.</u> ALLERGEN: PEANUTS		
Vitamin A 0%	•	Vitamin C 0%			
Calcium 0%	•	Iron 4%			

Figure 1: Nutritional label for Correctional Industries peanut butter packets



WASHINGTON STATE
CORRECTIONAL INDUSTRIES

11919 W. Sprague Ave., Bldg A1
Airway Heights, WA 99001
Visit us online at www.washingtonci.com
Customer Service: 1-866-554-6755
Cheryl M. Bales, RD, CD

Effective: 7/27/2015

Product Data Sheet

11991 BREAKFAST TRAY W/APPLE BAR>36 TRAYS/CS

Nutrition Facts

Serv. Size 1 ea 11.5 oz (328g)
Servings per case: 36

Amount Per Serving

Calories 1200	Fat Cal. 340
	%DV*
Total Fat 37g	57%
Sat. Fat 8g	40%
Trans Fat 0g	
Cholest. 45mg	15%
Sodium 970mg	40%
Potassium 470mg	13%
Total Carb. 183g	61%
Fiber 16g	64%
Sugars 86g	

Protein 34g

Vitamin A 8% • Vitamin C 110%
Calcium 90% • Iron 60%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

General Description

Each tray includes the following individually wrapped components: Sandwich fixings (one peanut butter, one mixed fruit jelly pack), Beverages (one instant nonfat milk, one calcium fortified fruit punch mix), Bread (one 2-slice pack), Cereal (one Raisin Bran bowl), one Apple Breakfast Bar, and one whole grain chocolate chip muffin. Meals are nutritionally balanced, high in protein, dietary fiber and calcium. Providing variety and the convenience of a single-sealed tray complete with napkin and utensil.

Ingredient Statement

Ingredients: Apple Breakfast Bar (Oats, Shepherd's Grain Hard Whole Wheat Flour (whole wheat flour), Raisin Paste (sun dried thompson seedless raisins), **Granulated Sugar**, Water, Applesauce (apples, water, apple juice concentrate), Salad Oil (**fully refined soybean oil**), Molasses (unsulphured molasses), Vegetarian Egg Replacer (roasted soy flour or soy flour, wheat gluten, **corn syrup solids**, alginate or sodium alginate), Stabilizer (cultured wheat starch, wheat flour, citric acid), Clear Vanilla (water, propylene glycol, vanillin, ethyl vanillin and sodium benzoate (preservative)), Iodized Salt (salt, sodium thiosulfate, potassium iodide 0.006%, sodium bicarbonate, yellow prussiate of soda), Baking Soda (sodium bicarbonate), Baking Powder (baking soda (leavening agent), cornstarch, sodium aluminum sulfate (leavening agent), calcium sulfate, calcium acid phosphate (leavening agent)), Ground Cinnamon), White Whole Grain Bread (Water, Shepherd's Grain Hard Whole Wheat Flour (whole wheat flour), Shepherd's Grain Low-Gluten Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), Wheat Bun Concentrate (**sugar, enriched wheat flour** (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, dry whey, dextrose, **palm shortening**, salt, soy flour, **soybean oil**, palm emulsifier (mono & diglycerides, citric acid), dough conditioners (wheat flour, ascorbic acid, enzymes), egg yolk, sodium stearoyl lactylate, calcium propionate, acid yeast food (monocalcium phosphate, calcium sulfate, corn starch, ammonium sulfate, wheat starch, ascorbic acid, azodicarbonamide), guar gum), Yeast (yeast, sorbitan monostearate, ascorbic acid), **Palm Shortening** (palm oil)), Whole Grain **Chocolate Chip** Muffin (Shepherd's Grain Whole Cake and Muffin Mix (whole wheat flour, **enriched wheat flour**, **bleached (wheat flour**, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **sugar**, dextrose, modified food starch, soybean oil, whey, leavening (sodium bicarbonate, sodium aluminum phosphate, aluminum sulfate), emulsifier (propylene glycol ester of fatty acids, mono diglycerides, sodium stearoyl lactylate), wheat gluten, salt and natural flavor. MAY CONTAIN EGG AND SOY), Eggs (pasteurized whole egg), Salad Oil (**fully refined soybean oil**), Chocolate Chips (sugar, **hydrogenated palm kernel oil**, cocoa powder, soya lecithin PRODUCED IN A FACILITY THAT also handles peanuts, tree nuts, and milk solids), Water), Raisin Bran Cereal (whole grain wheat, raisins, wheat bran, **sugar, corn syrup**, malt extract, Contains 2% or less of: (molasses, salt, annatto (for color), citric acid), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), niacin (niacinamide), vitamin B6 (pyridoxine hydrochloride), folic acid, vitamin B12, vitamin A palmitate, vitamin D, reduced iron, zinc (zinc oxide)), Peanut Butter (fresh peanuts, **hydrogenated vegetable oil**, sugar, mono and diglycerides, salt), Grape Jelly (**corn syrup**, apple concentrate, water, pectin, **artificial grape flavor**, citric acid, potassium sorbate), Nonfat Dry Milk Powder (nonfat milk), **Fruit Punch Calcium Drink Mix** (calcium lactate, citric acid, natural and artificial flavors, ascorbic acid, cellulose gum silicon dioxide, **aspartame***, acesulfame potassium, vitamin E acetate, **red #40**, vitamin D3 and vitamin B12) *phenylketonurics (contains phenylalanine)

Figure 2: Correctional Industries processed Breakfast "Boats" have replaced freshly cooked breakfasts in Washington Prisons

III. How DOC Food Services Violate the Healthy Nutrition Guidelines

The DOH [Implementation Guide](#) (issued over two years ago in February 2014) provides both an in-text (page O-5) and online [template](#) for the complete text of model policy language Executive Order 13-06 requires DOC to adopt, yet DOC's current policy on food served to incarcerated people has yet to reflect any awareness of the Healthy Nutrition Guidelines. [DOC Policy 240.100](#) sets out its own Guidelines for Mainline Meals (GMM), which establish specific caloric guidelines (2,700-3,000 calories for men, 2,000-2,100 for women) and individual nutrient recommendations (protein, fiber, calcium, Vitamin C, and others) as well as limits for sodium (2400 mg), saturated fat (< 10% of calories) and cholesterol (<300 mg).



Model policy (institution)

[State Institution] Policy

Title:	Food Service Policy for Custodial Populations	Number:
Procedure:		
References:		
Applies to:	Custodial populations	
Contact:		
Effective Date:	July 1, 2014	Review Date:
Supersedes:	New Policy	
Approved:		

Policy statement:

The [State Institution] supports efforts to create a healthy environment for individuals in our custody. In support of that goal, we are ensuring access to healthy menus served to these individuals. Food and beverages served must meet defined nutrition guidelines (guidelines) in accordance with Executive Order 13-06. These guidelines must be fully implemented by December 31, 2016.

Resources:

www.doh.wa.gov/choosewell-livewell

Framework:

This policy ensures that food and beverages we serve meet the *Healthy Nutrition Guidelines* defined by the Department of Health. The [Agency Point-of-Contact] is the individual responsible for overseeing the implementation and monitoring of the guidelines.

Review and approval:

The [Agency Point-of-Contact] is responsible to coordinate any updates or rescission of this policy or its associated procedure(s) with the Labor Relations Manager in the Office of Human Resources. The [Department Director/Secretary, state agency] has full authority to review and approve this policy and any associated procedure. The [Department Director/Secretary, state agency] also has the authority to delegate this responsibility.

Figure 3: Pg. 0-5 of the Healthy Nutrition Guidelines Implementation Guide provides model policy language for state agencies to design food policy for custodial populations.

Since it affects the large majority of incarcerated people, this report focuses on the 28-day 2800-calorie-per-day CI Statewide Mainline Menu for incarcerated men (Appendix D). (The diet for incarcerated

women, it should be noted, suffers from many of the same defects.) As will be discussed further on, the CI menu nutritional information often significantly misstates the nutritional value of the foods actually served to incarcerated people, but for the purposes of this analysis the claims of the menu will be taken at face value.

The core of DOH Healthy Nutrition Guidelines for Institutions comprises two sections: the Food and Beverage Standards for Meals (Section A) and the Standard Principles (Section C). These sections govern the meals provided to people incarcerated in DOC institutions.

Section A: Minimum Standards for Meals

Section A lists minimum required amounts of fruit, vegetables, grains, protein, milk products, and beverages to be provided daily. The Guidelines state explicitly that “if these standards are met, individual nutrient needs should be met as well”—that is, there will be no need for nutritional supplementation. This would be true if the DOH Guidelines were based, as the Guidelines claim, on the appropriate recommendation in the U.S. Department of Agriculture's *Dietary Guidelines for America, 2010* (DGA). Unfortunately, the Section A guideline requirements are based on the recommendations appropriate for a 2000-calorie diet. As such, they dramatically undershoot the actual DGA requirements for the 2800-calorie-per-day menu for incarcerated men.

Nevertheless, even taking the claims made by CI at face value and using the lower guideline requirements, **the CI statewide mainline menu directly violates the DOH Guidelines on nearly every count.** Specifically:

Fruits: The actual DGA requirement for a 2800-calorie diet is 2½ cups of fruit daily. DOH Guidelines, however, only require “a minimum of 2 cups of fruit daily.” A small baseball-sized piece of fruit (such as the ordinary apple, orange, or banana predominantly served to incarcerated people) is considered a half-cup serving of fruit (DGA, pg. 80). Food Services would therefore need to serve **4** such pieces of fruit to meet the requirement.

Before the introduction of breakfast boats, incarcerated people received 3 pieces of fruit, which was still too low, but since the boats are not served with a piece of fruit, incarcerated people now receive only 2 pieces of fruit, for a total of one cup of fruit daily. **Incarcerated people now receive half of the minimum quantity of fruit required by the Guidelines.** It should be noted that when previously frozen apples, bananas, and oranges are served they are mostly left uneaten and trashed.

Vegetables: DOH Guidelines require “a minimum of 2½ cups of vegetables daily” and “a variety of vegetables, especially dark-green, red and orange, and beans and peas. See [DGA 2010](#) for details.” Remarkably, the Statewide Menu is most flagrantly deficient in the specific nutritionally important varieties of vegetables that the Guidelines single out for mention. As noted above, the DOH Guidelines minimum of 2½ cups is too low for a 2800-calorie diet: the DGA 2010 detailed distribution for a 2800-calorie diet is based on a higher recommended minimum of 3½ cups of vegetables daily. Table 1 (below) therefore shows both the real DGA requirement and the adjusted lower minimum amount of vegetables required by the DOH Guidelines (an amount which would really only be appropriate for a 2000-calorie diet), with the Food Service provision in red if it does not meet even *that* reduced minimum.

As Table 1 illustrates, **Food Services does not meet DGA vegetable requirements in any category.** Incarcerated people do not receive even the lower minimum in any category other than starchy vegetables:

Table 1. Detailed Vegetable Distribution Requirement (measured in cups per 28-day period)

Vegetables by DGA Category	DGA minimum	Adjusted DOH Guideline Minimum [†]	Food Services Menu Provision	Detailed Breakdown
Dark Green Vegetables	10	6	2½	all broccoli
Red & Orange Vegetables	28	22	9¾	carrots: 7¼ tomato salsa: 1½ carrots in “mixed”: 1*
Beans & Peas	10	6	5½	all beans
Starchy Vegetables	28	20	25	potato: 19 corn: 1½ green peas: 2½ peas & corn in “mixed”: 2*
Other Vegetables	22	16	18½	celery: 8½ onions: ¼ lettuce [‡] : 7¼ green beans: 2½
All Vegetables	98	70	61¼	
Vegetables per day	3½	2½	2.19	
<p>* Since “mixed” vegetables are a relatively equal mixture of corn, green peas, and carrots, for the purposes of this table the 3 cups of mixed vegetables served every 28 days have been allocated into the appropriate categories (1 cup red & orange, 2 cups starchy).</p> <p>[†]DOH will need to update the Healthy Nutrition Guidelines to reflect a 2,800-calorie diet. DOC cannot be counted on to make the calculations by extrapolation.</p> <p>[‡]A cup of lettuce counts as a half cup of vegetables (DGA 2010, pg. 79)</p> <p>Note that green beans are considered “other vegetables” and green peas are considered starchy vegetables (DGA 2010, pg. 35).</p>				

Again, the breakfast boats contain no vegetables. At lunch, incarcerated people receive a half-cup portion of carrots or celery every day without variation. At dinner, a half-cup portion of nutritionally empty iceberg lettuce laden with “dressing” (misleadingly described in the menu as “Vegetable Salad”) is served together with a half-cup portion of one of the following cooked vegetables: peas, carrots, corn, a combination of the first three called “mixed vegetables,” green beans, and only five times every 28 days, broccoli. In the past, incarcerated people were served good portions of a variety of vegetables, including fresh broccoli, steamed spinach, squash, etc. That has all but ceased.

Today, incarcerated people receive *a quarter of the DGA minimum for dark green vegetables and less than 40% of the minimum under the Guidelines; a third of the DGA minimum of red and orange vegetables and less than half of what is required under the Guidelines.* Despite receiving excess amounts of starchy vegetables and nutritionally marginal vegetables such as lettuce and celery, they never meet the minimum weekly quantities for *any* of the critical varieties specified by the DOH Guidelines (dark green, red and orange, beans and peas).

3/25/15

Four In One Co., Inc. "Manufacturer of fine food products" 420 Clyde Avenue, Mountain View, California 94043 Phone: 650-964-9650 Fax: 650-964-2803																																	
NUTRITION FACTS <table border="1"> <tr><td>Serving Size (12g)</td><td></td></tr> <tr><td>Servings Per Container 1</td><td></td></tr> <tr><td>Amount Per Serving</td><td></td></tr> <tr><td>Calories 35</td><td>Calories from Fat 25</td></tr> <tr><td colspan="2" style="text-align: center;">% Daily Value*</td></tr> <tr><td>Total Fat 3g</td><td>4%</td></tr> <tr><td>Saturated Fat 1g</td><td>4%</td></tr> <tr><td>Cholesterol 0mg</td><td>0%</td></tr> <tr><td>Sodium 140mg</td><td>5%</td></tr> <tr><td>Total Carbohydrate 3g</td><td>1%</td></tr> <tr><td>Dietary Fiber 0g</td><td>0%</td></tr> <tr><td>Sugars 3g</td><td></td></tr> <tr><td>Protein 0g</td><td></td></tr> <tr><td>Vitamin A 2%</td><td>Vitamin C 0%</td></tr> <tr><td>Calcium 0%</td><td>Iron 0%</td></tr> <tr><td colspan="2">* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:</td></tr> </table>	Serving Size (12g)		Servings Per Container 1		Amount Per Serving		Calories 35	Calories from Fat 25	% Daily Value*		Total Fat 3g	4%	Saturated Fat 1g	4%	Cholesterol 0mg	0%	Sodium 140mg	5%	Total Carbohydrate 3g	1%	Dietary Fiber 0g	0%	Sugars 3g		Protein 0g		Vitamin A 2%	Vitamin C 0%	Calcium 0%	Iron 0%	* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:		"SALAD FRESH" ITALIAN DRESSING ITEM CODE: I 228 PACK: 500/12G CASE WT: 14LB CUBE: 0.42 STORAGE: DRY CASE DIMENSIONS: 13 x 9.5 x 5.8 INGREDIENTS: VINEGAR, <u>CORN SWEETENER</u> , <u>SOY BEAN OIL</u> , SALT XANTHAN GUM, SPICE, POTASSIUM SORBATE. FINISHED PRODUCT SPECIFICATIONS: % HAC = 1.12 +/- .1 % SALT = 2.61 +/- .10 pH = 3.20 +/- .10 VISCOSITY = 13-16 SPINDLE #5 SHELF LIFE: 4 MONTHS
Serving Size (12g)																																	
Servings Per Container 1																																	
Amount Per Serving																																	
Calories 35	Calories from Fat 25																																
% Daily Value*																																	
Total Fat 3g	4%																																
Saturated Fat 1g	4%																																
Cholesterol 0mg	0%																																
Sodium 140mg	5%																																
Total Carbohydrate 3g	1%																																
Dietary Fiber 0g	0%																																
Sugars 3g																																	
Protein 0g																																	
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Calcium 0%	Iron 0%																																
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:																																	

Figure 4: Correctional Industries iceberg lettuce salads are served to incarcerated people coated in sugary, oily dressings

Grains: The actual DGA requirement for a 2800-calorie diet is 10 oz. of grains daily, with 50% being whole grains. DOH Guidelines require approximately 6 oz. grains daily with “at least 50% whole grains in each serving.” To be sure, the CI menu does not skimp on grain-based products, serving much more than 6 oz. daily, but the grain products served are almost exclusively refined starches. **CI never serves any 100% whole-grain products. The only rice and pasta served are white rice and white flour pasta.** During each 28-day menu rotation, CI serves 100% refined grain products 27 times. CI claims that its rolls and bread meet the technical requirements for being 50% whole grain because whole grains are the first ingredient, but these products often contain less than 50% whole grain flour. In addition, all CI products use white wheat, rather than the more familiar red wheat, and white wheat lacks the beneficial dark phytochemicals found in red wheat.¹³ **Ultimately, incarcerated people are mostly served either 100% refined grain products or receive grain products that do not meet, or barely meet, the Guidelines requirements at every meal. The result is that incarcerated people never receive the minimum 50% whole grains required by the Guidelines.**

Protein: This is perhaps the most serious deficiency in the diet. The actual DGA requirement for a 2800-calorie diet is 7 oz. of a variety of lean protein foods daily. DOH Guidelines require approximately 5½ oz. of protein with “a variety of lean proteins including meat, poultry, eggs, fish, seafood, beans, peas, nuts, seeds, and soy products.” However, the DGA specifies that “Beans and peas are considered part of this group as well as the vegetable group, but should be counted in one group only.” Since the CI Statewide Menu never provides enough

¹³ SeeSizer, Frances Sienkiewicz, et al. *Nutrition: concepts and controversies*. Cengage Learning, 2013.


beans and peas to fulfill the vegetable requirement, none of those beans and peas should be counted toward the lean protein requirement.

Table 2. Protein Distribution Recommendation (measured in ounces per 28-day period)

Lean Protein	DGA minimum	Adjusted DOH Guideline Minimum	Food Services Menu Provision	Detailed Breakdown
Seafood	44	32	0	None
Meat, Poultry, Eggs	136	104	? [†]	? [†]
Nuts, Seeds, Soy Products	20	16	28*	all peanut butter
All Protein Foods	200	152		? [†]
Protein Foods Per Day	7	5½		? [†]
<p>*Soy products are present in nearly all the processed CI food products, so it is difficult to estimate the total amount being served. This quantity is a minimum.</p> <p>[†] Because CI recipes instruct factory workers to mix beans, crumbled TVP, and finely chopped processed meat protein into sauces, white pasta, or wraps, there is no accurate way to assess protein content of individual servings.</p>				

Remarkably, CI almost never serves lean protein, and it never serves fish, seafood, or seeds.¹⁴ The word “turkey” in the menu does not denote actual turkey meat, but rather an artificially processed and formed product that contains some turkey material. The only unprocessed lean protein offered is simmered beans, and that is offered only five times every 28 days. All meat is processed with textured vegetable protein (TVP) and other adulterants in high-sodium, highly processed food products such as “hamburger,” “Salisbury steak,” or “meatloaf” patties that contain far more fat than protein, in “wraps,” or in processed CI turkey “sauces” of various kinds. The consequences of never serving simple, lean meat or eggs are severe for incarcerated people because they can never meet their protein requirements without eating unhealthy amounts of fat and starch. According to [DOC GMM](#), prisoners should receive between 70 and 110 grams of protein daily. DOC counts protein of no biological value (the indigestible proteins in celery, for example) in meeting this value. Even so, the requirement is seldom if ever met, and it can never be met by incarcerated people without consuming the unhealthy sauces and condiments in which protein is buried by CI, with excessive calories, sodium, fat, sugar, and refined flour.

¹⁴ The absence of fish, nuts, and seeds in CI menu items deprives incarcerated people of the omega-3 fatty acids crucial to brain function, mental health, and nonviolent behavior. See “[Omega-3, junk food and the link between violence and what we eat](#)”, *The Guardian*, October 17, 2006.



WASHINGTON STATE
CORRECTIONAL INDUSTRIES

Effective: 9/30/2015

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Cheryl M. Bales, RD, CD

Product Data Sheet

10013 BEEF SALISBURY STEAK>100CT(3.5OZ)/CS

Nutrition Facts

Serv. Size 1 ea 3.5 oz (113g)
Servings per case: 100


Amount Per Serving	
Calories 260	Fat Cal. 150
	%DV*
Total Fat 17g	26%
Sat. Fat 6g	30%
Trans Fat 1g	
Cholest. 115mg	38%
Sodium 390mg	16%
Potassium 370mg	11%
Total Carb. 9g	3%
Fiber 1g	4%
Sugars 2g	
Protein 18g	
Vitamin A 2%	Vitamin C 4%
Calcium 6%	Iron 15%

General Description

A savory Beef Salisbury Steak. Each fully cooked 3.5 ounce steak is high in protein, a good source of iron and phosphorus, also provides 3 meat CN Equivalencies. Every case includes 100 patties separated by deli paper for easy separation and preparation.

Ingredient Statement

Ingredients: Ground Beef, Eggs (pasteurized whole egg), **Textured Vegetable Protein** (Water, Textured Vegetable Protein (soy flour)), Bread Crumbs (**bleached wheat flour**, **sugar**, salt, yeast, canola oil), Onion, Steak Seasoning (salt, onion, garlic, spices, maltodextrin, dextrose, natural grill flavor, whey, **hydrolyzed corn protein**, **sugar**, natural flavors, caramel color, parsley, disodium inosinate, and less than 2% silicon dioxide and sunflower oil added to prevent caking), Montreal Spice (salt, garlic, black pepper, chili pepper, dill seed, sunflower oil (less than 2% processing aid)), Beef Soup Base (salt, **hydrolyzed soy protein** (with less than 1% **partially hydrogenated soybean and cottonseed oil**), natural flavor, sugar, palm oil, caramel color, disodium inosinate, disodium guanylate, onion powder, garlic powder).



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Cheryl M. Bales, RD, CD

Product Data Sheet

10045 TURKEY BREAST ALA KING>4GL(2@2GL)/CS

Nutrition Facts

Serv. Size ½ cup (135g)
Servings per case: 128

Amount Per Serving	
Calories 110	Fat Cal. 20
	%DV*
Total Fat 2g	3%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 20mg	7%
Sodium 450mg	19%
Potassium 400mg	11%
Total Carb. 9g	3%
Fiber 0g	0%
Sugars 1g	
Protein 13g	
Vitamin A 2%	Vitamin C 4%
Calcium 4%	Iron 6%

General Description

Turkey Ala King featuring pre-seasoned turkey breast meat in a vegetable packed savory sauce. Each serving is saturated fat free, low in fat, and high in protein. Each case includes 4 gallons of product separated into two 2-gallon sealed bags. Providing a predictable and consistent servings yield, this item also presents the added convenience of boil in a bag heat and serve preparation.

Ingredient Statement

Ingredients: Turkey Ala King (Water, **Turkey Ends** (turkey breast, turkey broth, salt, potassium lactate, **brown sugar**, potassium acetate, potassium chloride, **soy protein isolates**, sodium phosphate, flavorings, sodium erythorbate, sodium nitrate, may contain modified food starch, carrageenan), Celery, **White Flour** (bleached wheat flour, malted barley flour, niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), **Corn Starch** (modified corn starch), Nonfat Dry Milk Powder (nonfat milk), Green Peppers, Onions, Salad Oil (**fully refined soybean oil**), Pimientos (pimientos, water, and citric acid), Chicken Soup Base (salt, seasoning (sugar, onion powder, turmeric, spice extractives, tricalcium phosphate), **hydrolyzed corn protein**, palm oil, onion powder, turmeric, disodium inosinate and disodium guanylate, yellow #5), Black Pepper).

Figure 5: Correctional Industries does not serve unadulterated lean protein to incarcerated people.

Dairy: The DOH Guidelines specify low-fat or nonfat milk, and note that “the **DGA 2010** recommendation is that adults consume 3 cups daily.” DOC used to offer unlimited milk at breakfast. This was reduced to two cups and then one cup. Now incarcerated people receive a single cup of nonfat powdered milk in their boats. **Incarcerated people never receive the 3 cups of milk recommended by the DGA per DOH Guidelines.**

Section C: Standard Guiding Principles

The CI Statewide Menu not only fails to meet the basic minimum requirements enunciated in Section A, but also flouts the standard guiding principles designed to ensure healthy nutrition. Three of the five key principles are:

- **Emphasize fruits, vegetables, and whole grains.**
- **Use less processed foods that do not contain added sugar and sodium.**
- **Use healthy cooking techniques such as baking, roasting, broiling, grilling, poaching, steaming, and stir frying.**

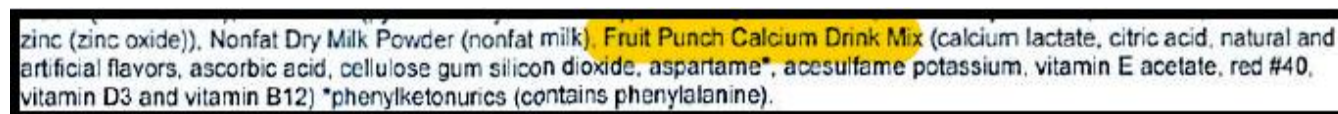
As the Implementation Guide created by the Department of Health makes clear, using “less processed foods that do not contain added sugar and sodium” means cooking from scratch as much as possible ([Healthy Nutrition Guidelines Implementation Guide](#), I-5). Remarkably, DOC food policies adopted in the past few years have actually eliminated cooking from scratch and instead introduced a menu that relies completely on processed food containing added sugar and sodium. Much of this food, not to mention the taxpayer money that purchases it, ends up dumped into the prison garbage cans. At a [Sustainability in Prisons Project](#) site that composts food at one Washington prison, difficulties were encountered when even compost worms would not eat certain types of highly processed CI food.

The DOH has provided state agencies with an online [template](#) for model vendor contract language to ensure vendors provide state agencies with food products that meet the standards of the Healthy Nutrition Guidelines. However, DOC and CI seem to have ignored this template, and have not required vendors to provide products that meet the standards of the Healthy Nutrition Guidelines.

Because the processed food products served on the CI Statewide Menu are so unpalatable, they are usually not reheated according to the specifications for use assumed by the dietician when calculating the nutritional values. Instead, CI Food Service workers attempt to fry the ingredients in oil or margarine. As a result, items like Salisbury steak and meatloaf patties, which already contain more fat than protein, are served to incarcerated people literally soaked in oil and margarine.

Supplementation

DOC is well aware its diet does not provide sufficient micronutrients. The CI diet is supplemented with [aspartame-sweetened, fortified drink powder packets](#) at meals. Many incarcerated people do not consume these mixes. Dietary guidelines are meant to meet nutritional requirements without supplementation. It is contrary to the spirit of the Healthy Nutrition Guidelines for such supplementation to be required to meet individual nutrient needs. The Healthy Nutrition Guidelines emphasize deriving nutrients from fresh fruits, vegetables, and whole grains, while the CI diet emphasizes refined flour and sugar.



zinc (zinc oxide)), Nonfat Dry Milk Powder (nonfat milk), Fruit Punch Calcium Drink Mix (calcium lactate, citric acid, natural and artificial flavors, ascorbic acid, cellulose gum silicon dioxide, aspartame*, acesulfame potassium, vitamin E acetate, red #40, vitamin D3 and vitamin B12) *phenylketonurics (contains phenylalanine).

Figure 6: CI's Bernard Food Industries fortified drink mix ingredients

ZZ25420 Customer Invoice Totals History Report			
switched from 310 E on 5-1-15		as of Monday, February 29, 2016 1:35 pm For the Period of 1/1/15 to 12/31/15	
		Quantity	Inv Tot
WSP Food Service Closed Loop Food		87,045	\$2,345,746.11
15851	DRINK MIX, CALCIUM ENRICHED, ORANGE>1000EA/CS	4/30/15	16 \$701.28
15852	DRINK MIX, CALCIUM ENRICHED, LEMON > 1000-EA/CS	4/30/15	24 \$1,051.68
15853	DRINK MIX, CALCIUM ENRICHED, FRUIT PUNCH>1000EA/CS	4/30/15	24 \$1,051.68

Figure 7: Cost of fortified drink powder mix for one DOC facility's April 2015 order

Disparate Impact on African Americans, Older People, and the Medically Vulnerable

African Americans and the elderly are particularly vulnerable to the elevated levels of sodium that cannot be avoided in a diet based on processed food. One of the key recommendations of the DGA 2010 is to “Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among person who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults” (DGA pg. 21). Considering that DOC incarcerates a disproportionate number of African Americans and a large aging population of life-sentenced incarcerated people, it is irresponsible to adopt food practices that do especial harm to the health of these populations.

The “Lighter Fare” Diet

The CI Statewide Mainline Menu has a column listing adjustments for a so-called “Lighter Fare” diet. This diet represents an improvement in some respects on the mainline diet because it doubles the amount of good vegetables provided at a given meal (e.g., broccoli and carrots), provides an additional piece of fruit daily, eliminates the cookies, cupcakes, and wheat rolls, and halves the amount of potatoes and white rice served. Unfortunately, the “lighter fare” diet reduces the already unacceptably low amount of protein in the diet, offering only two-thirds of the usual serving of the main course. As a result, this is not a viable way for prisoners to meet nutritional goals, even when such a diet is ordered by Health Services.

Religious and Other Special Diets

While this report focuses on the mainline diet, many of the nutritional deficiencies noted are exacerbated in the religious and other special diets. In particular, the prepackaged kosher meals rely excessively on artificially derived soy protein. Excess soy protein has been shown to cause serious medical problems such as hyperthyroidism.¹⁵

¹⁵ See Sathyapalan et al. “The effect of soy phytoestrogen supplementation on thyroid status and cardiovascular risk markers in patients with subclinical hypothyroidism.” *The Journal of Clinical Endocrinology & Metabolism* 96.5 (2011): 1442-1449.

IV. How Food Sold in DOC Facilities Violates the Healthy Nutrition Guidelines

As the Healthy Nutrition Guidelines recognize, Governor Inslee's EO 13-06 encompasses *all* the food served and sold by any state agency: the Guidelines aim to "ensure that state agencies offer, purchase, and serve healthy food and beverages." Unfortunately, the Healthy Nutrition Guidelines for Institutions fails to specifically address commissaries, food packages, canteens, or vending machines in DOC institutions.

Commissaries

Commissaries are the stores through which incarcerated people purchase items from their prison trust accounts. [DOC Policy 200.210](#) governs the operation of the commissaries and at present it reflects no awareness of the Healthy Nutrition Guidelines. More than 90% of the items—such as chocolate bars, jelly beans, doughnuts, cookies, syrup, potato chips, refined white flour crackers, cake frosting, and marshmallows—are very unhealthy, and are categorized as "Avoid" in the [Healthy Nutrition Guidelines for Vending Machines](#): chocolate bars, jelly beans, doughnuts, cookies, syrup, potato chips, refined white flour crackers, cake frosting, marshmallows, etc. CI enjoys an extremely high markup value on many of these items, and does not take nutritional standards into consideration. Only a handful of items among the nearly two hundred items offered meet the criteria established by the Guidelines for foods designated "Healthiest," among them nonfat dry milk, jack mackerel, and chicken. Even the oatmeal sold is the kind of instant oatmeal that is on the "Not Recommended" list in the [Healthy Nutrition Guidelines Implementation Guide](#) (R-7). There are many healthy, inexpensive, nonperishable foods that could be sold in commissaries: dry beans and lentils, which incarcerated people could soak overnight and cook in the microwaves; unroasted, unsalted nuts such as walnuts, pistachios, and almonds; unsweetened and unsalted 100% whole grain foods such as rye crackers (Ryvita®) and whole-grain wheat cereals (Quaker® 3-Minute Steel Cut Oats) and crackers (Triscuit®); 100% fruit spreads; low-sodium fish and low-sodium meat jerky; dehydrated fruit (Peeled Snacks® and Just Fruit®, for example); and dehydrated vegetables, including kale, seaweed (kelp), and spinach.

Healthy choices are, for the most part, not being increased. Although CI was persuaded to add a few new small vegetable products to the October 1, 2016 commissary order form, other commissary products have become unhealthier. Recently, the V8 Fusion juice (which, as 100% fruit and vegetable juice, would qualify as "Healthiest") was inexplicably replaced with V8 Splash, which is 10% fruit juice and 90% sugar and high-fructose corn syrup flavored water. Thus, incarcerated people have no way to purchase the recommended foods and beverages promoted by the [Healthy Nutrition Guidelines](#). They are forced to rely on supplements because DOC has completely eliminated omega-3 rich fish and other healthy foods. While DOC makes supplements such as fish oil, calcium, multivitamins, glucosamine, and the like available in commissaries, many of these supplements have no certification to guarantee that they contain what their packages claim. The supplement industry is notoriously unregulated.¹⁶ Consumers rely on [USP](#) certification, but DOC Health Services has no authority to ensure that supplement products offered on the commissary have been appropriately certified. Given that, for example, as many as 40% of fish oil supplements are rancid¹⁷, there is a high likelihood that incarcerated people are being forced to purchase products that will harm their health in their efforts to compensate for their lack of access to healthy foods. It is therefore crucial that nutrients be derived from the food sold to incarcerated people, and not from supplements.

¹⁶ See "[The problems with the unregulated dietary supplements industry](#)". American Council on Science and Health. June 26, 2014.

¹⁷ See [Supplements and Safety](#). PBS Frontline. January 19, 2016.

DOH Healthy Nutrition Guidelines Recommended Foods and Beverages

Beverages	Recommended	Not Recommended
Coffee	Served with non-fat (skim) or low-fat (1%) milk	Served with half and half
Juice drinks	100% fruit or vegetable juice	Fruit or vegetable drinks (including full-sodium tomato juice) and “ades”
Milk	Non-fat or low-fat (1%) milk, enriched low-fat soy	Reduced-fat (2%) or whole milk
Soft drinks	Diet soft drinks or reduced calorie sports drinks	Full calorie soda, sports drinks
Tea	Unsweetened iced tea with lemon slices or hot tea	Sweetened iced tea
Water	Provide as an option at every meal	Flavored waters with more than 5g of sugar per serving
Foods	Recommended	Not Recommended
Bagel	2 ½” - 3 ½” size or cut in half; whole wheat, whole grain, rye or pumpernickel	Greater than 3 ½”; “salt” bagels
Baked goods	Small slices of quick bread (pumpkin, oatmeal, banana); lower fat, lower sugar granola bars or small muffins; whole grain pancakes less than 4” made from scratch; no trans-fats or partially hydrogenated oils	Doughnuts, sweet rolls, pastries, large muffins
Bread	Whole wheat, good source of fiber, whole grain, rye or pumpernickel; 200mg or less of sodium per slice	White, “wheat”
Cereal	Whole grain, good source of fiber, lightly sweetened or unsweetened cereal (low-fat granola, oatmeal), non-instant oatmeal; less than 200mg sodium per serving	Highly sweetened, low fiber, instant oatmeal
Cheese	Low- or reduced-fat cheeses (part skim mozzarella, skim ricotta, reduced calorie Cheddar); low-sodium cheeses (American, Colby, Cheddar, Swiss, other products labeled “low-sodium”)	Large slices or cubes, processed cheese unless labeled “low-sodium,” higher sodium cheeses such as bleu, Roquefort, Edam, feta, Gorgonzola, Romano, Parmesan, Provolone
Chips	Baked chips, pretzels, whole grain chips	Full-fat chips
Condiments	Ketchup, mustard or low-fat mayonnaise, low-sodium soy sauce in 1 tsp portions, lemon juice, vinegar, homemade salsa, guacamole, no or low-sodium seasoned salts	Regular soy sauce, tartar sauce, teriyaki sauce, steak sauce, full-sodium seasoned salts, barbeque sauce
Crackers	Low- or reduced-fat, whole grain, brown rice, whole wheat; sodium below 150mg per serving	Full-fat, not labeled “whole grain;” sodium above 150mg per serving
Desserts	Lower fat, lower calorie desserts (fresh fruit, low-fat ice cream, low-fat frozen yogurt, sherbet, sorbet, yogurt parfait with fruit and low-fat granola); small slices (2”) low-fat cake (angel food cake with fruit and light whipped cream)	High-fat, high-calorie desserts (ice cream, cheese cake, pie, cream puffs, large slices of cake)
Dips	Salsa, low-fat cottage cheese, hummus, reduced- or low-fat salad dressing, dips from low-fat mayonnaise, low-fat sour cream, reduced-fat cream cheese	Dips made from mayonnaise, full-fat sour cream, cream cheese, cream sauce
English muffin	Whole wheat English muffin	White English muffin
Fruit	Fresh, dried, canned in juice, frozen	Sweetened, canned in syrup

Quarterly Packages

The quarterly package program offers no variety, and no healthy choices whatsoever apart from fish—and even the fish options are high-sodium, flavored varieties. Indeed, had the items been chosen with the specific design of fostering unhealthy eating habits, they could hardly be unhealthier than they are: Ding Dongs, three varieties of Twinkies, ten varieties of candy, ten varieties of cookies, etc. Again, none of the healthy food items mentioned above are available. The fish sold in the packages are the kinds that are “Not Recommended” by DOH because they are packed in oil; no fish packed in water with 290 mg or less of sodium, as recommended by DOH, is sold.

Canteens

Prison canteens are over-the-counter or vending machine-based operations. DOC has a specific policy governing prison canteens that flagrantly violates the Healthy Nutrition Guidelines, mandating that **only** unhealthy food be sold: [DOC 200.210](#), **Section VI, subsection B states that “Items sold in the canteen will be limited to popcorn, soda pop, chips, ice cream bars, and individual candy bars.”** Subsection C states “Canteen operations may sell to offenders, offender friends/family employers, contract staff, and volunteers,” ensuring that state employees, volunteers, and the public¹⁸, as well as incarcerated people, are completely denied healthy food choices at these canteens.

Vending Machines

Visitors are not allowed to bring food to DOC visiting rooms. Instead, DOC Visiting Rooms have private contractor vending machines, from which the families of incarcerated people must purchase all food and beverages. Many travel from across the state to spend the whole day inside the prison with their incarcerated family member and have to eat lunch and dinner regularly in the visiting room. Despite repeated requests from individual family members and [Family Councils](#) for a healthier product selection, these vending machines do not comply with the [Healthy Nutrition Guidelines for Vending Machines](#). Although efforts have been made to improve the food in visiting room since the issuance of the Guidelines, they remain an area with room for significant improvement.

V. Further Considerations: Costs and the Environment

This report focuses on the violations of the DOH Healthy Nutritional Guidelines because of the clear contravention of EO 13-06 involved. However, the industrial food model imposed by CI on incarcerated people has additional problems. Expense and waste is endemic to the CI Food Services model. It is not only unhealthy but also **costly and environmentally destructive**.¹⁹ Cooking from scratch with fresh, locally grown produce, whole grains, and unprocessed lean sources of protein avoids the unnecessary additional commercial costs of chemical processing, packaging, and shipping. It is also environmentally sustainable, since it eliminates the need for plastic packaging and the carbon emissions from fuel used to transport food products to and from distant factories.

Costs

DOC continually justifies the CI takeover of food production as a cost-saving measure. It takes the stance that a state agency cannot meet budget constraints and still maintain the practice of cooking from scratch

¹⁸ Prison staff, volunteer, and visitor food purchases are restricted to items available inside of DOC security checkpoints.

¹⁹ DOC may tout the success of its recycling programs, but there would be far less waste to recycle if excessive CI plastic packaging were eliminated. Moreover, much of the packaging is of a type that cannot be recycled, such as that used for the aspartame-sweetened supplement drink powder mix packets.

at local facilities. However, a 2014 study on the cost of cooking from scratch in ten school districts found that there is no statistically significant relationship between total agency food costs and the level of local kitchen scratch cooking.²⁰

It will cost the DOC nothing to offer a good selection of healthy food in its commissaries, quarterly packages, and canteens, since it is incarcerated people and their families who pay for the food, not the DOC. The DOC does pay for the meals provided by Food Services, but if the decision to use CI (DOC's "revenue branch") to produce meals has been driven by the hope of increased revenue, it has been a failure.²¹ The most glaring example is seen in the CI breakfast boats. Instead of buying foods such as eggs, oatmeal and other whole grains, natural peanut butter, and fruit in bulk and cooking them—using the inexpensive labor of incarcerated people—Food Services now annually purchases a minimum of 5,840,000 (one breakfast boat per prisoner per day for a year) individual plastic bowls of commercial Malt-O-Meal cereal, individual peanut butter packets, and so forth.

ZZ25420 Customer Invoice Totals History Report			
switched from 310 E on 5-1-15		as of Monday, February 29, 2016 1:35 pm For the Period of 1/1/15 to 12/31/15	
		Quantity	Inv Tot
WSP Food Service Closed Loop Food		87,045	\$2,345,746.11
10684	PEANUT BUTTER PACKETS>400CT(400@1.12OZ)/CS	4/30/15	16 \$1,001.76
10685	GRAPE JELLY PACKETS>200CT(1OZ)/CS	4/30/15	41 \$426.81

Figure 8: Cost of peanut butter and jelly packets for one DOC facility's April 2015 purchases.

Costs are a moving target in the Department of Corrections, but the Department has reported spending an average of \$2.22 per meal per person in its institutions, of which **just \$1.32 goes to food**, the remainder being spent on labor (\$0.81) and paper, cleaning supplies, etc. (\$0.09). By comparison, during the same period DSHS was spending \$5.45 per meal—two and a half times as much. Put another way, DOC spends 25% less per *day* on food for incarcerated people than DSHS spends on a single meal. Considering that the applicable Nutritional Guidelines (and the actual nutritional needs) for each population is the same, the fact that DOC is feeding people in its institutions at 40% of the cost at which DSHS is doing so suggests that food is not being adequately resourced. Indeed, the food budget could be vastly increased without significant effect on the overall budget: given that the average daily cost (as of 2011) of incarcerating a prisoner was \$94.84, actual food costs constitute less than about 4% of the bill. Healthcare costs represented \$17.99 of the total cost, or roughly 19% of the bill. *Doubling* the expenditure on food for incarcerated people would result in a 4% difference in the overall costs of incarcerating a person in Washington State. A healthy diet can be achieved with far less expenditure than that. Purchasing more produce from local Washington farms and small-scale whole food producers will also benefit Washington State commerce.

²⁰ See Woodward-Lopez et al. "Is scratch-cooking a cost-effective way to prepare healthy school meals with US Department of Agriculture foods?." *Journal of the Academy of Nutrition and Dietetics* 114.9 (2014): 1349-1358.

²¹ Correctional Industries management has had notable public failures in other areas as well. See the 2014 *Seattle Times* [series](#) covering the track record of CI operations.

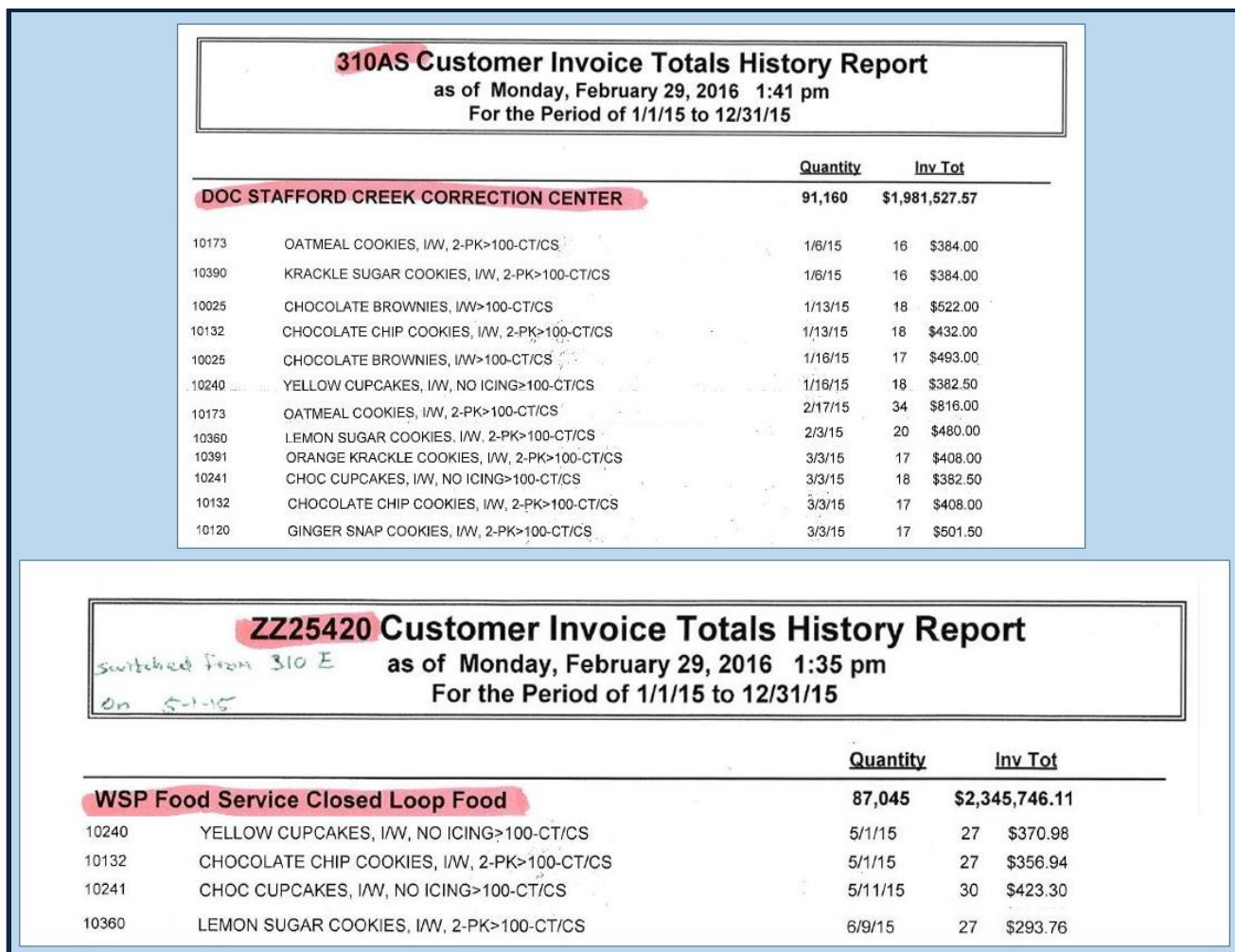


Figure 9: Invoice excerpts for some weekly purchases of cookies, cupcakes, and brownies at two DOC facilities.

Remarkably, while Food Services denies incarcerated people basic nutritional requirements, it wastes money on dessert treats. Food Services fails to provide the minimum amounts of fruits, vegetables, whole grains, and protein required by the Healthy Nutrition Guidelines, but it spends taxpayer dollars on a variety of debilitating packaged sweet dessert items. Yellow cupcakes, chocolate cupcakes, chocolate-chip cookies, orange crackle cookies, lemon sugar cookies, and oatmeal cookies, as well as prepackaged sweetened commercial Malt-O-Meal breakfast cereals in individual plastic bowls are instead offered. Indeed, although Food Services never comes close to meeting Healthy Nutrition Guidelines requirements to serve a minimum of 6 cups of dark green vegetables in every 4-week period, funds are found to provide 35 muffins, cookies, and cupcakes in every 28-day menu rotation (Appendix D). In fact, when DOC spends 20 to 30 cents for each CI cookie, it is spending nearly 13-23% of the total amount allotted for the meal on a dessert treat that harms those who eat it.

In the short term, healthy food does cost more than unhealthy food, but the difference is less significant than most people assume, and that difference is more than made up by the savings from decreased health care expenditures. Any additional costs are also offset by mitigating the social cost to society. Tim Thielman, president of the Association of Correctional Food Service Affiliates, told *The Guardian* that “spending a little more money on food can have a huge impact in improving prisoners’ mental and physical

health and bringing down reoffending rates... A lot of people don't understand the importance of taking care of inmates and giving them proper nutrition."²²

Environmental Impact

The most glaring example of waste is the breakfast boat. Each boat consists of a plastic bag that contains a cardboard box that contains a packet of nonfat dry milk, a plastic bowl containing a tiny serving of cereal, a plastic packet of peanut butter, two plastic packets of jelly, plastic-wrapped bread, plastic-wrapped muffin, and a plastic-wrapped breakfast bar. The breakfast boat packaging is thus at odds with the Environmental Protection Agency (EPA) recommendations for reducing food packaging waste and human health risks from repeated exposure to certain types of plastic packaging.²³ The EPA strives to motivate behavioral change in private and public sector food packaging practices, as food packaging accounts for almost two-thirds of total American packaging waste by volume. Yet rather than use local facility food preparation methods that reduce waste, DOC has actively exacerbated detrimental environmental impacts with its industrial CI food production and packaging model.

Security

Access to quality, healthy food in prisons is an important security issue. In 2000, incarcerated people at one Washington prison organized a work strike, partially in response to declining quality of food.²⁴ According to Tim Thielman, president of the Association of Correctional Food Service Affiliates, "years of penny-pinching on food can be wiped out in minutes if a riot erupts over the quality of food."²⁵ During the famous 1971 Attica prison riots, incarcerated people listed access to "a healthy diet" and "fresh fruit daily" as one of their fifteen proposals to prison administrators.²⁶ Washington's DOC continually cites security concerns and correctional officer safety as top priorities for their agency. CI's increasingly processed food production model is a potential threat to the goals.

VI. Recommendations

Immediate

- I. The Governor should order that DOC end Correctional Industries control over the prison food system and give the DOC Health Services Program Manager of Dietary Services final authority over menus, commissary stock, and quarterly food packages. DOH should assist the Health Services Program Manager of Dietary Services in ensuring that menus, commissary, and food packages comply with the Healthy Nutrition Guidelines.**

This is the only way to ensure that DOC will achieve compliance with the Healthy Nutrition Guidelines in its food services, commissaries, and food package programs. Correctional Industries revenue priorities are at odds with nutritional goals, and have eroded the authority of DOC's dietician to plan nutritious menus and food product options for incarcerated people. This has led to a detrimental system in which nutritional needs of incarcerated people are not a consideration in menu, commissary, and package program planning. Incarcerated people are residents in Washington State's institutions, and it is the State of Washington's responsibility

²² See "[Prison food politics: the economics of an industry feeding 2.2 million](#)". *The Guardian*. September 30, 2016.

²³ See Marsh, Kenneth, and Betty Bugusu. "[Food packaging—roles, materials, and environmental issues](#)." *Journal of Food Science* 72.3 (2007): R39-R55.

²⁴ See "John Holeman: Miracleworker", *Foodservice Director*, April 15, 2004

²⁵ See "[Prison food politics: the economics of an industry feeding 2.2 million](#)". *The Guardian*. September 30, 2016.

²⁶ See "[The Fifteen Practical Proposals](#)". September, 1971.

to care for them appropriately. This is impossible if the DOC's head dietician and DOH have insufficient oversight power in menu and food product planning. Ultimately, the DOC Program Manager of Dietary Services should have authority to give final approval to all foods sold or served to incarcerated people.

2. The Governor should order that DOC make immediate changes to the Statewide Menu necessary to move toward compliance with the Healthy Nutrition Guidelines by increasing the quantity and variety of fruits and vegetables, increasing the quantity of nonfat milk provided, and increasing the quantity and quality of lean protein offered.

- a. Provide 3 cups of nonfat dry milk at breakfast rather than 1 as currently provided.

The Guidelines state: "Institutions should offer low-fat (1%) or non-fat milk and milk products daily" and "the DGA 2010 recommendation is that adults consume 3 cups daily."

- b. Provide 4 pieces of fruit daily (equivalent to two cups) rather than 2 pieces of fruit. Two pieces of fruit could easily be provided with the breakfast boats to meet this requirement.

The Guidelines state: "A minimum of 2 cups of a variety of fruits daily." A baseball-sized piece of fruit comparable to the apples²⁷ and oranges served in DOC institutions is considered a half-cup serving of fruit. Four such fruits are required to meet the Guidelines.

- c. Provide 2½ cups of a variety of vegetables daily, in particular the critical categories of dark green, red and orange, and beans and peas, which are underprovided. Spinach and kale, for example, are wholly absent from the diet at present.

The Guidelines state: "A minimum of 2½ cups of vegetables daily" and "A variety of vegetables, especially dark-green, red and orange, and beans and peas. See DGA 2010 for details."

- d. Provide the required 5½ oz. of lean protein in accordance with the DGA 2010 recommendations, using unprocessed meat. Reinstate healthy lean protein meals previously served in DOC institutions, including items such as chicken salad sandwiches, chicken hindquarters, and baked salmon.

The Guidelines require approximately 5½ oz. of protein with "a variety of lean proteins including meat, poultry, eggs, fish, seafood, beans, peas, nuts, seeds, and soy products."

- e. Forbid individually wrapped food products in meals.

This is perhaps the simplest way to eliminate the highly processed food products every CI meal contains.

- f. Restore local correctional facility kitchens.

Returning to freshly cooked foods at each local facility is crucial to ensuring access to healthy food for incarcerated people.

²⁷ Note that apples served to incarcerated people are of markedly smaller sizes than apples the public sees in grocery stores.

3. The Governor should order that DOC ensure that its commissaries and food package programs begin offering foods described as the “Healthiest” in the Healthy Nutrition Guidelines for Vending Machines

Foods described as “Healthiest” in the Healthy Nutrition Guidelines for Vending Machines are “mostly whole foods that contain low or no added sugar and sodium”: 100% whole-grain products with no added sugars or sodium, unroasted and unsalted nuts, dehydrated vegetables and fruit, low-sodium packaged fish, low-sodium dried meat (jerky). See page V-2 and Table 3 on page V-4 of Healthy Nutrition Guidelines for Vending Machines.

Longer Term (6-12 months)

1. The Governor should empower DOH to more actively assist DOC in developing and monitoring the implementation of new menus for institutions that genuinely reflect the Standard Principles enunciated in the Guidelines, in particular the first three:

- **Emphasize fruits, vegetables, and whole grains.**
- **Use less processed foods that do not contain added sugar and sodium.**
- **Use healthy cooking techniques such as baking, roasting, broiling, grilling, poaching, steaming, and stir frying.**

The [Healthy Nutrition Guidelines Implementation Guide](#) provides excellent guidance in the form of suggested recipes, suggested food products, and suggested food preparation methods. However, DOC and its CI food managers cannot be entrusted with the development of the menus. Instead, for this unique state agency, DOH should help create the menus and monitor their implementation to ensure that the Healthy Nutrition Guidelines are being met. However, executive Order 13-06 only gives DOH the ability to provide DOC with technical support in implementing the Healthy Nutrition Guidelines. A follow-up order may be necessary to ensure a stronger DOH role in implementation.

2. DOH should either amend the next iteration of its Healthy Nutrition Guidelines for Vending Machines to make it clear those guidelines apply to all DOC commissary and food package offerings OR add a section of guidelines to the Healthy Nutrition Guidelines for Institutions that directly addresses food and beverages that are sold through the commissaries and food package programs

The Guidelines for Vending Machines states, “Ideally, 100% of items in vending machines should meet the Healthy Nutrition Guidelines for foods and beverages.” It goes on to set a target of 50% meeting “Healthiest” or “Healthier” standards. DOH should require that at least 50% of the offerings of commissaries and food packages be the kinds of natural, whole foods described as “Healthiest” in the Healthy Nutrition Guidelines for Vending Machines (“mostly whole foods that contain low or no added sugar and sodium”): 100% whole-grain products with no added sugars or sodium, unroasted and unsalted nuts, dehydrated vegetables and fruit, low-sodium packaged fish, low-sodium dried meat (jerky). See page V-2 and Table 3 on V-4 of the Guidelines.

3. DOH and DOC should collaborate with non-profit organizations and nutrition graduate students to develop effective annual nutrition education workshops for incarcerated people.

DOC has expressed some interest in working with organizations that could provide nutrition education in Washington prisons. Education workshops for incarcerated people

must reflect awareness of both the Healthy Nutrition Guidelines and the food products that are actually available to those living in Washington prisons. Past attempts, such as DOC's offensively titled "Slender Offender" program²⁸, were insufficient.

Conclusion

For over two and a half years, the DOC has ignored the mandate of Executive Order 13-06 to provide access to healthy food in its facilities. Despite extensive support and technical assistance from the Department of Health, which published a comprehensive Implementation Guide with model policy language specifically for custodial populations, lists of recommended foods and beverages, sample meals, and additional resources for implementing the guidelines, the DOC has yet to take even the first step required toward implementing the guidelines, which were ordered to have been fully implemented by December 31, 2016. At present, DOC seems unlikely even to acknowledge its duty to attempt to implement the guidelines by the end of the year. Instead, the agency has steadily been reducing access to healthy food in Washington prisons.

The result: Nearly 20,000 Washingtonians live in state-sponsored food deserts, where they are literally coerced by the state into eating unhealthy food. Not only are they denied access to healthy food in the institutional meals they are served, but also in their commissaries and food package programs, which sell all but exclusively unhealthy food to them. Only strong executive action can ensure access to healthy food in state facilities. Incarcerated people, their families, and their friends are counting on the governor to correct the egregious food policies in Washington prisons and enable all Washingtonians to lead the healthy lifestyle that leads to improved productivity, quality of life, and life expectancy, as well as to reduce healthcare costs for the state of Washington. Departments of Corrections in a few other states have started to move away from the processed prison food model. For example, Minnesota's Commissioner of Corrections, Tom Roy, has made a conscious effort to reintroduce freshly cooked, nutritious meals in Minnesota prisons.²⁹ There is no reason that Washington, as one of the most food and health conscious states in the nation, cannot do the same.

VII. Frequently Asked Questions

Isn't Correctional Industries a good thing because it trains workers?

CI claims to trains incarcerated workers. The reality is quite different. CI Food Service employees are all but universally relegated to menial low-skill reheating and packaging tasks for which little or no training is required. The CI takeover of Food Services has resulted in the elimination of skilled cooking positions throughout Washington State prisons. Now, CI workers merely reheat processed food. In a world increasingly shifting to locally grown and freshly prepared food, there are no careers in reheating. Reheating food certainly does not constitute a viable path to a real career or a living wage.³⁰

²⁸ The June 2010 report "[Opportunities for Increasing Access to Healthy Foods in Washington](#)", prepared for the Access to Healthy Foods Coalition, lists the "Slender Offender" program in its chart of potential helpful programs.

²⁹ See "[Prison food politics: the economics of an industry feeding 2.2 million](#)". *The Guardian*. September 30, 2016.

³⁰ On May 28, 2015, the Washington State Supreme Court Minority and Justice Commission held a symposium to address the many ways in which Washington State fails at ensuring employment readiness and other reentry skills for incarcerated people. CI Food Services will need to drastically change its model if it wishes to tout any supposed contribution it makes to the reentry goals discussed at the Supreme Court Symposium. See "[Reentry: Do We Really Care About People Succeeding After Prison?](#)"

If Food Services returned to preparing healthy meals from scratch, there would be significant opportunities to train incarcerated people in valuable culinary skills that could lead to genuine career opportunities. In Denmark, for example, renowned restaurateur Claus Meyer of Noma, consistently ranked the best restaurant in the world, started a foundation called [Melting Pot](#), which [teaches incarcerated people](#) how to cook. In Seattle, Fair Start trains low-income and at-risk populations to cook professionally, and their activity could easily be modeled in Washington prisons. Cooking fresh food in healthy ways is a labor-intensive activity, and the demand for employees with the relevant culinary skills is increasing.

Won't healthy food cost the state more?

Investing in healthy food is an intelligent way for Washington State to save money. As noted above, making it possible for incarcerated people to purchase healthy food will cost the state nothing. With regard to the institutional food services, incarcerated people have no choice but to eat what the state provides them, and the state has an obligation to ensure that they receive healthy food. In the short run, healthy food does cost a little more—but unhealthy people cost a great deal more, and the savings from lowered health care costs more than make up for any difference. Food costs are less than about 4% of the cost of incarcerating a person; health care costs constitute about 19% of the total bill. Moreover, the benefits of health are worth the cost: if the cost of feeding people a cheap, unhealthy diet and treating their preventable diseases through health care were the same as the cost of feeding people a more expensive but healthier diet and avoiding disease altogether, it is clear that the latter is vastly preferable.

Don't incarcerated people prefer to eat junk food?

Like many economically and educationally disadvantaged people, many incarcerated people were not raised on healthy food, and as a result often have poor eating habits. To support rehabilitation and fiscal goals, the Department of Corrections has a duty to reform incarcerated people's palates and help them learn about nutrition so that they can raise healthy families and reduce prison healthcare cost burdens on taxpayers. In any event, the taste preferences of incarcerated people are irrelevant: state agencies have no duty to provide food that some consider tasty, but they do have a duty to provide nutritious food.

About This Report

Prison Voice Washington exists to help redesign and update Washington's broken prison system by introducing common sense, humanity, and the latest scientific research into policy discussions. Our goal is to improve both the safety of our communities and the lives of prisoners by expanding opportunities for rehabilitation. We also seek to update our laws and policies to reflect what works, based on the last 30 years of social science research.

Prison Voice bases its nutritional analysis exclusively on the authoritative statements in *Dietary Guidelines for America*, 7th ed., as provided for in the Food and Drug Administration Modernization Act, which upholds the "significant scientific agreement" standard for authorized health claims. By law, this standard is based on the totality of publicly available scientific evidence, and excludes statements based on moderate, limited, inconsistent, emerging, or growing evidence. Prison Voice grounds its implementation analysis on Department of Corrections official reporting, public Correctional Industries records, and firsthand, corroborated reporting from people living and working inside DOC institutions.

Prison Voice Washington may be contacted at PrisonVoiceWA@gmail.com, or at P.O. Box 463, Mountlake Terrace, WA, 98043.

Works Referenced

1. Executive Order 13-06: Improving the Health and Productivity of State Employees and Access to Healthy Foods in State Facilities
2. Healthy Nutrition Guidelines for Vending Machines, Meetings and Events, Cafeterias, and Institutions
3. Healthy Nutrition Guidelines Implementation Guide for Agencies, Sites and Vendors
4. Healthy Nutrition Guidelines Implementation Guide for Institutions
5. Dietary Guidelines for Americans, 2010
6. (*Report*) Executive Order 13-06: Implementation of Food and Beverage Service Policies in State Agencies, March 2016
7. DOC Guidelines for Mainline Meals (DOC Policy 240.100 Attachment 1) Revised 4/15

Appendices

Appendix A

Commissary Order Form

Appendix B

Quarterly Package Order Form

Appendix C

Holiday Package Order Form

Appendix D

Correctional Industries Statewide Mainline Menus

APPENDIX A - COMMISSARY ORDER FORM

MCC WSR / TRU / MSU COMMISSARY LIST

UPDATED: August 1, 2016

Page 1

PRICES, ITEMS, FLAVORS, AND WEIGHTS MAY CHANGE WITHOUT NOTICE - TAX RATE 8.5%

Date:	Last	First	DOC #	Unit/Wing#	Signature:
Code	Qty	Product	Price	Limit	
ENVELOPES					
8067		Prefranked Envelope-Indigent	\$ 0.53	10/Month	
8068		Prefranked Envelope	\$ 0.53	40/Order	
OTC - DEBTABLE - Restrictions per DOC Policy 650.040 - TAXABLE					
4501		Analgesic Balm, 28 gm	\$ 1.45	1/M	
4502		Artificial Tears, 0.5 oz	\$ 2.27	1/M	
4504		Aspirin - 325 mg, 100 ct	\$ 1.40	1/M	
4506		Clotrimazole Topical, 1 oz	\$ 2.25	1/M	
4507		Hydrocortisone 1% Cream, 28 gm	\$ 1.55	1/M	
4508		Ibuprofen, 200 mg, 100 ct	\$ 2.23	1/M	
4509		Lactaid Ultra, 4500ALU, 60 ct	\$ 5.75	1/M	
4510		Pink Bismuth Chewable Tablets, 262 mg, 30 ct	\$ 2.99	1/M	
4511		Hemorrhoid Cream, 2 oz	\$ 4.41	1/M	
4512		Fiber Tabs, .52g, 160 ct	\$ 5.99	1/M	
4513		Antacid Tablets, 500 mg, 150 ct	\$ 3.08	1/M	
4514		Acetaminophen - 325 mg, 100 ct	\$ 1.81	1/M	
4515		Naproxen Sodium - 220 mg, 50 ct	\$ 4.42	1/M	
4525		Tolnaftate Powder, 3 oz	\$ 2.28	1/M	
4526		Chlorpheniramine, 4 mg, 100 ct	\$ 1.52	1/M	
4615		Reading Glasses - +1.50	\$ 3.80	Combined	
4620		Reading Glasses - +2.00	\$ 3.80	1/Year	
4625		Reading Glasses - +2.50	\$ 3.80		
4630		Reading Glasses - +3.00	\$ 3.80		
4712		Sunscreen - SPF 30, 3.5 oz	\$ 1.90	1/M	
OTC - NON-DEBTABLE - Restrictions per DOC Policy 650.040 - TAXABLE					
4505		Loratadine Allergy Tabs, 30 ct	\$ 2.85	1/M	
4701		Bacitracin Antibiotic Ointment, 14 gm	\$ 2.15	1/M	
4702		Benzoyl Peroxide - 5% gel, 1 oz	\$ 2.51	1/M	
4703		Calcium w/Vitamin D - 600 mg, 60 ct	\$ 1.99	1/M	
4704		Campho-Phenique, 0.75 oz	\$ 5.04	1/M	
4705		Dandruff Shampoo (Selenium 1%), 11 oz	\$ 5.37	1/M	
4706		Fish Oil - 1000 mg, 60 ct	\$ 4.75	1/M	
4707		Gas X, 80 mg, 36 ct	\$ 6.16	1/M	
4708		Glucosamine, 500 mg, 90 ct	\$ 8.80	1/M	
4709		Multi Vitamin w/o Iron, 60 ct	\$ 2.36	1/M	
4710		Nasal Spray, 1.5 oz	\$ 1.70	1/M	
4711		Oral Pain Relief Gel (like Orajel), 0.33 oz	\$ 3.80	1/M	
4713		Throat Lozenges (Halls), 9 ct	\$ 1.00	2/Order	
4714		Eucerin Cream, 2 oz	\$ 5.51	1/M	
4715		Zinc Oxide, 3.5 oz	\$ 2.39	1/M	
4805		Gel Insoles, Men's Size 6-7, Women's Size 7-8	\$ 12.50	1/M	
4806		Gel Insoles, Men's Size 8-9, Women's Size 9-10	\$ 12.50	1/M	
4807		Gel Insoles, Men's Size 10-11, Women's Size 11-12	\$ 12.50	1/M	
4808		Gel Insoles, Men's Size 12-13	\$ 12.50	1/M	
4809		Gel Insoles, Men's Size 14-15	\$ 12.50	1/M	
DEBTABLE ITEMS - TAXABLE					
1216		Floss Threaders, 7 ct	\$ 0.34	1/Order	
1852		Oraline Toothpaste, 3 oz	\$ 1.10	2/Order	
1873		Dental Floss, 12 yds	\$ 0.49	1/Order	
1874		Denture Adhesive, 1.5 oz	\$ 4.65	2/Order	
1875		Denture Cleaning Paste, 3.8 oz	\$ 4.22	2/Order	
1876		Shampoo, 4 oz	\$ 0.55	2/Order	
1877		Razor, 1 blade	\$ 0.10	4/Order	
1878		Toothbrush	\$ 0.33	2/Order	
1880		Comb	\$ 0.08	1/Order	
1881		Toenail Clipper w/o File	\$ 0.87	1/Year	
1882		Soap - H, 3 oz	\$ 0.43	2/Order	
1883		Pick Comb	\$ 0.09	1/Order	
1884		Lined Paper Pad, 50 shts	\$ 0.79	1/Order	
1887		Deodorant, 1.6 oz	\$ 0.66	2/Order	
1890		Golf Pencil	\$ 0.07	5/Order	
1891		Eraser (pencil cap style)	\$ 0.06	5/Order	
1894		Sleep Mask, Black	\$ 1.24	1/6 Months	
4523		Religious Items Box, 15 qt	\$ 5.25	1/Year	
SOAP - TAXABLE					
1401		Irish Spring, 4 oz	\$ 0.72		
1402		Lever 2000, 4 oz	\$ 0.69		
1403		Ivory, 4 oz	\$ 0.71		
1405		Next 1 White Moisturizing Soap, 5 oz	\$ 0.70	Combined	
1407		Next 1 Cocoa Butter Soap, 5 oz	\$ 0.63	2/Order	
1409		Dial Hypoallergenic, 3.2 oz	\$ 0.79		
1924		Neutrogena Facial Soap, 3.5 oz	\$ 3.26		
1419		Suave Body Wash, 12 oz	\$ 3.62	2/Order	
DENTAL - TAXABLE					
1200		Colgate Sensitive Toothpaste, 6 oz	\$ 5.00		
1201		Colgate Clear Toothpaste, 4.2 oz	\$ 2.48	Combined	
HAIR CARE - TAXABLE (Continued)					
1112		Dark N Lovely Conditioner, 13.5 oz	\$ 5.50		
1109		Pantene Conditioner, 12 oz	\$ 6.00	Combined	
1110		Suave Conditioner, 12 oz	\$ 1.86	1/Order	
1130		White Rain Conditioner, 15 oz (Animal/Alcohol Free)	\$ 1.88		
1114		Bergamot Hair Dress, 5 oz	\$ 2.11	1/Order	
1118		Ponytail Holders, 10 ct	\$ 2.15	1/Order	
1119		Sulfur 8 Scalp Conditioner, 2 oz	\$ 3.89	1/Order	
1120		Lusti Coconut Oil, 4 oz	\$ 1.47	1/Order	
1123		Murray's Pomade, 4 oz	\$ 2.50	1/Order	
1124		Excess Spike It Hair Gel, 16 oz	\$ 2.67	1/Order	
1125		Luster's Pink Moisturizer, 8 oz	\$ 5.99	1/Order	
1133		Goody's Ponytail Retainers, 14 count	\$ 2.40	1/Order	
SHAVING - TAXABLE					
1702		Bic Disposable Twin Blade Razor, Single	\$ 0.22	Combined	
1705		Protection Twin Blade Razor	\$ 0.22	4/Order	
1710		Bump Disposable Razor, Single	\$ 1.14		
1706		ProTecton Shave Cream, 7 oz	\$ 1.95	1/Order	
1707		Men's Choice After Shave, 5 oz	\$ 1.16	1/Order	
1926		Magic Razorless Shave Cream, 6 oz	\$ 3.88	1/Order	
SKIN CARE - TAXABLE					
1306		Noxzema Cleansing Cream, 2 oz	\$ 2.20	Combined	
1326		St. Ives Apricot Scrub, 6 oz	\$ 4.25	4/Order	
1303		"Baby Days" Baby Oil - H, 7 oz	\$ 1.25		
1305		Freshscent Cocoa Butter Lotion, 4oz	\$ 0.68		
1309		Suave Cocoa Butter Lotion, 10 oz	\$ 2.86		
1310		Cococare Cocoa Butter Stick, 1 oz	\$ 1.65		
1311		"Personal Care" Petroleum Jelly, 6 oz	\$ 1.50	Combined	
1312		Ambi Complexion Bar, 3.5 oz	\$ 2.23	2/Order	
1313		Oil of Olay, 4 oz	\$ 10.76		
1315		Level 10 Hypo-Allergenic Lotion, 15 oz	\$ 2.30		
1316		Suave Advanced Therapy Lotion, 10 oz	\$ 2.89		
1333		"Baby Days" Baby Powder, 14 oz - H	\$ 1.74		
PERSONAL CARE - TAXABLE					
1000		Cotton Swabs, 300 ct	\$ 1.63	1/Order	
1003		"Personal Care" Vaporizing Chest Rub, 4 oz	\$ 1.89	1/Order	
1008		Fingernail Clipper w/o File	\$ 0.63	1/Order	
1600		Contact Solution, 12 oz	\$ 6.79	1/Order	
1888		Tweezers	\$ 0.78	1/Order	
1922		Honey Lemon Cough Drops, 30 ct -G	\$ 1.39	1/Order	
1952		Lip Balm, .15 oz	\$ 0.66	1/Order	
1955		Odor Absorbing Shoe Insoles, Pair	\$ 2.27	1/Order	
8901		Vitamin C - 500 mg, 100 ct	\$ 2.71	1/Order	
8902		Vitamin E - 400 mg, 50 ct	\$ 3.08	1/Order	
8903		Mega Max Vitamins, 60 ct	\$ 8.50	1/Order	
8904		Vitamin B Complex, 100 ct	\$ 4.75	1/Order	
LAUNDRY/CLEANING - TAXABLE					
9991		Dish Soap, 12.6 oz	\$ 1.46	1/Order	
STATIONERY - TAXABLE					
8001		Bic Pen Medium, Blue	\$ 0.22	2/Order	
8002		Bic Pen Medium, Black	\$ 0.21	2/Order	
8003		Pencil - #2	\$ 0.15	5/Order	
8004		Legal Pad, 50 shts	\$ 1.42	2/Order	
8006		Lined Paper Pad, 50 shts	\$ 0.79	2/Order	
8007		Typing Paper, 100 shts	\$ 2.16	2/Order	
8008		Address/Telephone Book, 2.5" x 3.5"	\$ 0.77	1/Order	
8009		Envelope - 9x12 w/o clasp	\$ 0.28	5/Order	
8010		Composition Book, 100 shts, 200 pgs	\$ 2.15	2/Order	
8018		Document Folder	\$ 3.05	1/Order	
8021		Adhesive Tape, 12.5 yds	\$ 0.99	1/Order	
MISCELLANEOUS - You must follow personal property limits in DOC Policy 440.000 - TAXABLE					
6001		Shower Cap	\$ 0.18	1/Order	
6003		Cup w/Lid, 16 oz	\$ 1.49	1/Order	
6005		Earplugs	\$ 0.24	1/Order	
6006		Paper Towels, 65sht, 2ply	\$ 0.99	1/Order	
6008		Rain Poncho	\$ 4.31	1/Order	
6012		Soup Spoon, Reusable	\$ 0.32	1/Order	
6029		Spork, Reusable	\$ 0.32	1/Order	
6031		Standard Playing Cards	\$ 1.28	2/Order	
6032		Pinochle Playing Cards	\$ 1.28	2/Order	
6036		Light Bulb, 25w	\$ 0.65	1/Month	
6042		Insulated Mug, 22 oz	\$ 2.30	1/Order	
6044		Pitcher, 2 qt	\$ 3.75	1/Order	
6048		Bowl w/Lid, 24 oz	\$ 2.50	1/Order	
6050		Soap Dish, Hinged	\$ 0.50	1/Month	
8055		Khaki Baseball Cap	\$ 2.93	1/Order	

1203	Crest Tartar Control Toothpaste, 6.4 oz	\$ 4.05	
1204	Denture Brush	\$ 0.87	1/Order
1206	Colgate Extra Clean Toothbrush	\$ 0.79	1/Order
1209	Denture Cup	\$ 1.03	1/Order
1212	Swan Mouthwash w/Fluoride, 18 oz	\$ 1.80	1/Order
DEODORANT - TAXABLE			
1502	Speed Stick Clear (clear stick), 1.8 oz	\$ 1.95	Combined limit of 1/order
1503	Speed Stick Antiperspirant (clear gel) 3 oz	\$ 2.93	
1504	Speed Stick Unscented (white stick), 3 oz	\$ 3.00	
HAIR CARE - TAXABLE			
1103	Vented Hair Brush	\$ 0.49	1/Order
1104	Softsheen Oil Therapy 3-1 Cream Moist., 9.7 oz	\$ 5.50	1/Order
1102	Dark & Lovely Shampoo, 13.5 oz	\$ 5.50	Combined 1/Order
1107	Suave Shampoo, 12 oz	\$ 1.86	
1108	VO5 2-in-One Shampoo/Conditioner, 12.5 oz	\$ 2.43	
1132	White Rain Shampoo, 15 oz (Animal/Alcohol Free)	\$ 1.88	
1150	VO5 Shampoo, 12.5 oz	\$ 1.71	
1179	Pantene Shampoo, 12.6 oz.	\$ 6.00	

8246	Clothes Hanger	\$ 0.26	1/Order
8537	Batteries - AA, 4 pk - Possession Limit 9 ea	\$ 1.71	2/Order
8538	Batteries - AAA, 4 pk - Possession Limit 9 ea	\$ 1.88	2/Order
8888	Photo Coupon	\$ 1.00	5/Order
BEVERAGES - NON-TAXABLE (Soda is NOT considered a food and IS TAXABLE)			
5302	Instant Milk, 10 oz - K	\$ 3.27	5/Order
7001	Diet 7-Up, 20 oz	\$ 0.95	Combined 10/Order
7002	RC Cola, 20 oz	\$ 0.95	
7003	A & W Cream Soda, 20 oz	\$ 0.95	
7006	AW Root Beer, 20 oz	\$ 0.95	
7007	Orange Soda, 20 oz	\$ 0.95	
7010	Diet AW Root Beer, 20 oz - ◇	\$ 0.95	
7011	Ginger Ale, 20 oz	\$ 0.95	
7013	7-Up, 20 oz	\$ 0.95	
7033	Squirt, 20 oz	\$ 0.95	
7034	V8 Splash - Berry Blend, 16 oz	\$ 1.40	
7036	V8 Original, 12 oz - K, G	\$ 1.60	12/Order
7054	Orange Drink, 12 oz - K, H	\$ 1.66	
7055	Celestial Seas. Herb Tea, Asst., 18 ct, 1 oz - R	\$ 3.15	2/Order
7056	Celestial Seas. Green Tea, 25 ct, 1.8 oz - K	\$ 3.70	2/Order

SPENDING LIMIT \$125

✧ = Smart Choice Δ = Healthier Choice ◇ = Sugar Free H = Halal K = Kosher R = Rotating Item/Flavor N = Nuts/Processed Around Nuts G = Gluten Free

*****SALE ITEMS ARE FIRST COME, FIRST SERVE*****

All rotating flavor items will change every 3 months.

Date:	Last	First	DOC #	Unit/Wing#	Signature:			
BEVERAGES - NON-TAXABLE - Continued				CHIPS - NON-TAXABLE				
7101		Hot Cocoa - Whipper Mix, 32 oz - K	\$ 4.55	1/Order	4002	Pretzels, 11 oz - K, N	\$ 1.80	2/Order
7102		Hot Cocoa - No Sugar Added, 8 ct, 4.5 oz - 0, K	\$ 1.69	2/Order	4003	Plain Tortilla Chips, 16 oz	\$ 2.09	2/Order
7104		Cappuccino, 10 oz - K	\$ 1.72	5/Order	4004	Frito's Chili Cheese Corn Chips, 10.5 oz	\$ 2.20	2/Order
7105		Keefe Coffee, 3 oz - K, H	\$ 2.64	Combined	4005	Chile & Lime Chicharina, 2.75 oz	\$ 1.05	2/Order
7107		Decaf Keefe Coffee, 3 oz - K, H	\$ 3.18	8/Order	4006	Cheese Crunchy, 11 oz - K, H, Δ	\$ 1.92	2/Order
7106		Folgers Coffee, 8 oz - K	\$ 7.00	Combined	4007	Coyote Valley BBQ Chips, 5 oz	\$ 1.40	2/Order
7108		Tasters Choice Coffee, 8 oz - K	\$ 8.05	3/Order	4009	Hot & Spicy Pork Rinds, 3 oz	\$ 1.55	2/Order
7111		Creamer, 50 ct, 18.7 oz - K, R, G	\$ 5.95	1/Order	4011	Coyote Valley Jalapeno Chips, 5 oz	\$ 1.40	2/Order
7113		Tea - Orange Pekoe Black, 100 ct, 5.6 oz - K	\$ 2.05	2/Order	4022	Coyote Valley Chuck Wagon Chips, 5 oz - K	\$ 1.40	2/Order
7114		Tea - Iced w/Lemon and Sugar, 19 oz - K, H	\$ 2.45	2/Order	4015	Doritos, 8 oz - R	\$ 1.60	2/Order
7117		SF Hawaiian Punch Blue Typhoon 8 ct, 75 oz - 0	\$ 1.39	Combined 20/Order	4018	Pre-Popped Popcorn, 5.5 oz - R, G	\$ 1.50	2/Order
7118		SF Hawaiian Punch Green Berry Rush 8 ct, 76 oz - 0	\$ 1.39		4023	Jalapeno Cheddar Crunchy Cheetos, 2 oz - G	\$ 0.70	6/Order
7123		SF Crush - Strawberry 6 ct, 50 oz - 0	\$ 1.39		MEAT/SEAFOOD - NON-TAXABLE			
7124		SF Crush - Pineapple 6 ct, 45 oz - 0	\$ 1.39		3001	Chicken Breast, 4.5 oz	\$ 2.38	Combined 35/order
7121		Twist - Peach, 8.6 oz - K	\$ 2.40	5001	Beef & Cheddar Sticks, 1.125 oz	\$ 0.71		
7122		Twist - Pink Lemonade, 8.6 oz - K	\$ 2.40	5002	Regular Summer Sausage, 5 oz	\$ 2.00		
CEREAL/BREAKFAST - NON-TAXABLE				5003	Sliced Pepperoni, 4 oz - G	\$ 2.45		
3009		Bagel, 4 oz - K	\$ 0.46	5004	Jack Mackerel, Whole, 12 oz - K, H, Δ	\$ 2.20		
5320		Rollod Oats, 16 oz - K, ☼	\$ 2.37	5006	Tuna in Water, 4.23 oz - K, H	\$ 1.58		
5340		Instant Oatmeal, 10 ct, 13.5 oz - K, R, ☼	\$ 2.37	5008	Hot Chili w/Beans, 11.25 oz	\$ 1.60		
5344		Camation Inst Breakfast, Variety, 10 ct, 12.6 oz - K	\$ 7.25	5009	Smoked Clams, 3.53 oz	\$ 1.78		
5345		Raisin Bran, 20 oz - K, Δ	\$ 3.48	5010	Spam Singles, 2.5 oz - G	\$ 1.63		
5346		Cereal Bar, 1.3 oz - K, Δ	\$ 0.30	5011	Hot Summer Sausage, 5 oz	\$ 2.00		
5347		Cinnamon Squares Cereal, 20 oz - K, ☼, Δ	\$ 3.48	5013	Beef Stick, 1.5 oz	\$ 1.45		
5348		Granola, 16 oz - K, N, Δ	\$ 3.48	5014	Halal Beef Summer Sausage, 5 oz - H	\$ 2.50		
5349		Grits, 20 oz - ☼	\$ 2.37	5016	Roast Beef and Gravy, 10oz (Out of Stock)	\$ 3.44		
5360		Berry Bunch 'O' Crunch Cereal, 20 oz - K	\$ 3.48	5018	Meat Stick, 0.8 oz -- Special while supplies last	\$ 0.50		
5361		Blueberry Waffles, 6 ct, 4.5 oz - K	\$ 1.55	5022	Chunk Ham, 7oz	\$ 4.40		
5363		Chocolate Frosted Flakes, 20 oz - K, ☼	\$ 3.48	5023	Beef Barbacoa, 6oz - H (Out of Stock)	\$ 3.05		
5365		Honey Nut Os, 20 oz - K, N, Δ	\$ 3.48	5025	Meatballs w/Tomato Sauce, 10oz	\$ 3.00		
NOODLES/RICE/BEANS/GRAINS - NON-TAXABLE				5027	Small Summer Sausage, Hot, 1.625 oz	\$ 0.85		
5200		Chicken Ramen, 24 ct, 72 oz - N	\$ 5.60	5029	Small Summer Sausage, Regular, 1.625 oz	\$ 0.85		
5202		Chili Ramen, 24 ct, 72 oz - N	\$ 5.60	5030	Beef Crumbles, Lightly Seasoned, 6 oz - Δ	\$ 3.00		
5203		Beef Ramen, 24 ct, 72 oz - N	\$ 5.60	5301	Chili w/Beans, 11.25 oz	\$ 1.47		
5205		Spicy Vegetable Ramen, 24 ct, 72 oz - N	\$ 5.60	5314	Chili w/o Beans, 11.25 oz	\$ 1.99		
5209		Picante Beef Ramen, 24 ct, 72 oz - N	\$ 5.60	9002	Bacon - Fully Cooked, 78 oz	\$ 1.96		
5208		Angel Hair Pasta, 16 oz - K, ☼	\$ 1.06	9502	Taco Mix (non-meat), 8 oz - K	\$ 2.20		
5210		Thai Rice Noodles, 3.7 oz	\$ 0.60	GROCERY - NON-TAXABLE				
5284		Single Low Sodium Chicken Ramen, 3 oz - N	\$ 0.25	5303	Salsa, 15.5 oz - ☼	\$ 1.88	3/Order	
5286		Single Low Sodium Beef Ramen, 3 oz - R, N	\$ 0.25	5304	Chili Garlic Sauce, 8 oz - K, ☼	\$ 1.72	2/Order	
5294		Single Chicken Ramen, 3 oz - N	\$ 0.25	5305	Soy Sauce, 16.9 oz	\$ 1.74	3/Order	
5297		Single Spicy Vegetable Ramen, 3 oz - R, N	\$ 0.25	5306	Cheddar Cheese Bar, 4 oz	\$ 1.96	10/Order	
5310		White Rice (Pre Cooked), 8 oz - K, ☼	\$ 0.96	5307	Velveeta Squeeze Cheese, 16 oz	\$ 3.14	2/Order	
5316		Cheesy Rice & Beans, 8 oz - K	\$ 1.50	5308	Velveeta Jalapeno Squeeze Cheese, 16 oz	\$ 3.14	2/Order	
5317		Flour Tortillas, 8", 6 ct, 8 oz - H, K	\$ 0.75	5309	Jalapeno Peppers, 12 oz - K, Δ	\$ 1.98	2/Order	
5318		Macaroni and Cheese, 3 oz - K, H	\$ 0.79	5311	Peanut Butter - Creamy - K, N, G, 18 oz	\$ 2.30	2/Order	
5319		Refried Beans, 8 oz - K	\$ 1.29	5312	Strawberry Jam, 20 oz - K	\$ 2.84	2/Order	
5325		Brown Rice (Pre Cooked), 8 oz - K ☼	\$ 1.09	5313	Honey, 12 oz - K	\$ 3.10	1/Order	
5327		Refried Beans w/Jalapeno & Chiles, 8 oz - K	\$ 1.46	5315	Mini Marshmallows, 10.5 oz	\$ 1.50	2/Order	
5354		Corn Tortillas, 12 ct, 8.4 oz - K, ☼	\$ 0.99	5321	Marshmallow Crème, 7 oz	\$ 1.80	2/Order	
5355		Chorizo Flavored Huevos & Beans, 4 oz - K	\$ 1.70	5324	Cream Cheese, 8 oz	\$ 1.69	5/Order	
5359		Black Beans, 10 oz	\$ 1.38	5369	Frosting, 16 oz - K, R, G	\$ 2.30	2/Order	
CANDY - NON-TAXABLE				5329	Peanut Butter - Crunchy, 18 oz - K, N, G	\$ 2.30	2/Order	
2000		Butterfinger, 1.9 oz - N	\$ 1.00	5330	Hot Sauce, 5 oz - ☼	\$ 1.18	4/Order	
2001		Starlite Mints, 7 oz	\$ 0.95	5332	Mayonnaise, 12 oz - K	\$ 2.20	2/Order	
2002		Caramel Apple Pops, 30 oz - G	\$ 5.65	5333	Pepperjack Cheese Spread, 8 oz	\$ 1.50	4/Order	
2003		Snickers, 1.86 oz - K, H, N	\$ 0.90	5334	BBQ Sauce, 18 oz - K	\$ 1.75	2/Order	
2004		Hershey Milk Chocolate, 4.4 oz - N	\$ 2.00	5335	Nacho Cheese Dip, 4 oz	\$ 1.10	5/Order	
2005		Hershey Almond Chocolate, 4.25 oz - N	\$ 2.00	5336	Hot Pickle - K	\$ 0.60	10/Order	
2006		Chick-O-Stick, 7 oz - K, N, G	\$ 0.22	5337	Kraft Ranch Packet, 1.5 oz	\$ 0.45	10/Order	
2007		Reeses Peanut Butter Cup, 1.5 oz - K, H, N	\$ 0.90	5338	Mozzarella Cheese Bar, 4 oz	\$ 1.79	10/Order	
2008		Assorted Gummy Bears, 4 oz	\$ 0.85	5339	Brown Sugar, 1 lb - K	\$ 1.40	1/Order	
2009		Cinnamon Gummy Bears, 4 oz	\$ 0.75	5341	Dill Pickle - K	\$ 0.60	10/Order	
2010		Jolly Ranchers, 4 oz - N	\$ 0.92	5342	Grated Parmesan Cheese, 3 oz	\$ 1.80	1/Order	
2013		Caramels, 9.5 oz - K	\$ 2.40	5350	Imitation Maple Syrup, 1.5oz	\$ 0.12	10/Order	
2014		M&M Peanut, 11.4 oz - K, N	\$ 4.70	5351	Queso Cotija Mexican Style Grated Cheese, 3 oz	\$ 1.80	1/Order	
2015		Coconut Roll, 1.76 oz - N	\$ 0.47	5383	Provolone Cheese Bar, 4 oz	\$ 1.32	10/Order	
2017		Red Licorice, 5 oz - K	\$ 1.55	5411	Pasta Sauce, 4 oz - Δ, G	\$ 0.70	8/Order	
2018		Atomic Fireballs, 4.5 oz - N	\$ 1.10	5413	OvaEasy Dried Eggs, 2 oz	\$ 2.75	8/Order	
2022		Lemon Drops, 4.25 oz - N	\$ 0.66	5415	Instant Mashed Potatoes, 4 oz - H, K	\$ 0.90	10/Order	
2023		M&M Plain, 11.4 oz - K, N	\$ 4.70	7109	Granulated Sugar, 16 oz - H, K	\$ 1.76	1/Order	
2024		Butterscotch Candies, 4.25 oz	\$ 0.65	7110	Sugar Substitute, 3.88 oz - KH ☼, ☼	\$ 1.20	2/Order	
2025		Rootbeer Barrels, 7.5 oz - N	\$ 0.93	9015	Dehydrated Vegetables, 12 ct, 1.7 oz - H, K, ☼	\$ 1.98	4/Order	
2026		Jelly Beans, 4.25 oz - N	\$ 0.74	9020	Salt & Pepper Shakers, 5.47 oz - K	\$ 1.50	1/Order	
2028		Now & Laters, 3.5 oz - K, N	\$ 0.81	9021	Mrs. Dash, Chipotle, 2.5 oz - K, ☼	\$ 3.30	2/Order	
2029		Assorted Hard Candy, 7 oz	\$ 0.98	9022	Garlic Powder, 2.5 oz - K, ☼	\$ 1.30	2/Order	
2030		Kit Kat Bar, 1.5 oz - N	\$ 0.96	9024	Minced Onion, 2.62 oz - K, ☼	\$ 1.30	2/Order	
2031		Bridge Mix 5 oz	\$ 1.60					

Combined 35/order

2029	Assorted Hard Candy, 7 oz	\$ 0.98	
2030	Kit Kat Bar, 1.5 oz - N	\$ 0.96	
2031	Bridge Mix, 5 oz	\$ 1.60	
2036	S/F Starlight Mints, 2.75 oz - K, N, G, ✱	\$ 1.41	
2039	S/F Vanilla Caramels, 2.75 oz - K, N, G, ✱	\$ 1.34	
2041	Tootsie Pops Drops, 2.25 oz - K	\$ 0.95	
COOKIES/PASTRIES - NON-TAXABLE			
3002	Chocolate Chip Cookies, 12 oz - N, K	\$ 1.40	Combined 3/Order
3003	Peanut Butter Crème, 16 oz - K, N	\$ 1.61	
3004	Chocolate Crème, 16 oz - K, N	\$ 1.61	
3013	Duplex Crème, 16 oz - K, N	\$ 1.61	
3014	Iced Oatmeal Cookies, 12 oz - K, N	\$ 1.37	
3024	Peanut Butter Buddy Bars, 12 ct, 12 oz - K, N	\$ 1.93	Combined 6/Order
3102	Toaster Pastry, 6 ct, 11 oz - R, N, Δ	\$ 1.54	
3106	Maria Cookies, 6 oz	\$ 0.76	
3108	Swiss Rolls, 12 ct, 12 oz - K, N	\$ 1.70	
3010	Red Velvet Crème Filled Cupcakes, 2 pk, 4 oz	\$ 0.90	
3015	Sugar Free Wafer, 2.75 oz, - Δ, K	\$ 0.76	
3105	Jumbo Honey Bun, 6 oz - K	\$ 0.65	
3109	Pie, 4 oz - R	\$ 0.96	
3110	Fruit Danish, 4.25 oz - R, K	\$ 0.70	
MICROWAVABLE PRODUCTS - NON-TAXABLE			
4110	Popcorn, Buttered, 2.75 oz - K, Δ	\$ 0.46	15/order
4112	Popcorn, Kettle, 2.75 oz - K	\$ 0.46	15/order
9997	Pizza Kit, 10 oz	\$ 3.38	6/Order

9022	Garlic Powder, 2.5 oz - K, ✱	\$ 1.30	2/Order
9024	Minced Onion, 2.62 oz - K, ✱	\$ 1.30	2/Order
9026	Bacon Bits, 3.0 oz - K, ✱	\$ 1.30	2/Order
9027	Red Peppers, 2.75 oz - K, ✱	\$ 1.30	2/Order
9028	Seasoning Salt, 7 oz - ✱	\$ 1.30	1/Order
9036	Nesquick Syrup, 22 oz - K	\$ 3.30	1/Order
9994	Sriracha Sauce (Huy Fong), 17 oz - K, ✱	\$ 2.75	1/Order
CRACKERS - NON-TAXABLE			
3005	Cheese Crackers, 9 oz - K, Δ	\$ 2.00	Combined 10/Order
3006	Saltines, 16 oz - K, ✱	\$ 1.70	
3008	Snack Cracker, 11.3 oz - K, Δ	\$ 2.41	
3011	Graham Crackers, 14.4 oz - K, ✱	\$ 2.30	
3012	Wheat Crackers, 9.1 oz - K, ✱	\$ 2.37	
SNACKS - NON-TAXABLE			
4013	Mixed Nuts, 10 oz - N	\$ 3.30	Combined 20/Order
4102	Sunflower Kernal, 2 oz - K, N	\$ 0.54	
4106	Trail Mix, 2 oz - NO SALT - K, N	\$ 0.65	
4109	Nut & Yogurt Trail Mix, 2 oz - NO SALT - N, K	\$ 0.65	
4111	Fruit & Nut Granola, 4 oz	\$ 1.40	
4115	Zone Nutrition Bar, 2 pack, 3.52 oz - Δ	\$ 1.98	
9014	Peanuts, 1.75 oz - K, N	\$ 0.50	
9900	Pudding Snack Pack, 4 ct, 13 oz - K, R, G, ✱	\$ 1.80	4/Order


APPENDIX B - QUARTERLY PACKAGE ORDER FORM


FIRST DAY TO ORDER: FRIDAY, MAY 13TH LAST DAY TO ORDER: MONDAY, JUNE 20TH


Live Chat
HAVE A QUESTION? USE OUR QUICK & EASY
LIVE CHAT FEATURE
AVAILABLE NOW ON WAINMATEPACKAGE.COM!

**4 CONVENIENT
WAYS TO ORDER**

 **ONLINE** Wainmatepackage.com

 **FAX TOLL FREE 888-857-6219**

 **MAIL** Union Supply Direct, Dept. 105, P.O. Box 9018
Rancho Dominguez, CA 90224-9018

 **PHONE TOLL FREE 866-247-0566**

Offender Name: _____

Offender #: _____

QTY.	ITEM #	DESCRIPTION / K = KOSHER H = HALAL	SHIP WT.	PRICE
COFFEE & COCOA				
_____	8420024	Café Style Cappuccino French Vanilla (10 Count) 8.1 oz. [K].....	9 oz.	\$4.50
_____	8432769	Café Style Cappuccino Mocha (10 Count) 8.1 oz. [K].....	9 oz.	\$4.50
_____	8020016	Swiss Miss Hot Cocoa With Marshmallows (6 Count) 4.38 oz.....	5 oz.	\$1.85
_____	8024030	Food Express 100% Colombian Premium Freeze Dried Coffee 3 oz. [K]...	3.36 oz.	\$3.30
_____	8024069	Food Express House Blend Premium Instant Coffee 4 oz. [K].....	4.96 oz.	\$3.75
_____	8024048	Food Express Espresso Instant Dark Roast Coffee 4 oz. [K].....	4.16 oz.	\$3.85
_____	8024016	Maxwell House Instant Coffee 8 oz. [K].....	10.8 oz.	\$11.50
_____	8024015	Yuban Premium Instant Coffee in Plastic Jar 8 oz. [K].....	10.5 oz.	\$12.95
_____	8024060	Cornerstone Classic Roast Instant Coffee in Plastic Jar 8 oz. [K].....	9.76 oz.	\$7.25

TEA & DRINK MIXES

_____	8045301	Jolly Rancher Watermelon Sugar Free Singles To Go (6 Count) .66 oz.....	1.2 oz.	\$2.15
_____	8045300	Jolly Rancher Green Apple Sugar Free Singles To Go (6 Count) .62 oz.....	1.10 oz.	\$2.15
_____	8045302	Jolly Rancher Cherry Sugar Free Singles To Go (6 Count) .57 oz.....	1.1 oz.	\$2.15
_____	8045270	Crush Cherry Limeade Sugar Free Singles To Go (6 Count) .66 oz.....	1.10 oz.	\$2.10
_____	8045183	Wyer's Light Sugar Free Strawberry Lemonade Singles To Go (8 Count) .80 oz. [K].....	1.3 oz.	\$2.15

QTY.	ITEM #	DESCRIPTION / K = KOSHER H = HALAL	SHIP WT.	PRICE
_____	8019052	Gatorade Instant Mix Frost Riptide Rush Single 2.12 oz.....	2.40 oz.	\$1.35
10	8083043	McCormick Spearmint Tea (10 Count) .35 oz. - Value \$1.65....	1.2 oz.	SALE \$1.25

BREAKFAST

_____	8019355	Pampa Honey & Oat Granola Bars (6 Count) 4.5 oz.....	5.7 oz.	\$2.00
_____	8083294	Fiber One Oats & Chocolate Bar 1.4 oz.	2 oz.	\$1.00
_____	8436253	Kellogg's Pop-Tarts Gone Nutty Chocolate Peanut Butter (1 Count) 1.76 oz. ...	1.98 oz.	\$1.10
_____	8436252	Kellogg's Pop-Tarts Gone Nutty Peanut Butter (1 Count) 1.76 oz.....	1.98 oz.	SALE \$0.85
_____	8436207	Kellogg's Pop-Tarts Hot Fudge Sundae (2 Count) 3.38 oz.....	3.60 oz.	\$1.20
_____	8016118	Malt-O-Meal Cocoa Dyno Bites Cereal 13 oz. [K].....	14 oz.	\$3.45
_____	8016056	Malt-O-Meal Honey Graham Squares Cereal 12 oz. [K].....	13 oz.	\$3.45
_____	8071091	Food Express Bakery Pre-Sliced Jalapeno Bagel 4 oz. [K].....	4.96 oz.	\$0.75
_____	8071087	Food Express Pre-Sliced Cinnamon Raisin Bagel 4 oz. [K].....	4.64 oz.	\$0.75
_____	8018025	Old Fashioned Squeeze Cream Cheese Packet .75 oz. [H].....	.88 oz.	\$0.60

PASTRIES

_____	8071122	Hostess Chocodiles Chocolate Covered Twinkies (2 Count) 2.89 oz.....	3.25 oz.	\$1.40
_____	8071121	Hostess Twinkies (2 Count) 2.7 oz.....	3.58 oz.	\$1.40
_____	8071036	Mrs. Freshley's Big Cheese Round Danish 4 oz. [K].....	4.32 oz.	\$1.30
_____	8071022	Mrs. Freshley's Variety Mini Donuts (24 Count) 11 oz. [K].....	15.1 oz.	\$4.25

QTY.	ITEM #	DESCRIPTION / K = KOSHER H = HALAL	SHIP WT.	PRICE
_____	8071291	Mrs. Freshley's Little Layer Cakes (10 Count) 12 oz. [K].....	13.5 oz.	\$2.95
_____	8071290	Mrs. Freshley's Fudge Crème Pies (8 Count) 9.5 oz. [K].....	14.4 oz.	\$2.95
_____	8071090	Mrs. Freshley's Cinnabon Cinnamon Danish 5 oz. [K].....	5.3 oz.	\$1.50
_____	8071008	Mrs. Freshley's Creamy Curl Honey Bun 4 oz. [K].....	4.16 oz.	\$1.30
_____	8071120	Apple Ugly Fritter 4 oz.	4.15 oz.	\$1.35
_____	8071118	Blueberry Ugly Fritter 4 oz.	4.15 oz.	\$1.35

CANDY

_____	8008179	Starburst Original Fruit Chews Big Bag 14 oz.	15 oz.	\$5.95
_____	8008177	Skittles Original Big Bag 14 oz.	14.32 oz.	\$5.95
_____	8008392	Snickers Peanut Butter Squared Fun Size Big Bag 11.5 oz. [K].....	11.84 oz.	\$6.95
_____	8008412	Reese's Peanut Butter Cup Minis Resealable Bag 8 oz. [K].....	9.12 oz.	\$6.95
_____	8008479	Gracey's Goodies Assorted Spice Drops 4.25 oz.	4.5 oz.	\$1.35
_____	8008476	Gracey's Goodies Bit O'Honey 2 oz.	4 oz.	\$1.30
_____	8008433	Gracey's Goodies Cherry Sour Balls 4 oz.	4.5 oz.	\$1.35
_____	8008475	Gracey's Goodies Key Lime Disks 4 oz.	4.5 oz.	\$1.35
_____	8008434	Gracey's Goodies Orange Slices 4.5 oz.	4.75 oz.	\$1.35
_____	8008477	Gracey's Goodies Watermelon Rings 4.25 oz.	4.5 oz.	\$1.30

COOKIES

_____	8432066	Chips Ahoy Chewy Cookies With Reese's 9.5 oz. [K].....	10.88 oz.	\$6.95
_____	8016107	Rice Krispie Treats Blasted M&M Mini's 2.10 oz.	2.26 oz.	\$1.80
_____	8432500	Lil' Dutch Maid Vanilla Wafers 16 oz. [K].....	17 oz.	\$2.65
_____	8032365	Lil' Dutch Maid Strawberry Creme Cookies 5 oz. [K].....	5.28 oz.	\$1.00
_____	8032038	Lil' Dutchmaid Coconut Bar Cookie 10 oz. [K].....	10.5 oz.	\$1.95
_____	8032039	Lil' Dutchmaid Shortbread Cookies 9 oz. [K].....	9.75 oz.	\$1.95
_____	8032017	Delicious Chocolate Double Cream Filled Cookies 15.35 oz. [K].....	17 oz.	\$3.25
_____	8083058	Grandma's Oatmeal Raisin Cookies (2 Count) 2.5 oz. [K].....	2.64 oz.	\$0.75

QTY.	ITEM #	DESCRIPTION / K = KOSHER H = HALAL	SHIP WT.	PRICE
_____	8083080	Grandma's Peanut Butter Cookies (2 Count) 2.5 oz. [K].....	2.8 oz.	\$0.75
_____	8432014	Keebler Soft Batch Chocolate Chip Cookies 12 oz. [K].....	12.64 oz.	\$4.25

CHIPS & SNACKS

_____	8436262	Tim's Original Potato Chips 5 oz.	5.5 oz.	NEW \$2.45
_____	8436263	Tim's Jalapeno Potato Chips 5 oz.	5.5 oz.	NEW \$2.45
_____	8436257	Tim's Sea Salt & Vinegar Chips 1.5 oz.	2 oz.	NEW \$0.95
_____	8436258	Tim's Cheddar & Sour Cream Potato Chips 1.5 oz.	2 oz.	NEW \$0.95
_____	8436259	Tim's Hawaiian Original Kettle Style Potato Chips 1.5 oz.	2 oz.	NEW \$0.95
_____	8436260	Tim's Hawaiian Maui Onion Kettle Style Potato Chips 1.5 oz.	2 oz.	NEW \$0.95
_____	8436261	Tim's Hawaiian Luau BBQ Kettle Style Potato Chips 1.5 oz.	2 oz.	NEW \$0.95
_____	8019236	Sayulita BBQ Corn Chips 12 oz.	12.4 oz.	\$3.40
_____	8072016	Sayulita Spicy Fiesta Mix 11 oz.	11.52 oz.	\$2.95
_____	8072015	El Sabroso Salsitas Tortilla Chips 12 oz.	12.48 oz.	\$4.65
_____	8072019	El Sabroso Guacamole Tortilla Chips 12 oz.	12.56 oz.	\$4.65
_____	8436199	Cheeze-It Baked Crackers 7 oz. [K].....	8.56 oz.	\$3.95
_____	8436201	Cheeze-It Hot & Spicy Tabasco 1.5 oz. [K].....	1.68 oz.	\$0.65
_____	8036002	Lance Cream Cheese & Chive Crackers 1.375 oz. [K].....	1.39 oz.	\$0.65
_____	8036170	Lance Toasty Peanut Butter Crackers 1.29 oz. [K].....	1.38 oz.	\$0.65
_____	8419078	Back Country Crunchy Cool Ranch Nuggets 1.625 oz.	1.76 oz.	\$0.55
_____	8419080	Back Country Crunchy Jalapeno Nuggets 1.625 oz.	2.08 oz.	\$0.55
_____	8083068	Kar's Sweet And Spicy Trail Mix 1.75 oz. [K].....	1.92 oz.	\$0.95
_____	8083072	Kar's Roasted Salted Almonds 1 oz. [K].....	1.12 oz.	\$0.95
_____	8083064	Kar's Banana Chips 3.5 oz. [K].....	3.68 oz.	\$1.40
_____	8083076	Kar's Butter Toffee Peanuts 3.5 oz. [K].....	3.84 oz.	\$1.50
_____	8083126	Snyder's Honey Mustard & Onion Pretzel Pieces 2.25 oz. [K].....	2.4 oz.	\$1.10
_____	8083099	Snyder's Jalapeno Pretzel Pieces 2.25 oz. [K].....	2.4 oz.	\$1.10

QTY.	ITEM #	DESCRIPTION / K = KOSHER H = HALAL	SHIP WT.	PRICE
_____	8069087	Pepe's Original Cracklin with Hot Sauce Packet 2 oz.....	2.5 oz.	\$1.35

_____	8083102	Funyuns Onion Snacks 1.25 oz.....	1.44 oz.	\$1.20
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_____	8472022	Granny Goose Blazin Hot Cheese Nibbles 7 oz.	7.4 oz.	\$2.00
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MEAT SNACKS

_____	8436230	Hormel Crumbled Peppered Bacon 3 oz.	3.5 oz.	\$5.50
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_____	8004070	Oberto Original Thin Style Beef Jerky 1.2 oz.....	1.5 oz.	\$3.95
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_____	8012099	Carmela Vienna Sausage Bites 10 oz.....	10.5 oz.	\$2.50
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_____	8069113	Legendary Meat Snacks Honey Pepper Turkey Stick 5 oz.....	5.2 oz.	\$2.75
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_____	8069613	Legendary Meat Snacks Spicy Jalapeno Beef Sausage 3 oz.....	3.1 oz.	\$2.30
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_____	8069016	Midamar Halal Hot & Spicy Beef Sausage 5 oz. [H].....	5.52 oz.	\$4.35
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_____	8069009	Legendary Meat Snacks Beef Salami 5 oz.....	5.2 oz.	\$2.50
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_____	8483099	Johnsonville Jumbo Garlic Summer Sausage 12 oz.....	12.96 oz.	\$6.95
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_____	8484009	Siam Chinese Pork Sausage (3 Count) 4.5 oz.....	4.8 oz.	\$3.20
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MEALS

_____	8013217	Back Country Chorizo 11.25 oz.....	12 oz.	\$3.95
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_____	8013215	Back Country Buffalo Chicken 5 oz.....	5.68 oz.	\$2.95
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_____	8013219	Back Country Taco Filling 11.25 oz.....	11.68 oz.	\$3.95
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_____	8083336	Hormel Bacon & Egg Breakfast Scramble 7.5 oz.....	8 oz.	\$4.95
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_____	8012011	Armour Chicken Chili With Beans 8 oz.....	8.1 oz.	\$2.95
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_____	8012012	Armour Hot Western Chili With Beans 8 oz.....	8.1 oz.	\$2.85
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_____	8012052	Armour Beef Stew 8 oz.....	8.1 oz.	\$3.15
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_____	8013214	Back Country Sloppy Joe 11.25 oz.....	12 oz.	\$2.95
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SEAFOOD

_____	8096145	Bumble Bee Tuna With Spicy Thai Chili 2.5 oz.	3.5 oz.	\$2.50
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_____	8096270	Chicken Of The Sea Tilapia With Teriyaki Sesame Sauce 3 oz. [K].....	3.1 oz.	\$4.25
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_____	8096042	Fisherman's Paradise Smoked Oysters 3 oz.	3.36 oz.	\$2.25
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QTY.	ITEM #	DESCRIPTION / K = KOSHER H = HALAL	SHIP WT.	PRICE
_____	8096267	Chicken Of The Sea Pink Salmon With Spicy Sriracha 2.5 oz. [K].....	3.5 oz.	\$3.25

_____	8096105	Fisherman's Paradise Skinless & Boneless Pink Salmon 3 oz. [K].....	3.36 oz.	\$2.50
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_____	8092003	Chicken Of The Sea Skinless & Boneless Smoked Salmon 3 oz. [K]....	3.1 oz.	\$4.95
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_____	8096204	Fisherman's Paradise Fish Steaks In Louisiana Hot Sauce 3.53 oz. [K]....	3.76 oz.	\$1.50
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_____	8096054	Fisherman's Paradise Sardines In Oil 3.53 oz. [K].....	4.08 oz.	\$1.50
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RICE, SIDES & CHEESE

_____	8018087	Eastview Farms Gourmet Smoked Cheddar Bacon Cheese Spread 6 oz. 6.2 oz.		\$2.95
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_____	8018088	Eastview Farms Jalapeno Cheddar Cheese Spread 6 oz.	6.2 oz.	\$2.95
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_____	8018084	Eastview Farms Smoked Cheddar Wheel 6 oz.	7.6 oz.	\$4.95
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_____	8018085	Eastview Farms Smoked Pepper Jack Cheese Bar 4 oz.	4.2 oz.	\$3.75
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_____	8018086	Eastview Farms Smoked Swiss Cheese Bar 4 oz.	4.2 oz.	\$3.75
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_____	8001076	San Miguel Refried Beans with Chorizo 15.1 oz.....	15.4 oz. NEW	\$2.95
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_____	8083352	Knorr Sides - Cheddar Broccoli Rice & Pasta 5.7 oz.	6.3 oz.	\$3.75
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_____	8083354	Knorr Sides - Chicken Flavor Rice & Pasta 5.6 oz.	6.2 oz.	\$3.75
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_____	8074007	Idahoan Roasted Garlic And Parmesan Mashed Potatoes 4.1 oz. [K]....	4.5 oz.	\$2.95
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CONDIMENTS & SPICES

_____	8083322	La Guacamaya Authentic Hot Sauce With Lime Juice 5 oz.	5.3 oz.	\$1.20
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_____	8081055	Bubba's Kickin Hot Sauce With Tabasco Peppers 5 oz. [K].....	6.64 oz.	\$1.50
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_____	8083332	Tajin Classic Regular Snack Sauce 5.7 oz. [K].....	6 oz.	\$1.95
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_____	8096134	Kikkoman Sweet Soy Glaze 11.8 oz. [K].....	13.28 oz.	\$3.50
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_____	8096007	Lee Kum Kee Hoison Sauce 20 oz.	22.24 oz.	\$4.95
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_____	8096059	Siam Sweet & Hot Asian Hot Sauce 15.5 oz.	17.28 oz.	\$2.95
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_____	8096113	Dayat Fried Garlic 3.5 oz.	4.8 oz.	\$2.95
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WASHINGTON SUMMER PROGRAM ORDER FORM 2016

FOR OFFICE USE ONLY

WASUMMER16 / 8213072

PROGRAM INFORMATION: The items in this catalog have been approved by the Washington Department of Corrections. Only one (1) order per offender is allowed with a limit of 20 lbs. ship weight (320 oz.). Offenders in segregation and IMU classification are not allowed orders. Package privileges are subject to change without notice.

ORDERING PERIOD: Orders are accepted Friday, May 13 – Monday, June 20, 2016. They can be placed by the offender or family. All mail orders must be delivered to Union Supply Direct by Monday, June 20, 2016 in order to be processed. Orders received after this date will not be processed.

OFFENDERS: Please obtain an order form from your Unit Staff at your institution. Submit your completed form to the Unit Staff for processing. The Business Office will verify the payment amount and deduct from your trust fund. They will then mail the order form and payment to Union Supply Direct for processing.

PRODUCT: In the event that an item on your order is out of stock, your order will be placed on backorder status until inventory is available to be filled in its entirety.

PAYMENT METHOD: We accept Credit, Debit or Prepaid Cards, Facility Check, Cashier's Check, Personal Check (Full Name, Address & Phone # must be imprinted), Money Order (All payment methods must be domestic, issued in the U.S.) or Cash through ACE Cash Express. Please make payable to Union Supply Direct. There is no surcharge for using your credit card to make purchases with Union Supply Direct. Be sure to provide the card holder name, billing address, telephone number and CVV code that your credit card issuer bank has on file.

SHIPPING: All shipped orders will be charged \$5.95 fee. Shipping fees are non-refundable. Cancelled orders will not be charged.

CUSTOMER SERVICE: Washington State Correctional Industries and Washington correctional facilities will not handle any calls or questions regarding the package program. Please direct all calls regarding ordering to the Union Supply Direct Customer Service Department.

Mail: Union Supply Direct
Attn: Customer Service
Dept. 105, P.O. Box 9018
Rancho Dominguez, CA 90224-9018

Toll Free Phone: 855-247-0566

Email: WACustomerService@UnionSupplyDirect.com



CASH PAYMENT OPTION WITH ACE CASH EXPRESS®

ORDER BY PHONE:

- Call Union Supply Toll Free: (855) 247-0566
 - After Placing the Order, Tell the Representative You Will Make a Cash Payment.
 - They Will Give You a Confirmation Number & Location of Your Closest Ace Cash Express Store.
- Go to ACE Cash Express to make the payment. You will need to provide them with the following:
 - Confirmation/Sales Order#, Exact Dollar Amount of Order, Offender's Last Name & ID Number.

ORDER ONLINE:

- Place your order at WainmatePackage.com
 - Upon checkout select payment method: "Cash Payment at Ace Cash Express".
 - Click the store locator link to find your closest Ace Cash Express store.
 - Print the order summary page; you will need this when making the payment.
- Go to ACE Cash Express to make the payment. You will need to provide them with the following:
 - Confirmation/Sales Order#, Exact Dollar Amount of Order, Offender's Last Name & ID Number.

Be sure to keep the receipt provided by ACE Cash Express, for record of your payment. Allow 2 business days for payment to be applied to the order. Full payment must be received by Monday, June 20, 2016 or it will be cancelled. All refunds will be processed by Union Supply Direct and sent to the customer on file for the order. All inquiries regarding your cash payment should be addressed to Union Supply Direct. Customer Service Agents can be reached Toll Free (855) 247-0566 M-F 5am – 8pm and Sat. 7am – 1pm (PST).

*Note: ACE charges a \$3.00 transaction fee per payment. Cash payment option may not be available at all ACE locations.

PER WASHINGTON ADMINISTRATIVE CODE (WAC) 137.25.030 THE DEPARTMENT OF CORRECTIONS PROHIBITS "GIVING, SELLING, BORROWING, LENDING, OR TRADING MONEY OR ANYTHING OF VALUE TO, OR ACCEPTING OR PURCHASING MONEY OR ANYTHING OF VALUE FROM, ANOTHER OFFENDER OR THAT OFFENDER'S FAMILY". VIOLATION OF WAC 137.25.030 MAY RESULT IN A SERIOUS INFRACTION.

IF PLACING YOUR ORDER BY MAIL, PLEASE COMPLETE ALL INFORMATION BELOW SENDER IS: ☐ NEW CUSTOMER ☐ EXISTING CUSTOMER ☐ EXISTING CUSTOMER (UPDATE INFORMATION)

SHIP TO:

OFFENDER FIRST NAME (REQUIRED)

OFFENDER LAST NAME (REQUIRED)

OFFENDER ID # (REQUIRED)

HOUSING UNIT (REQUIRED)

FACILITY NAME (NO ABBREVIATIONS) (REQUIRED)

CITY

STATE

ZIP (REQUIRED)

TOTAL SHIP WEIGHT (320 OZ. MAXIMUM)

O Z

ORDER SUB TOTAL \$

SHIPPING \$

ORDER TOTAL \$

E-MAIL (YOU WILL RECEIVE CONFIRMATION WHEN YOUR ORDER SHIPS.)

SENT FROM:

SENDERS FIRST NAME (REQUIRED)

SENDERS LAST NAME (REQUIRED)

STREET # (REQUIRED)

STREET NAME (REQUIRED)

CITY

STATE

ZIP (REQUIRED)

PHONE NUMBER

SELECT PAYMENT METHOD: (Make checks or money orders payable to Union Supply Direct)

ACE CASH EXPRESS® (See above for more information)

☐ MASTERCARD ☐ VISA ☐ DISCOVER ☐ CHECK* ☐ **MONEY ORDER

*PERSONAL, FACILITY & CASHIERS CHECKS ACCEPTED (Personal checks must have name, address & phone number imprinted on check)

**WE ONLY ACCEPT DOMESTIC MONEY ORDERS ISSUED IN THE U.S. NO INTERNATIONAL PAYMENT ACCEPTED.

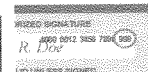
IF PAYING BY CREDIT CARD, PLEASE COMPLETE THE FOLLOWING INFORMATION.

(THE NAME AND ADDRESS PROVIDED ABOVE MUST MATCH YOUR CREDIT CARD BILLING INFORMATION)

CREDIT CARD NUMBER

EXPIRATION DATE

LAST 3 DIGIT (CVV) CODE ON BACK OF YOUR CREDIT CARD



CARDHOLDER'S SIGNATURE

TODAY'S DATE

Order online at: Wainmatepackage.com

APPENDIX C - HOLIDAY PACKAGE ORDER FORM

Sorry, we cannot send orders from one inmate to another

We can't fill order without this information

SNACKS & NUTS

229	Keebler 11.5 oz. Fudge Stripes Cookies	11.6 oz.	\$2.90	6108	Snyder's 2.25 oz. Hot Buttao wing Pretzel pieces	2.4 oz.	\$0.70	
80001625	Keebler 7 oz. S'mores Original Sandwich Cookies	8.2 oz.	\$6.00	6607	Fiddle Faddle 6 oz. Butter Toffee Popcorn with... [K]	8.2 oz.	\$1.90	
80001626	Keebler 7 oz. Smores Peanut Butter Sandwich...	7.8 oz.	\$6.00	40658	Barcelona 3.25 oz. Salted Sunflower Kernels [C G S]	3.6 oz.	\$0.75	
4593	Nabisco 16 oz. Nutter Butter [K]	16.4 oz.	\$6.00	40653	Barcelona 2.5 oz. Honey Roasted Peanuts [C G S]	2.6 oz.	\$0.85	
7881	Mrs. Fields 8 oz. White Chunk Macadamia	11.1 oz.	\$5.25	4680	Barcelona 8 oz. Roasted & Salted Cashews... [K C G S]	8.2 oz.	\$4.05	
6386	Bud's Best 6 oz. Candy 'n Cookies - Butterfinger... [K]	6.3 oz.	\$2.20	9489	Pistachio Kernels 6 oz. Roasted & Salted	6.3 oz.	\$7.55	
6580	Oven Baked 9.4 oz. Crispy Fudge Mint Cookies [K C]	10.4 oz.	\$2.58	7851	Kar's 10 oz. Salted Mixed Nuts w/ Peanuts	10.4 oz.	\$4.68	
10943	Candy Cane Twist Tops 15.25 oz. Chocolate Sandwich...	19.1 oz.	\$3.25	3975	Zachary 5 oz. Double Dipped Chocolate Peanuts	6.1 oz.	\$2.25	
5234	Zachary 5.5 oz. Thin Mints	6.3 oz.	\$2.65	5043	Zachary 5 oz. Double Dipped Maple Peanuts	5.2 oz.	\$2.25	
CRACKERS					SAUCES & SEASONINGS			
718	Golden Valley Snacks 9 oz. Cheese Crackers [K]	11.1 oz.	\$2.75	4535	Kraft 1.5 oz. Ranch Dressing Packet	1.7 oz.	\$0.60	
10930	Nabisco 13.7 oz. Ritz Crackers	18.1 oz.	\$5.00	573	Keefe 12 oz. Classic Barbeque Sauce [C]	14.1 oz.	\$2.55	
4490	Nabisco 9.1 oz. Wheat Thins Original	11.0 oz.	\$4.35	80001610	World Harbors 16 oz. Jerk Sauce	20.7 oz.	\$4.60	
REAMER					80001611	World Harbors 16 oz. Sweet 'N Sour Sauce	21.9 oz.	\$4.60
350	Nestle .38 oz. Coffee-Mate Hazelnut Liquid... [K]	0.5 oz.	\$0.15	10310	Spice Classics 4.75 oz. Seasoned Salt	6.1 oz.	\$2.00	
380	Nestle .38 oz. Coffee-Mate Irish Cream Liquid...	0.4 oz.	\$0.15	10655	A.1. Bold 4.5 oz. Original Dry Rub	5.5 oz.	\$4.00	
DRINK MIXES					80001652	Tajin 5 oz. Classico Seasoning	5.0 oz.	\$4.60
7810	Hawaiian Punch .74 oz. Singles To Go Berry Limeade...	1.3 oz.	\$2.05	10687	McCormick 3 oz. Grill Mates Barbecue Seasoning	3.9 oz.	\$4.10	
10159	Grape Crush .48 oz. Sugar Free Drink Mix 6 pk.	1.2 oz.	\$2.00	TORTILLAS				
80007007	Orange Crush .55 oz. Sugar Free Drink Mix 6 pk.	1.2 oz.	\$2.00	10295	Lobo 8.4 oz. Yellow Corn Tortillas 12 ct.	8.5 oz.	\$2.05	
7811	Hawaiian Punch 0.94 oz. Singles To Go Lemon Berry...	1.6 oz.	\$2.05	80000352	Guerrero 12.8 oz. Yellow Corn Tostadas 22 ct.	13.6 oz.	\$2.50	
TOTAL WT. TOTAL					TOTAL WT. TOTAL			

- Kosher, C - Clear, R - Resealable, H - Halal, G - Gluten Free, S - Soy Free

WA Holiday 2015 - Order Form

APPENDIX D - CORRECTIONAL INDUSTRIES STATEWIDE MAINLINE MENU

CLOSED LOOP MEN WK1

INSTITUTION:

STANDARDIZED MENU: 2800

DATES SERVED:

	BREAKFAST		LUNCH		DINNER	
	MAINLINE	LIGHTER FARE	MAINLINE	LIGHTER FARE	MAINLINE	LIGHTER FARE
1	BREAKFAST TRAY #11991	1 EACH #11994	FRUIT CELERY STICKS SAUSAGE EGG & CHEESE WRAP TRI-TATORS CHUNKY SALSA FORTIFIED DRINK OATMEAL COOKIE	1 EACH 1/2 CUP 1 EACH 2 EACH 1/4 CUP 1 EACH 1 EACH	FRUIT VEGETABLE SALAD MEATLOAF MASHED POTATOES BROWN GRAVY GREEN PEAS WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1 CUP 1/4 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH
2	BREAKFAST TRAY #11995	1 EACH #11993	FRUIT CARROT STICKS BEEF PATTY CHEESE WHEAT BUN CHUNK ROASTED POTATOES MUSTARD KETCHUP SALAD DRESSING FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1 SLICE 1 EACH 1 CUP 1 PACKET 2 PACKET 1 PACKET 1 EACH	FRUIT VEGETABLE SALAD CHILI MACARONI BROCCOLI WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 1-3/4 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH
3	BREAKFAST TRAY #11996	1 EACH #11994	FRUIT CELERY STICKS CHICKEN PATTY WHEAT BUN PARMESAN NOODLES BBQ SAUCE FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1 EACH 1 CUP 1/4 CUP 1 EACH	FRUIT VEGETABLE SALAD SZECHWAN CHICKEN RICE CORN WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 3/4 CUP 1 CUP 1 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH
4	BREAKFAST TRAY #11997	1 EACH #11993	FRUIT CARROT STICKS CHEESE PIZZA CHUNK ROASTED POTATOES KETCHUP FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1 CUP 2 EACH 1 EACH	FRUIT VEGETABLE SALAD SALISBURY STEAK MASHED POTATOES BROWN GRAVY CARROTS WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1 CUP 1/4 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH
5	BREAKFAST TRAY #11991	1 EACH #11994	FRUIT CELERY STICKS LASAGNA CASSEPOLE WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 1-3/4 CUP 1 EACH 2 PAT 1 EACH	FRUIT VEGETABLE SALAD CHICKEN ENCHILADA ENCHILADA SAUCE SIMMERED BEANS RICE GREEN BEANS FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1/4 CUP 1 CUP 1 CUP 1/2 CUP 1 EACH
6	BREAKFAST TRAY #11995	1 EACH #11993	FRUIT CARROT STICKS BEEF FAJITAS FLOUR TORTILLA MEXI RICE CHUNKY TOMATO SALSA FORTIFIED DRINK	1 EACH 1/2 CUP 3/4 CUP 2 EACH 1 CUP 1/4 CUP 1 EACH	FRUIT VEGETABLE SALAD WHITE BEAN CHILI RICE GREEN PEAS WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 1 CUP 1 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH
7	BREAKFAST TRAY #11996	1 EACH #11994	FRUIT CELERY STICKS SAUSAGE EGG & CHEESE WRAP TRI-TATORS CHUNKY SALSA FORTIFIED DRINK CHOCOLATE CUPCAKE	1 EACH 1/2 CUP 1 EACH 2 EACH 1/4 CUP 1 EACH 1 EACH	FRUIT VEGETABLE SALAD TURKEY HAM MACARONI AND CHEESE MIXED VEGETABLES WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 4 OUNCES 1 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH

INSTITUTION MENU MAY VARY FROM THIS MENU BASED ON APPROVED SUBSTITUTIONS

LIGHT FARE = LF, HALAL ALTERNATIVE = HA, GREEN = FACILITY CHOICE, MARINATED VEGETABLES INCLUDE COLESLAW

CLOSED LOOP MENU WK 2

INSTITUTION:

STANDARDIZED MENU: 2800

DATES SERVED:

BREAKFAST				LUNCH				DINNER			
	MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE
8 S U N D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH		
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP			
				BREAKFAST SANDWICH	1 EACH		SWEET AND SOUR CHICKEN	3/4 CUP	1/2 CUP		
				O'BRIEN POTATOES	1 CUP	1/2 CUP	RICE	1 CUP			
				FORTIFIED DRINK	1 EACH		BROCCOLI	1/2 CUP	1 CUP		
				YELLOW CUPCAKE	1 EACH		WHEAT ROLL	1 EACH			
							MARGARINE	2 PAT			
							FORTIFIED DRINK	1 EACH			
9 M O N D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH		
				CARROT STICKS	1/4CUP	1/2 CUP	VEGETABLE SALAD	1/2 CUP			
				CELERY STICKS	1/4 CUP	1/2 CUP	TURKEY	4 OUNCES			
				BEEF PATTY	1 EACH		MASHED POTATOES	1 CUP			
				WHEAT BUN	1 EACH		GRAVY	1/4 CUP			
				BBQ SAUCE	1/4 CUP		CORN	1/2 CUP	1 CUP		
				CHUNK ROASTED POTATOES	1 CUP		WHEAT ROLL	1 EACH			
				CATSUP	2 PACKETS		MARGARINE	2 PAT			
				FORTIFIED DRINK	1 EACH		FORTIFIED DRINK	1 EACH			
10 T U E S D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH		
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP			
				HAWAIIAN PIZZA WRAP	1 EACH		TACO MEAT	3/4 CUP	1/2 CUP		
				PARSLEY NOODLES	1 CUP	1/2 CUP	MEXI RICE	1 CUP			
				FORTIFIED DRINK	1 EACH		FLOUR TORTILLA	2 EACH	1 EACH		
							CARROTS	1/2 CUP	1 CUP		
							SHREDDED CHEESE	1/4 CUP			
							LETTUCE	1/2 CUP			
							CHUNKY TOMATO SALSA	1/4 CUP			
							FORTIFIED DRINK	1 EACH			
11 W E D N E S D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH		
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP			
				POLISH DOG	1 EACH		MEAT SAUCE	3/4 CUP	1/2 CUP		
				CHUNK ROASTED POTATOES	1 CUP		SPAGHETTI	1 CUP			
				HOT DOG BUN	1 EACH		GREEN PEAS	1/2 CUP	1 CUP		
				MUSTARD	1 PACKET		WHEAT ROLL	1 EACH			
				CATSUP	1 PACKET		MARGARINE	2 PAT			
				FORTIFIED DRINK	1 EACH		FORTIFIED DRINK	1 EACH			
12 T H U R S D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH		
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP			
				MARDI GRAS RICE	1-3/4 CUP	1-1/2 CUP	TURKEY ALA KING	3/4 CUP	1/2 CUP		
				WHEAT ROLL	1 EACH		RICE	1 CUP	1/2 CUP		
				MARGARINE	2 PAT		GREEN BEANS	1/2 CUP	1 CUP		
				FORTIFIED DRINK	1 EACH		WHEAT ROLL	1 EACH			
							MARGARINE	2 PAT			
							FORTIFIED DRINK	1 EACH			
13 F R I D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH		
				CARROT STICKS	1/4 CUP	1/2 CUP	VEGETABLE SALAD	1/2 CUP			
				CELERY STICKS	1/4 CUP	1/2 CUP	CHICKEN TENDERS	4 OZ			
				BEEF AND CHICKEN BURRITO	1 EACH		CHUNK ROASTED POTATOES	1 CUP			
				MEXI RICE	1 CUP	1/2 CUP	MIXED VEGETABLES	1/2 CUP	1 CUP		
				SIMMERED BEANS	1 CUP		HOT TENDERS SAUCE	2 OZ			
				CHUNKY SALSA	1/4 CUP		WHEAT ROLL	1 EACH			
				FORTIFIED DRINK	1 EACH		MARGARINE	2 PAT			
							FORTIFIED DRINK	1 EACH			
14 S A T U R D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH		
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP			
				APPLE TURNOVER	1 EACH		CHICKEN ALFREDO	3/4 CUP	1/2 CUP		
				SAUSAGE LINK	3 EACH		ROTINI	1 CUP			
				FORTIFIED DRINK	1 EACH		BROCCOLI	1/2 CUP	1 CUP		
				CHOCOLATE CHIP COOKIE	1 EACH		WHEAT ROLL	1 EACH			
							MARGARINE	2 PAT			
							FORTIFIED DRINK	1 EACH			

INSTITUTION MENU MAY VARY FROM THIS MENU BASED ON APPROVED SUBSTITUTIONS

LIGHT FARE = LF, HALAL ALTERNATIVE = HA, GREEN = FACILITY CHOICE, MARINATED VEGETABLES INCLUDE COLESLAW

CLOSED LOOP MENU WK 3

INSTITUTION:

STANDARDIZED MENU:2800

DATES SERVED:

	BREAKFAST			LUNCH			DINNER		
	MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE	
16 S U N D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/4 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				CELERY STICKS	1/4 CUP		MEATLOAF	1 EACH	
				EGG CHEESE MUFFIN	1 EACH		WHEAT ROLL	1 EACH	
				CHUNK ROASTED POTATOES	1 CUP	1/2 CUP	SIMMERED BEANS	1 CUP	
				FORTIFIED DRINK	1 EACH		GREEN BEANS	1/2 CUP	1 CUP
				LEMON SUGAR COOKIE	1 EACH		MUSTARD	1 PACKET	
							CATSUP	1 PACKET	
							FORTIFIED DRINK	1 EACH	
16 M O N D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BEEF PATTY	1 EACH		MEAT SAUCE	3/4 CUP	1/2 CUP
				CHEESE	1 SLICE		SPAGHETTI	1 CUP	
				WHEAT BUN	1 EACH		GREEN PEAS	1/2 CUP	1 CUP
				CHUNK ROASTED POTATOES	1 CUP		WHEAT ROLL	1 EACH	
				MUSTARD	1 PACKET		MARGARINE	2 PAT	
				KETCHUP	2 PACKET		FORTIFIED DRINK	1 EACH	
				SALAD DRESSING	1 PACKET				
				FORTIFIED DRINK	1 EACH				
17 T U E S D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BEEF STEW	3/4 CUP		BEEF ENCHILADA	1 EACH	
				RICE	1 CUP		ENCHILADA SAUCE	1/4 CUP	
				WHEAT ROLL	1 EACH		MIXED VEGETABLES	1/2 CUP	1 CUP
				MARGARINE	1 PAT		SIMMERED BEANS	1 CUP	
				FORTIFIED DRINK	1 EACH		RICE	1 CUP	1/2 CUP
							FORTIFIED DRINK	1 EACH	
18 W E D N E S D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	1 CUP
				TURKEY ALA KING	3/4 CUP	1/2 CUP	CHILI	3/4 CUP	1/2 CUP
				RICE	1 CUP		BAKED POTATO	1 EACH	
				WHEAT ROLL	1 EACH		BROCCOLI	1/2 CUP	1 CUP
				MARGARINE	1 PAT		SHREDDED CHEESE	1 OZ	
				FORTIFIED DRINK	1 EACH		WHEAT ROLL	1 EACH	
							MARGARINE	1 PAT	
							FORTIFIED DRINK	1 EACH	
19 T H U R S D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				LASAGNA CASSEROLE	1-3/4 CUP	1-1/2 CUP	TACO MEAT	3/4 CUP	1/2 CUP
				WHEAT ROLL	1 EACH		SIMMERED BEANS	1 CUP	
				MARGARINE	2 PAT		TOSTITO'S	1 EACH	
				FORTIFIED DRINK	1 EACH		CHUNKY TOMATO SALSA	1/4 CUP	
							LETTUCE	1-1/2 CUP	
							SHREDDED CHEESE	1/4 CUP	
							FORTIFIED DRINK	1 EACH	
20 F R I D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				HOT DOG	2 EACH	1 EACH	MACARONI AND CHEESE		1-1/2 CUP
				HOT DOG BUN	2 EACH		WITH DICED HAM	1-3/4 CUP	
				CHILI	1/2 CUP		MIXED VEGETABLES	1/2 CUP	1 CUP
				CHUNK ROASTED POTATOES	1 CUP		WHEAT ROLL	1 EACH	
				DICED ONIONS	1/4 CUP		MARGARINE	2 PAT	
				FORTIFIED DRINK	1 EACH		FORTIFIED DRINK	1 EACH	
21 S A T U R D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BISCUIT	1 EACH		COUNTRY FRIED STEAK	1 EACH	
				CREAM GRAVY W/ MEAT	3/4 CUP		MASHED POTATOES	1 CUP	
				TRI-TATORS	2 EACH		BROWN GRAVY	1/4 CUP	
				FORTIFIED DRINK	1 EACH		GREEN PEAS	1/2 CUP	1 CUP
				CHOCOLATE CUPCAKE	1 EACH		WHEAT ROLL	1 EACH	
							MARGARINE	2 PATS	
							FORTIFIED DRINK	1 EACH	

INSTITUTION MENU MAY VARY FROM THIS MENU BASED ON APPROVED SUBSTITUTIONS

LIGHT FARE = LF, HALAL ALTERNATIVE = HA, GREEN = FACILITY CHOICE, MARINATED VEGETABLES INCLUDE COLESLAW

CLOSED LOOP MENU WK 4

INSTITUTION:

STANDARDIZED MENU: 2800

DATES SERVED:

	BREAKFAST			LUNCH			DINNER		
	MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE	
22 S U N D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT CARROT STICKS EGG, TURK HAM, & CHS WRAP CHUNK ROASTED POTATOES CHUNKY TOMATO SALSA FORTIFIED DRINK ORANGE KRACKLE COOKIE	1 EACH 1/2 CUP 1 EACH 1 CUP 1/4 CUP 1 PACKETS 1 EACH	1 CUP 1/2 CUP	FRUIT VEGETABLE SALAD CHICKEN CASSEROLE ROTINI NOODLES GREEN BEANS WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 3/4 CUP 1 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH	2 EACH 1/2 CUP 1/2 CUP 1 CUP 1 CUP --- --- ---
23 M O N D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT CARROT STICKS CHICKEN PATTY WHEAT BUN PARSLEY NOODLES BBQ SAUCE FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1 EACH 1 CUP 1/4 CUP 1 EACH	1 CUP 1/2 CUP	FRUIT VEGETABLE SALAD TURKEY ALA KING RICE MIXED VEGETABLE WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 3/4 CUP 1 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH	2 EACH 1/2 CUP 1/2 CUP 1 CUP 1 CUP --- --- ---
24 T U E S D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT CELERY STICKS MEATLOAF WHEAT BUN CHUNK ROASTED POTATOES MUSTARD CATSUP FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1 EACH 1 CUP 1 PACKET 2 PACKETS 1 EACH	1 CUP ---	FRUIT VEGETABLE SALAD CHILI BAKED POTATO SHREDDED CHEESE BROCCOLI WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 3/4 CUP 1 EACH 1 OZ 1/2 CUP 1 EACH 2 PAT 1 EACH	2 EACH 1/2 CUP 1/2 CUP 1 CUP 1 CUP 1 CUP --- --- ---
25 W E D N E S D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT CELERY STICKS MEAT PIZZA WRAP PARSLEY NOODLES FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1 CUP 1 EACH	1 CUP 1/2 CUP	FRUIT VEGETABLE SALAD SALISBURY STEAK BROWN GRAVY RICE CORN WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1/4 CUP 1 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH	2 EACH 1/2 CUP 1 CUP 1/2 CUP 1 CUP 1 CUP --- --- ---
26 T H U R S D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT CARROT STICKS CELERY STICKS POLISH DOG CHUNK ROASTED POTATOES HOT DOG BUN MUSTARD CATSUP FORTIFIED DRINK	1 EACH 1/4 CUP 1/4 CUP 1 EACH 1 CUP 1 EACH 1 PACKET 2 PACKET 1 EACH	1/2 CUP 1/2 CUP 1/2 CUP	FRUIT VEGETABLE SALAD BRAISED BEEF ROTINI NOODLES CARROTS WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 3/4 CUP 1 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH	2 EACH 1/2 CUP 1/2 CUP 1 CUP 1 CUP 1 CUP --- --- ---
27 F R I D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT CARROT STICKS BEAN AND CHEESE BURRITO MEXI RICE CHUNKY SALSA FORTIFIED DRINK	1 EACH 1/2 CUP 1 EACH 1 CUP 1/4 CUP 1 EACH	1 CUP 1/2 CUP	FRUIT VEGETABLE SALAD MEAT SAUCE SPAGHETTI MIXED VEGETABLE WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 3/4 CUP 1 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH	2 EACH 1/2 CUP 1/2 CUP 1 CUP 1 CUP --- --- ---
28 S A T U R D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT CELERY STICKS BISCUIT CREAM GRAVY W/ MEAT TRI-TATORS FORTIFIED DRINK YELLOW CUPCAKE	1 EACH 1/2 CUP 1 EACH 3/4 CUP 2 EACH 1 EACH 1 EACH	1 CUP ---	FRUIT VEGETABLE SALAD TURKEY MASHED POTATOES POULTRY GRAVY GREEN BEANS WHEAT ROLL MARGARINE FORTIFIED DRINK	1 EACH 1/2 CUP 4 OUNCES 1 CUP 1/4 CUP 1/2 CUP 1 EACH 2 PAT 1 EACH	2 EACH 1/2 CUP 1 CUP 1 CUP 1 CUP 1 CUP --- --- ---

INSTITUTION MENU MAY VARY FROM THIS MENU BASED ON APPROVED SUBSTITUTIONS

LIGHT FARE = LF, HALAL ALTERNATIVE = HA, GREEN = FACILITY CHOICE, MARINATED VEGETABLES INCLUDE COLESLAW

INSTITUTION:

STANDARDIZED MENU: 2800

DATES SERVED:

	BREAKFAST			LUNCH			DINNER		
	MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE	
1 S U N D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				SAUSAGE EGG & CHEESE WRAP	1 EACH		MEATLOAF	1 EACH	
				TRI-TATORS	2 EACH	----	MASHED POTATOES	1 CUP	
				CHUNKY SALSA	1/4 CUP		BROWN GRAVY	1/4 CUP	
				FORTIFIED DRINK	1 EACH		GREEN PEAS	1/2 CUP	1 CUP
				OATMEAL COOKIE	1 EACH	----	WHEAT ROLL	1 EACH	----
							MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	
2 M O N D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BEEF PATTY	1 EACH		CHILI MACARONI	1-3/4 CUP	1-1/2 CUP
				CHEESE	1 SLICE		BROCCOLI	1/2 CUP	1 CUP
				WHEAT BUN	1 EACH		WHEAT ROLL	1 EACH	----
				CHUNK ROASTED POTATOES	1 CUP	----	MARGARINE	2 PAT	----
				MUSTARD	1 PACKET		FORTIFIED DRINK	1 EACH	
				KETCHUP	2 PACKET	----			
				SALAD DRESSING	1 PACKET	----			
				FORTIFIED DRINK	1 EACH				
3 T U E S D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				CHICKEN PATTY	1 EACH		SZECHWAN CHICKEN	3/4 CUP	1/2 CUP
				WHEAT BUN	1 EACH		RICE	1 CUP	
				PARMESAN NOODLES	1 CUP	1/2 CUP	CORN	1/2 CUP	1 CUP
				BBQ SAUCE	1/4 CUP		WHEAT ROLL	1 EACH	----
				FORTIFIED DRINK	1 EACH		MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	
4 W E D N E S D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				CHEESE PIZZA	1 EACH		SALISBURY STEAK	1 EACH	
				CHUNK ROASTED POTATOES	1 CUP	----	MASHED POTATOES	1 CUP	
				KETCHUP	2 EACH	----	BROWN GRAVY	1/4 CUP	
				FORTIFIED DRINK	1 EACH		CARROTS	1/2 CUP	1 CUP
							WHEAT ROLL	1 EACH	----
							MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	
5 T H U R S D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				LASAGNA CASSEROLE	1-3/4 CUP	1-1/2 CUP	CHICKEN ENCHILADA	1 EACH	
				WHEAT ROLL	1 EACH	----	ENCHILADA SAUCE	1/4 CUP	
				MARGARINE	2 PAT		SIMMERED BEANS	1 CUP	
				FORTIFIED DRINK	1 EACH		RICE	1 CUP	----
							GREEN BEANS	1/2 CUP	1 CUP
							FORTIFIED DRINK	1 EACH	
6 F R I D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BEEF FAJITAS	3/4 CUP	1/2 CUP	WHITE BEAN CHILI	1 CUP	
				FLOUR TORTILLA	2 EACH	1 EACH	RICE	1 CUP	
				MEXI RICE	1 CUP		GREEN PEAS	1/2 CUP	1 CUP
				CHUNKY TOMATO SALSA	1/4 CUP		WHEAT ROLL	1 EACH	----
				FORTIFIED DRINK	1 EACH		MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	
7 S A T U R D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				SAUSAGE EGG & CHEESE WRAP	1 EACH		TURKEY HAM	4 OUNCES	
				TRI-TATORS	2 EACH	----	MACARONI AND CHEESE	1 CUP	
				CHUNKY SALSA	1/4 CUP		MIXED VEGETABLES	1/2 CUP	1 CUP
				FORTIFIED DRINK	1 EACH		WHEAT ROLL	1 EACH	----
				CHOCOLATE CUPCAKE	1 EACH	----	MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	

INSTITUTION:

STANDARDIZED MENU: 2800

DATES SERVED:

	BREAKFAST			LUNCH			DINNER		
	MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE	
8 S U N D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BREAKFAST SANDWICH	1 EACH		SWEET AND SOUR CHICKEN	3/4 CUP	1/2 CUP
				O'BRIEN POTATOES	1 CUP	1/2 CUP	RICE	1 CUP	
				FORTIFIED DRINK	1 EACH		BROCCOLI	1/2 CUP	1 CUP
				YELLOW CUPCAKE	1 EACH	---	WHEAT ROLL	1 EACH	---
							MARGARINE	2 PAT	---
							FORTIFIED DRINK	1 EACH	
9 M O N D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/4 CUP	1/2 CUP	VEGETABLE SALAD	1/2 CUP	
				CELERY STICKS	1/4 CUP	1/2 CUP	TURKEY	4 OUNCES	
				BEEF PATTY	1 EACH		MASHED POTATOES	1 CUP	
				WHEAT BUN	1 EACH		GRAVY	1/4 CUP	
				BBQ SAUCE	1/4 CUP		CORN	1/2 CUP	1 CUP
				CHUNK ROASTED POTATOES	1 CUP	---	WHEAT ROLL	1 EACH	---
				CATSUP	2 PACKETS	---	MARGARINE	2 PAT	---
				FORTIFIED DRINK	1 EACH		FORTIFIED DRINK	1 EACH	
10 T U E S D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				HAWAIIAN PIZZA WRAP	1 EACH		TACO MEAT	3/4 CUP	1/2 CUP
				PARSLEY NOODLES	1 CUP	1/2 CUP	MEXI RICE	1 CUP	---
				FORTIFIED DRINK	1 EACH		FLOUR TORTILLA	2 EACH	1 EACH
							CARROTS	1/2 CUP	1 CUP
							SHREDDED CHEESE	1/4 CUP	
							LETTUCE	1/2 CUP	
							CHUNKY TOMATO SALSA	1/4 CUP	
							FORTIFIED DRINK	1 EACH	
11 W E D N E S D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				POLISH DOG	1 EACH		MEAT SAUCE	3/4 CUP	1/2 CUP
				CHUNK ROASTED POTATOES	1 CUP	---	SPAGHETTI	1 CUP	
				HOT DOG BUN	1 EACH		GREEN PEAS	1/2 CUP	1 CUP
				MUSTARD	1 PACKET		WHEAT ROLL	1 EACH	---
				CATSUP	1 PACKET	---	MARGARINE	2 PAT	---
				FORTIFIED DRINK	1 EACH		FORTIFIED DRINK	1 EACH	
12 T H U R S D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				MARDI GRAS RICE	1-3/4 CUP	1-1/2 CUP	TURKEY ALA KING	3/4 CUP	1/2 CUP
				WHEAT ROLL	1 EACH	---	RICE	1 CUP	1/2 CUP
				MARGARINE	2 PAT	---	GREEN BEANS	1/2 CUP	1 CUP
				FORTIFIED DRINK	1 EACH		WHEAT ROLL	1 EACH	---
							MARGARINE	2 PAT	---
							FORTIFIED DRINK	1 EACH	
13 F R I D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	
				CARROT STICKS	1/4 CUP	1/2 CUP	VEGETABLE SALAD	1/2 CUP	
				CELERY STICKS	1/4 CUP	1/2 CUP	CHICKEN TENDERS	4 OZ	
				BEEF AND CHICKEN BURRITO	1 EACH		CHUNK ROASTED POTATOES	1 CUP	---
				MEXI RICE	1 CUP	1/2 CUP	MIXED VEGETABLES	1/2 CUP	1 CUP
				SIMMERED BEANS	1 CUP		HOT TENDERS SAUCE	2 OZ	
				CHUNKY SALSA	1/4 CUP		WHEAT ROLL	1 EACH	---
				FORTIFIED DRINK	1 EACH		MARGARINE	2 PAT	---
							FORTIFIED DRINK	1 EACH	
14 S A T U R D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				APPLE TURNOVER	1 EACH		CHICKEN ALFREDO	3/4 CUP	1/2 CUP
				SAUSAGE LINK	3 EACH		ROTINI	1 CUP	
				FORTIFIED DRINK	1 EACH		BROCCOLI	1/2 CUP	1 CUP
				CHOCOLATE CHIP COOKIE	1 EACH	---	WHEAT ROLL	1 EACH	---
							MARGARINE	2 PAT	---
							FORTIFIED DRINK	1 EACH	

INSTITUTION:

STANDARDIZED MENU:2800

DATES SERVED:

	BREAKFAST			LUNCH			DINNER		
	MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE	
15 S U N D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/4 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				CELERY STICKS	1/4 CUP		MEATLOAF	1 EACH	
				EGG CHEESE MUFFIN	1 EACH		WHEAT ROLL	1 EACH	----
				CHUNK ROASTED POTATOES	1 CUP	1/2 CUP	SIMMERED BEANS	1 CUP	
				FORTIFIED DRINK	1 EACH		GREEN BEANS	1/2 CUP	1 CUP
				LEMON SUGAR COOKIE	1 EACH	----	MUSTARD	1 PACKET	
							CATSUP	1 PACKET	
							FORTIFIED DRINK	1 EACH	
16 M O N D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BEEF PATTY	1 EACH		MEAT SAUCE	3/4 CUP	1/2 CUP
				CHEESE	1 SLICE		SPAGHETTI	1 CUP	
				WHEAT BUN	1 EACH		GREEN PEAS	1/2 CUP	1 CUP
				CHUNK ROASTED POTATOES	1 CUP	----	WHEAT ROLL	1 EACH	----
				MUSTARD	1 PACKET		MARGARINE	2 PAT	----
				KETCHUP	2 PACKET	----	FORTIFIED DRINK	1 EACH	
				SALAD DRESSING	1 PACKET	----			
				FORTIFIED DRINK	1 EACH				
17 T U E S D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BEEF STEW	3/4 CUP		BEEF ENCHILADA	1 EACH	
				RICE	1 CUP		ENCHILADA SAUCE	1/4 CUP	
				WHEAT ROLL	1 EACH	----	MIXED VEGETABLES	1/2 CUP	1 CUP
				MARGARINE	1 PAT	----	SIMMERED BEANS	1 CUP	
				FORTIFIED DRINK	1 EACH		RICE	1 CUP	1/2 CUP
							FORTIFIED DRINK	1 EACH	
18 W E D N E S D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	1 CUP
				TURKEY ALA KING	3/4 CUP	1/2 CUP	CHILI	3/4 CUP	1/2 CUP
				RICE	1 CUP		BAKED POTATO	1 EACH	
				WHEAT ROLL	1 EACH	----	BROCCOLI	1/2 CUP	1 CUP
				MARGARINE	1 PAT	----	SHREDDED CHEESE	1 OZ	
				FORTIFIED DRINK	1 EACH		WHEAT ROLL	1 EACH	----
							MARGARINE	1 PAT	----
							FORTIFIED DRINK	1 EACH	
19 T H U R S D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				LASAGNA CASSEROLE	1-3/4 CUP	1-1/2 CUP	TACO MEAT	3/4 CUP	1/2 CUP
				WHEAT ROLL	1 EACH	----	SIMMERED BEANS	1 CUP	
				MARGARINE	2 PAT		TOSTITO'S	1 EACH	
				FORTIFIED DRINK	1 EACH		CHUNKY TOMATO SALSA	1/4 CUP	
							LETTUCE	1-1/2 CUP	
							SHREDDED CHEESE	1/4 CUP	
							FORTIFIED DRINK	1 EACH	
20 F R I D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				HOT DOG	2 EACH	1 EACH	MACARONI AND CHEESE	1-3/4 CUP	1-1/2 CUP
				HOT DOG BUN	2 EACH		WITH DICED HAM		
				CHILI	1/2 CUP		MIXED VEGETABLES	1/2 CUP	1 CUP
				CHUNK ROASTED POTATOES	1 CUP	----	WHEAT ROLL	1 EACH	----
				DICED ONIONS	1/4 CUP		MARGARINE	2 PAT	----
				FORTIFIED DRINK	1 EACH		FORTIFIED DRINK	1 EACH	
21 S A T U R D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BISCUIT	1 EACH		COUNTRY FRIED STEAK	1 EACH	
				CREAM GRAVY W/ MEAT	3/4 CUP		MASHED POTATOES	1 CUP	
				TRI-TATORS	2 EACH	----	BROWN GRAVY	1/4 CUP	
				FORTIFIED DRINK	1 EACH		GREEN PEAS	1/2 CUP	1 CUP
				CHOCOLATE CUPCAKE	1 EACH	----	WHEAT ROLL	1 EACH	----
							MARGARINE	2 PATS	----
							FORTIFIED DRINK	1 EACH	

INSTITUTION:

STANDARDIZED MENU: 2800

DATES SERVED:

	BREAKFAST			LUNCH			DINNER		
	MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE		MAINLINE	LIGHTER FARE	
22 S U N D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				EGG, TURK HAM, & CHS WRAP	1 EACH		CHICKEN CASSEROLE	3/4 CUP	1/2 CUP
				CHUNK ROASTED POTATOES	1 CUP	1/2 CUP	ROTINI NOODLES	1 CUP	
				CHUNKY TOMATO SALSA	1/4 CUP		GREEN BEANS	1/2 CUP	1 CUP
				FORTIFIED DRINK	1 PACKETS		WHEAT ROLL	1 EACH	----
				ORANGE KRACKLE COOKIE	1 EACH	----	MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	
23 M O N D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				CHICKEN PATTY	1 EACH		TURKEY ALA KING	3/4 CUP	1/2 CUP
				WHEAT BUN	1 EACH		RICE	1 CUP	
				PARSLEY NOODLES	1 CUP	1/2 CUP	MIXED VEGETABLE	1/2 CUP	1 CUP
				BBQ SAUCE	1/4 CUP		WHEAT ROLL	1 EACH	----
				FORTIFIED DRINK	1 EACH		MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	
24 T U E S D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				MEATLOAF	1 EACH		CHILI	3/4 CUP	1/2 CUP
				WHEAT BUN	1 EACH		BAKED POTATO	1 EACH	
				CHUNK ROASTED POTATOES	1 CUP	----	SHREDDED CHEESE	1 OZ	
				MUSTARD	1 PACKET		BROCCOLI	1/2 CUP	1 CUP
				CATSUP	2 PACKETS	----	WHEAT ROLL	1 EACH	----
				FORTIFIED DRINK	1 EACH		MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	
25 W E D N E S D A Y	BREAKFAST TRAY #11991	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				MEAT PIZZA WRAP	1 EACH		SALISBURY STEAK	1 EACH	
				PARSLEY NOODLES	1 CUP	1/2 CUP	BROWN GRAVY	1/4 CUP	
				FORTIFIED DRINK	1 EACH		RICE	1 CUP	1/2 CUP
							CORN	1/2 CUP	1 CUP
							WHEAT ROLL	1 EACH	----
							MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	
26 T H U R S D A Y	BREAKFAST TRAY #11995	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/4 CUP	1/2 CUP	VEGETABLE SALAD	1/2 CUP	
				CELERY STICKS	1/4 CUP	1/2 CUP	BRAISED BEEF	3/4 CUP	1/2 CUP
				POLISH DOG	1 EACH		ROTINI NOODLES	1 CUP	
				CHUNK ROASTED POTATOES	1 CUP	1/2 CUP	CARROTS	1/2 CUP	1 CUP
				HOT DOG BUN	1 EACH	----	WHEAT ROLL	1 EACH	----
				MUSTARD	1 PACKET		MARGARINE	2 PAT	----
				CATSUP	2 PACKET	----	FORTIFIED DRINK	1 EACH	
				FORTIFIED DRINK	1 EACH				
27 F R I D A Y	BREAKFAST TRAY #11996	1 EACH	#11994	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CARROT STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BEAN AND CHEESE BURRITO	1 EACH		MEAT SAUCE	3/4 CUP	1/2 CUP
				MEXI RICE	1 CUP	1/2 CUP	SPAGHETTI	1 CUP	
				CHUNKY SALSA	1/4 CUP		MIXED VEGETABLE	1/2 CUP	1 CUP
				FORTIFIED DRINK	1 EACH		WHEAT ROLL	1 EACH	----
							MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	
28 S A T U R D A Y	BREAKFAST TRAY #11997	1 EACH	#11993	FRUIT	1 EACH		FRUIT	1 EACH	2 EACH
				CELERY STICKS	1/2 CUP	1 CUP	VEGETABLE SALAD	1/2 CUP	
				BISCUIT	1 EACH		TURKEY	4 OUNCES	
				CREAM GRAVY W/ MEAT	3/4 CUP		MASHED POTATOES	1 CUP	
				TRI-TATORS	2 EACH	----	POULTRY GRAVY	1/4 CUP	
				FORTIFIED DRINK	1 EACH		GREEN BEANS	1/2 CUP	1 CUP
				YELLOW CUPCAKE	1 EACH	----	WHEAT ROLL	1 EACH	----
							MARGARINE	2 PAT	----
							FORTIFIED DRINK	1 EACH	

APPENDIX E - YALE'S ONQI FOOD SCORE RATINGS

Shopping by the Numbers

With 45,000 products in an average supermarket, confusion lurks in every aisle. How do you pick, say, the most nutritious fruits or snacks or canned soup? This month, thousands of stores will post numbers by many items as a cheat sheet. Developed by Yale University's Griffin Prevention Research Center, the Overall Nutritional Quality Index scores foods from 1 to 100, based on nutrients, vitamins, sugar, and salt as well as impact on blood pressure and other health concerns. More stores plan to adopt the rankings in 2009. —A. R. Williams



FOOD CHAIN

Here's a sampling of items rated. More scores are at onqi.org.

- BROCCOLI** (100)
- BLUEBERRIES (100)
- ORANGE (100)
- GREEN BEANS (100)
- PINEAPPLE (99)
- RADISH 99
- SUMMER SQUASH 98
- APPLE (96)
- GREEN CABBAGE 96
- TOMATO (96)
- CLEMENTINE 94
- WATERMELON (94)
- MANGO 93
- NONFAT MILK (91)
- FRESH FIGS 91
- GRAPES 91
- BANANA (91)
- AVOCADO** 89
- OATMEAL (88)
- BLACKBERRIES 83
- SOCKEYE SALMON (82)
- RAW ALMONDS 82
- RAW PECANS 82
- ARUGULA 82
- BROWN RICE 82
- SNAPPER 82
- MILK (1% FAT) 81
- SHRIMP** 75
- COUSCOUS 72
- RAW PISTACHIOS 70
- UNBUTTERED, UNSALTED POPCORN** 69
- CANNED TUNA IN OIL, DRAINED 67
- VEGETARIAN SPLIT-PEA SOUP MIX 63
- INSTANT OATMEAL 61
- CANNED PINEAPPLE (60)
- PACKED IN JUICE WHITE RICE (57)
- SODIUM-FREE CLUB SODA 56
- MILK (2% FAT) 55
- CANNED KIDNEY BEANS 53
- MILK (WHOLE) 52
- SCALLOPS 51
- PASTA** (50)
- CANNED PEAS (49)
- PRUNES 45



- 44 NY STRIP STEAK**
- 43 VANILLA YOGURT
- 39 ORANGE JUICE
- 39 SKINLESS CHICKEN BREASTS
- 37 CANNED PEACHES IN LIGHT SYRUP
- 36 LOBSTER
- 34 DRIED APPLES
- 32 TOMATO JUICE
- 32 CONDENSED SPLIT-PEA SOUP WITH HAM
- (29) ENRICHED WHITE BREAD
- 28 WHOLE CHICKEN WITH SKIN
- 26 RAISINS
- (25) HAMBURGER (75% LEAN)
- 24 APPLE CHIPS
- 24 GREEN OLIVES
- 23 BAGEL**
- 23 CONDENSED TOMATO SOUP
- (23) PEANUT BUTTER
- 23 SHERBET
- 22 REDUCED-FAT SOUR CREAM
- 21 CONDENSED CREAM OF BROCCOLI SOUP
- 21 SALTED, DRY-ROASTED PEANUTS**
- 20 INSTANT CHOCOLATE PUDDING
- 18 FRIED EGG**
- 17 SWISS CHEESE**
- 15 DIET SODA
- 13 CENTER-CUT BACON
- 11 PRETZEL STICKS
- 10 DARK CHOCOLATE**
- (9) WHITE BREAD
- (7) SALAMI
- (5) HOT DOG
- 4 CHEESE PUFFS**
- 3 MILK CHOCOLATE
- 2 APPLE PIE
- 2 REG. CUT BACON
- (2) SALTINE CRACKERS
- 1 SODA
- 1 POPSICLE**