



November 12, 2019

MEMORANDUM

To: Harold Wickham, Deputy Director of Operations
Nevada Department of Corrections

Through: Ihsan Azzam, PhD, MD
Chief Medical Officer, DPBH

From: Vincent Valiente, REHS, EHS III
For Paul Shubert, Chief, DPBH

Subject: Prison Commission Meeting

As required by the Nevada Revised Statutes (NRS) 209.382, NRS 444.330 and NRS 446.885, the Division of Public and Behavioral Health (DPBH) conducts regular inspections of State Correctional Facilities. These inspections include:

- a) **Medical and Dental Services** based upon *Standards for Medical Facilities* as provided in Chapter 449 of NRS.
- b) **Nutritional Adequacy of Diet** based on *National Dietary Guidelines*. Inspections of diet adequacy take in consideration religious and/or medical dietary recommendations for individual offenders, and adjustments of dietary allowances for age, sex, and level of activity.
- c) **Sanitation, Healthfulness, Cleanliness and Safety** of various institutions and correctional facilities which include a focus on food safety practices.

In compliance with the Nevada Supreme Court Order, the Chief Medical Officer (CMO) advised Nevada Department of Corrections (NDOC) to adopt the *Dietary Guidelines for Americans* (DGFA) 2015-2020 - released by the US Department of Health and Human Services (DHHS) and the Department of Agriculture (USDA) - as a guidance to determine nutritional values of food components. These flexible guidelines are considered the best available scientific tools to determine appropriate and adjustable dietary values of healthy food.

To help assessing nutritional values for a healthier inmates' food components, the Division of Public and Behavioral Health (DPBH) shared the following documents with the NDOC.

- Guidance to Assess Nutritional Values in Inmates' Diet (Attachment 1)
- Suggested Nutritional Values for Healthy Inmates' Diet in Nevada (Attachment 2)
- Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Dietary Guidelines for Americans 2015-2020 Appendix 2 (Attachment 3)

NDOC started the implementation of newly revised food menus in prison facilities on August 3rd, 2019 and shared these menus with the DPBH. Additionally, NDOC shared with the DPBH two Letters of Certification

issued by Sierra Dietetics; confirming that the newly revised menus were reviewed by a registered dietitian/nutritionist (Attachment 4 and 5). The registered dietitian certified that nutritional values provided in the newly revised inmates' food menu were based on estimated nutritional needs of an average height male, age 19-50 years with low activity level of 30-60 minutes/day; needing approximately 2,500 calories/day; and the menus will be continuously adjusted in the upcoming months before they are completely finalized.

The CMO applied the Dietary Guidelines for Americans 2015-2020 (DGFA) to the diet provided by NDOC. THE CMO finds that the daily values of sodium, fat and protein are appropriate and in compliance with these national nutritional guidelines. However, the cholesterol daily values exceed the guidelines and daily intake of calories seem to be intended for inmates with a low physical activity level. The CMO recognizes that NDOC is providing a healthier diet but recommends that the NDOC implements the following:

1. Further reduce cholesterol daily values to no more than 300-400 mg/day to be consistent with the DGFA.
2. Consider making available more calorie intake for any inmates with more challenging physical activity levels. (Attachment 3 – Estimated Calorie Needs per Day - Appendix 2 of DGFA).

In order to assess facility compliance with the newly revised food menus; to ensure that food menus are followed and to verify accuracy and consistency in serving food items from the newly revised inmates' food menu, DPBH surveyors used the Nutritional Adequacy Inspection Tool (Attachment 6) during all their inspections to correctional facilities. Nutritional Adequacy Inspections of seven correctional facilities (Table 3) demonstrated compliance with the newly revised menus, except for 2 minor deficiencies identified at one prison facility who did not have the newly revised menus and the nutritional content of these menus properly posted in place during the inspection.

The DPBH received several letters/notices (Attachment 7) from an inmate who seems to have appreciatively noticed the reduction in sodium, fats and carbohydrates in the inmates' food; and, he described the food as better and healthier. Yet, this inmate also complained of being underfed due to a very tiny low-quality food portion and an over-inflated incorrect food values, specifically for calories and proteins. The inmate provided specific examples in his letters claiming that original food items on the menu were frequently omitted or improperly substituted. He was also concerned that substituted items oftentimes had less calories and proteins and more sodium than originally intended items from the menu. He complained of inconsistencies and contradictions regarding calorie-counts and protein values between the old and new menus.

Despite the CMO review and the certification by the registered dietitian/nutritionist of the newly revised inmates' food menus (Attachment 4 and 5), this inmate expressed concerns that actual values of calories provided in inmates' food are lower than the values listed in the menu. All letters from this inmate addressed to the DPBH were shared with the NDOC (Attachment 7).

A total of 20 critical citations were issued during the 2019 correctional facilities' inspections addressing Sanitation Healthfulness, Cleanliness and Safety; Medical and Dental Service, and Nutritional Adequacy. Surveyors from the DPBH issued 13 citations during Dietary Inspections in 2019 (Table 1); 5 citations during Medical Surveys (Table 2), and 2 citations during Nutritional Adequacy Inspections (Table 3).

Despite numerous attempts to verify accuracy of inmate's complaints regarding food quality and quantity, DPBH surveyors who conducted prison facility inspections could not substantiate such complaints. Except for High Desert State Prison which did not have the newly revised menus and nutritional contents available for inmates' review (Table 3), all other inspected facilities were properly following newly revised food menus and had in stock original food items from the menus or substitute items of equal or adequate nutritional values. Even though strict adherence to the exact food items in the menu can be challenging - depending on vendors, availability, resources and other factors - inspected facilities were found to be

properly following the newly revised menus and had all specified foods in stock. In order provide more confidence and to increase the validity and reliability of the DPBH inspections' findings, prison facilities were randomized; inspections were unannounced and were conducted in different days/times.

Based on the certification of the registered dietitian and findings from the inspections, and providing that cholesterol levels will be reduced to levels consistent with the DGFA 2015-2020, the **CMO found that newly revised inmates' food menus are constant with the DGFA 2015-2020 and Nevada inmates' food is nutritionally adequate.**

Pursuant to NRS 209.382, NRS 444.330, and NRS 446.885, during each inspection to a state correctional facility, DPBH inspector/s verify that dietitian's recommendations are appropriately followed. Nutritional adequacy of inmates' diet is verified by onsite direct observations; document review and interviews with staff from that facility. Information collected is documented in the Nutrition Adequacy Tool (**Attachment 6**).

DIETARY INSPECTIONS (Table 1) "Critical Violations Identified During Annual Dietary Inspections of State Prisons." Summarizes information obtained during the inmate nutritional adequacy verification process in 2019. Additionally, it summarizes critical violations identified during annual dietary inspections conducted at each state correctional facility starting from 2013 to the present time.

MEDICAL SURVEY (Table 2)" Deficiencies Identified During Medical Surveys Conducted" Two state correctional facilities are medically inspected each year. This survey summarizes deficiencies or violations identified since the start medical inspections.

Note: The letter "X" in Table 1 and Table 2 signifies a critical violation, or a deficiency identified during inspections and surveys.

NUTRITIONAL ADEQUACY INSPECTION SUMMARY 2019 (Table 3) Summarizes information obtained during the inmate nutritional adequacy verification process in 2019. The letter "X" in Table 3 signifies compliant practices verified by direct observation, document review or an interview.

Further details of all critical violations/deficiencies identified or detected during inspections conducted at state correctional facility in 2019 are summarized below in this report.

Dietary and Sanitation Inspections

A total of thirteen critical violations were identified during the **Dietary and Sanitation 2019 Inspections (Table 1)**. Compared to 2018, the total number of critical violations cited in 2019 increased by four. Of the seven inspected facilities only one facility had no critical violations. Two of the seven inspected facilities were cited for one critical violation; two facilities were cited for two critical violations; one facility was cited for three critical violations and one facility was cited for four critical violations. Three of the seven inspected facilities inspected in 2019 had repeat critical violations as follows:

- **Equipment not sanitized** (Northern Nevada Correctional Center; Southern Desert Correctional Center)
- **Presence of insects/rodents** (Northern Nevada Correctional Center)
- **Hand wash sinks not fully operational** (High Desert State Prison)

Medical Surveys

A total of five critical violations were identified in the two medically surveyed facilities (Lovelock and Southern Desert) inspected in 2019 (**Table 2**). Three of these five critical violation “deficiencies” were cited at the Lovelock Correctional Center; one of which “Expired Medications” was a repeat deficiency from the 2016 Lovelock Correctional Center Medical Survey. Southern Desert Correctional Center was cited for two of the five deficiencies in 2019; and no repeat critical violations “deficiencies” were identified.

NUTRITIONAL ADEQUACY INSPECTION

A total of two critical violations were identified during the 2019 inspections of seven prison facilities (**Table 3**). The 2020 menu(s) were not available for inmate review, and nutritional contents of the new NDOC fiscal year 2020 menu(s) were not available for inmate review. Both violations were identified at High Desert State Prison.

Expanded Description of Violations* Cited in Nevada State Prisons in 2019

DIETARY INSPECTIONS (Table 1)

One of seven facilities was cited for 0 critical violations

- **Warm Springs Correctional Center**

Two of seven facilities were cited for 1 critical violation

- **Lovelock Correctional Center**
 1. Improperly labeled chemicals
(Working buckets of soap solution were not labeled).
- **High Desert State Prison**
 1. Handwashing sinks not fully operational
(Three handwashing sinks were not operational within areas designated for cooking, food preparation and serving).

Two of seven facilities were cited for 2 critical violations

- **Florence McClure Women’s Correctional Center**
 1. Refrigeration not holding temperature
(A walk-in freezer was 35 degrees F at time of inspection).
 2. Equipment not sanitized
(There was no detectable sanitizer at the three-compartment sink).
- **Northern Nevada Correctional Center**
 1. Presence of rodents observed
(Live rodents and droppings were observed throughout the Culinary and Bakery).
 2. Equipment not sanitized
(There was no detectable residual chemical in working sanitizer buckets).

One of seven facilities was cited for 3 critical violations

- **Ely State Prison**
 1. Refrigeration not holding temperature
(A walk-in refrigerator was at 45 degrees F at time of inspection).
 2. Equipment not sanitized
(There was no detectable residual chemical in working sanitizer buckets).

3. Hot holding equipment at improper temperature
(An electric hot holding box was set at 120 degrees F).

One of seven facilities was cited for 4 critical violations

- **Southern Desert Correctional Center**

1. Refrigeration not holding temperature
(A walk-in refrigerator in the Bakery was at 45 degrees F at time of inspection).
2. Equipment not sanitized
(The pot wash high temperature dish machine was in disrepair and not sanitizing).
3. Equipment not sanitized
(The chow hall high temperature dish machine was in disrepair and not sanitizing).
4. Improperly labeled chemicals and usage
(Chlorine/bleach chemical concentration was not properly labeled on containers used for diluting sanitizer solution. In addition, there was no standard practice to dilute sanitizer solutions).

MEDICAL/DENTAL INSPECTIONS (Table 2)

- **Lovelock Correctional Center (LCC) inspected on (10/2/19)**

1. Infection Control
(Damage to the vinyl covering of one medical examination chair and (two) wheel chairs were observed).
3. Pharmaceutical Services
(Multiple expired medications/medical supplies/biologicals were observed)
3. Sterilizer training
(Medical staff were not following standards regarding the sterilization of medical instruments).

- **SOUTHERN DESERT CORRECTIONAL CENTER (FMWCC) 10/10/19:**

1. Sterile Supplies and Medical Equipment (Dental)
(A pre-soaking enzyme cleaner for dental instruments was not used per the manufacturer's recommendations).
2. Life Safety Code
(Fire rated, self-closing doors were observed held open by door chocks. The door chocks were preventing the doors from operating as designed).

NUTRITIONAL ADEQUACY INSPECTIONS (Table 3)

One of seven facilities was cited for 2 critical violations

- **High Desert State Prison**

1. New NDOC fiscal year 2020 menu(s) were available for inmate review
During inspection, 6 of 7 facilities had their menu(s) available for inmate review in their respective law libraries. High Desert State Prison did not have the new 2020 menu(s) available for inmate review during inspection.
2. Nutritional content of the new NDOC fiscal year 2020 menu(s) were available for inmate review
During inspection, 6 of 7 facilities had their menu(s) nutritional content available for inmate review in their respective law libraries. High Desert State Prison did not have the new 2020 menu(s) nutritional content available for inmate review during inspection.

*The NDOC Compliance Enforcement Officer ensured corrective actions will be promptly taken by the facility for critical violations which could not be corrected by the end of each inspection.

Included Attachments

1. Attachment 1. Guidance to Assess Nutritional Values in Inmates' Diet.
2. Attachment 2. Suggested Nutritional Values for Healthy Inmates' Diet in Nevada.
3. Attachment 3. Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity.
4. Attachment 4. Registered Dietitian Certification Letter.
5. Attachment 5. Registered Dietitian Certification Letter.
6. Attachment 6. Nutritional Adequacy Inspection Tool.
7. Attachment 7. Inmate Letters/Notices to the DPBH.
8. Table 1. DIETARY INSPECTIONS – Critical Violation Identified During Annual Dietary Inspections of State Prison.
9. Table 2. MEDICAL SURVEY – Deficiencies Identified During Medical Surveys.
10. Table 3. INMATE NUTRITIONAL ADEQUACY INSPECTION SUMMARY 2019 & EXPANDED SUMMARY.
11. Zipped File that include Findings of Nutritional Adequacy Inspections 2019.

Should you have any questions regarding the Biannual Prison Commission Meeting Update, please do not hesitate to contact me at 775-684-1061.

DIETARY INSPECTIONS (TABLE 1)

Critical Violations Identified During Annual Dietary Inspections of State Prisons

YEAR	Ely						Florence McClure						High Desert						Lovelock						Northern Nevada						Southern Desert						Warm Springs																					
	13'	14'	15'	16'	17'	18'	19'	13'	14'	15'	16'	17'	18'	19'	13'	14'	15'	16'	17'	18'	19'	13'	14'	15'	16'	17'	18'	19'	13'	14'	15'	16'	17'	18'	19'	13'	14'	15'	16'	17'	18'	19'	13'	14'	15'	16'	17'	18'	19'									
Presence of insects/rodents			X										X	X			X	X										X	X	X	X	X	X	X	X												X		X									
Handwash sinks not fully operational				X	X			X										X	X																																							
Dented cans of food														X																																												
Improper food temperatures												X			X		X																																									
Refrigeration at improper temperature							X						X																													XX		X														
Improperly labeled/stored chemicals			X					X			XX	X			X	X														X	X	X													X						X							
Potential for cross-contamination	X																													X	X														X													
Expired/spoiled food																													X																													
Equipment not sanitized			X	X	X		X						X										X				X			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			X								
Handwashing sinks not accessible																																																										
Culinary staff hygienic practices cited																												X																														
Hot holding equipment at improper temperature							X																																																			
Person-in-Charge not knowledgeable														X																																												
Sub Total of Critical Violations/Year:	1	0	2	2	2	1	3	0	2	0	0	2	1	2	0	0	1	3	2	1	1	2	2	1	1	0	2	1	2	5	2	2	3	2	2	5	3	1	5	4	2	4	0	1	0	2	1	0	0									
Total Critical Violations Per Prison 13' - 19'	11						7						8						9						18						24						4																					
Total Critical Violation Cited All Prisons 13' - 19'	81																																																									
Total Critical Violations 2019	13																																																									

MEDICAL SURVEYS (TABLE 2)

Deficiencies Identified During Medical Surveys Conducted

	Ely				Florence McClure				High Desert				Lovelock					Northern Nevada				Southern Desert					Warm Springs			
	05'	10'	13'	17'	07'	11'	15'	18'	08'	11'	14'	18'	02'	09'	12'	16'	19'	07'	10'	14'	17'	03'	08'	12'	15'	19'	07'	09'	13'	16'
Infection control/hazardous waste disposal	X			X	X	X	X	X	X	X							X			X	X									
Sterilizer testing/maintenance		X				X			X	X				X		X			X				X	X				X		
Sterilizer training	X	X		X	X	X		X	X	X				X	X		X		X				X					X		X
Medication (expired/storage/secured)	X	X		X	X	X			X	X		X			X	XX	X	X	X		X		X	X					X	X
Medication administration issues						X				X		X																		
Physician orders						X									X															
Emergency supplies unavailable	X					X			X	X		X	X	X	X			X	X			X	X	X						
Medications unsecured					X																									
Inmate TB testing						X									X													X		
Staff TB testing	X	X	X		X	X			X	X				X	X			X					X	X						
Staff CPR	X				X	X			X									X	X											
Inmate dental care					X					X													X				X			
Lab staff/lab licensure					X					X	X		X	X				X						X			X			
Lab test (quality control/procedures)	X									X	X					X												X		
Physical environment				X												X					X		X							X
Inmate consent to treatment														X																
Dental tool accountability														X				X								X				
24 hour nursing coverage																		X									X	X		
Staff health and safety								X								X										X				
Medical Records															X	XXX														
Violations Per Prison Cited/Year:	7	4	1	4	8	10	1	3	7	10	0	5	1	7	8	9	3	7	5	1	3	1	7	5	0	2	3	5	1	3
TOTAL MEDICAL VIOLATIONS ALL PRISONS:	131																													



Michele Cowee
Registered Dietitian/Nutritionist
Licensed Dietitian & Certified Diabetes Educator

June 28, 2019

Venus B. Fajota
Chief of Purchasing & Inmate Services
Department of Corrections
P.O. Box 7011
Carson City, NV 89702

Dear Ms. Fajota,

This letter is to certify the following menus reviewed by myself for the Nevada Department of Corrections. The menus are listed below:

Men's Daily Main Menu
Women's Daily Main Menu
Special Medical Menu both men and women:

1500 Diabetic Meal Plan
2000 Diabetic Meal Plan
2500 Diabetic Meal Plan
Gluten Free Diet

Renal Diet
Mechanical Soft Diet
Pureed Diet
Reduce Cholesterol, low fat Diet

The criteria used for this certification of menus are based on a male, 5'10" 19-50 years old with a low activity level between 30-60 minutes per day. The population requires approximately 2500 calories per day. For women it is based on a height of 5'6", 19-50 years old with a low activity level. Their calorie requirements are approximately 1800-2200 per day.

These are new menus designed to improve the dietary intake of the inmates. The sodium level has been cut in half. These menus will continually be adjusted in the upcoming months before they are completely finalized. Considerations are the new recipes the staff will be following and finding and procuring the food from the vendors. We will listen to all the facilities to ensure that new menu is manageable for all sites as it is our goal to have one uniform menu for the entire state.

If you have any questions or concerns please feel free to contact me.

Sincerely,

Michele A Cowee RDN, LD, CDE



Michele Cowee
Registered Dietitian/Nutritionist
Licensed Dietitian & Certified Diabetes Educator

July 18, 2019

Nevada Department of Corrections

RE: Lunch for NDF crews

Dear Staff,

The NDF crews should receive 2 sack lunches daily and an additional peanut butter and jelly sandwich. The below items could be added if it is decided not to provide the additional peanut butter sandwich.

3 pieces of fruit ~180 kcal

1 bag lightly salted nuts - 330 kcal

1 snack trail mix of - 130 kcal

1 milk replacer 8 oz - 80 kcal

The current menu provides approximately 2500 kcal a day and with the addition of approximately 1300 kcal the total for the day is 3800 kcal. This should better meet their needs for the increase in activity. Should there be an increase such as times of actual fire fight an additional PBJ sandwich or any of the above listed items can help to meet their additional needs.

Sincerely,

Michele A Cowee RDN LD CDE

Michele A Cowee RDN, LD CDE

NUTRITIONAL ADEQUACY INSPECTION SUMMARY 2019 (TABLE 3)

NURTRITIONAL VERFICATION FOCUS POINTS 2019	ESP	FMWCC	HDSP	LCC	NNCC	SDCC	WSCC
A) New NDOC fiscal year 2020 menu(s) version in place at time of inspection	X	X	X	X	X	X	X
B) New NDOC fiscal year 2020 menu(s) followed by facility at time of inspection	X	X	X	X	X	X	X
C) Meal served at time of inspection consistent with the new NDOC fiscal year 2020 menu(s)	X	X	X	X	X	X	X
D) Spreadsheets available with portion sizes for preparing and serving meals	X	X	X	X	X	X	X
E) Pre-measure portion control utensils available and used	X	X	X	X	X	X	X
F) Daily menu substitutions documented if applicable	X	X	X	X	X	X	X
G) Religious diets available	X	X	X	X	X	X	N/A
H) Internal process available for inmate to request diet	X	X	X	X	X	X	X
I) Medical oversight for inmates requiring special diets	X	X	X	X	X	X	X
J) New NDOC fiscal year 2020 menu(s) were available for inmate review	X	X		X	X	X	X
K) Nutritional content of the new NDOC fiscal year 2020 menu(s) were available for inmate review	X	X		X	X	X	X
L) Inmate assessments include level of physical activity							

"X" signifies compliant practices verified by observation, document review or interview

NUTRITIONAL ADEQUACY INSPECTION SUMMARY 2019 TABLE 3 continued...

A) New NDOC fiscal year 2020 menu(s) version in place at time of inspection

Inspections conducted in 2019 revealed all seven State Prisons (LCC, NNCC, WSCC, SDCC, HDSP, ESP, and FMWCC), had the new NDOC fiscal year 2020 menu(s) in place at the time of inspection.

B) New NDOC fiscal year 2020 menu(s) followed by facility at time of inspection

Inspections conducted in 2019 revealed all seven State Prisons (LCC, NNCC, WSCC, SDCC, HDSP, ESP, and FMWCC) were following the new NDOC fiscal year 2020 menu(s) at the time of inspection. Each State Prisons' food service compliance was verified by the specific menu cycle week and day against the date of inspection.

C) Meal served at time of inspection consistent with the new NDOC fiscal year 2020 menu(s)

Inspections conducted in 2019 revealed all seven State Prisons (LCC, NNCC, WSCC, SDCC, HDSP, ESP, and FMWCC) were serving the meals consistent with the new NDOC fiscal year 2020 menu(s). The date of inspection was used to verify the menu cycle. For example, NNCC was inspected on 9/3/19, they were following Week 1 Day 4 (Tuesday) of the menu cycle, which the dinner menu was verified to be Bombay Chicken and was being served by NNCC. To further verify menu compliance, inspector noted current food items stored during inspection. For example, food such as low sodium poultry salami, tortilla chips, green salad, turkey for lasagna, and breaded pollock were observed and noted to be consistent with the new NDOC fiscal year 2020 menu.

In addition, some of the Prison's "dead man trays" were reviewed for menu compliance. Each facility holds the previous 72 hrs. of meals served called "dead man trays."

D) Spreadsheets available with portion sizes for preparing and serving meals

Spreadsheets with portion sizes were utilized at the time of inspection for each State prison. The spreadsheets were verified onsite at each of the seven State Prisons.

E) Pre-measure portion control utensils available and used

Portion control utensils were observed at the time of inspection for each of the seven State prison. Interview with culinary staff revealed portion control utensils were used to follow recipe serving size directions.

F) Daily menu substitutions documented if applicable

Through interview with culinary staff and document review, menu substitutions, if necessary, were documented on daily meal reports and reported to NDOC administration. Further interview verified meal substitutions occur when specific menu items were able to be served due to vendor product availability.

G) Religious diets available

Six State prisons had inmates on religious/common fare diets. These diets were served through separately constructed common fare kitchens at each of the six facilities (SDCC, HDSP, ESP, FMWCC, LCC, NNCC, WSCC).

H) Internal process available for inmate to request diet

During inspection, the KITE system for inmates to request diets was in place at each State prison. An inmate requesting a special diet are either assessed by medical or the facility Chaplin for common fare request.

I) Medical oversight for inmates requiring special diets

Each State prison had medical oversight by a physician for inmates requiring special diets. This was verified through diet order request in the culinary during inspection.

J) New NDOC fiscal year 2020 menu(s) were available for inmate review

During inspection, 6 of 7 facilities had their menu(s) available for inmate review in their respective law libraries. High Desert State Prison did not have the new 2020 menu(s) available for inmate review during inspection.

K) Nutritional content of the new NDOC fiscal year 2020 menu(s) were available for inmate review

During inspection, 6 of 7 facilities had their menu(s) nutritional content available for inmate review in their respective law libraries. High Desert State Prison did not have the new 2020 menu(s) nutritional content available for inmate review during inspection.

L) Inmate assessments include level of physical activity

Facility documentation of 'level of physical activity' was not located during inspections.

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/29/19

Facility Name: ELY STATE PRISON

Inspector ID: 28626

Observations, Document Review, and Staff Interview

1. **Were the new NDOC fiscal year 2020 menu(s) version in place at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

2. **Were the new NDOC fiscal year 2020 menu(s) followed by facility at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

3. **Was the meal served at time of inspection consistent with the menu?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

4. **Were menu spreadsheets with portion sizes provided or other means of documenting/reviewing portion sizes provided?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

5. **Were menu substitutions documented?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

6. **Were the new NDOC fiscal year 2020 menu(s) menu's available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

7. **Were the nutritional values for the new NDOC fiscal year 2020 menu(s) available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

8. **Were other special menus served at time of inspection (if applicable):**
YES, see below #9 additional comments
 1. *Mechanical Soft -verified*
 2. *Pureed -verified*
 3. *Low Sodium -main line menu*
 4. *1500 Kcal Diabetic -verified*
 5. *2000 Kcal Diabetic-verified*
 6. *2600 Kcal Diabetic -verified*
 7. *Low Fat/Low Cholesterol -verified*
 8. *Renal/Protein Restricted -verified*
 9. *Lactose Intolerant -verified*
 10. *Common Fare Religious-verified*
 11. *Vegetarian/meatless-verified*
 12. *Other: diet loaf*

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/29/19

Facility Name: ELY STATE PRISON

Inspector ID: 28626

9. Additional comments and observations:

#1: The new NDOC 2020 Menu was observed in place and being served at time of inspection of the culinary at Ely State Prison.

#2: Week 1 Day 4 menu cycle was in place at time of inspection.

#3: The inspection revealed Bombay Chicken being prepared for dinner at time of inspection. Document review revealed Bombay Chicken was the dinner item for Week 1 Day 4 of the menu cycle. In addition, other food such as low sodium bologna, green salad, and low sodium poultry salami was observed.

#4: Spreadsheets and recipe books with portion size guidance were observed during inspection. In addition, pre-measured scooping and service utensils were observed in use at time of inspection following food recipes.

#5: Menu items for Week 1 Day 4 had no substitutions at time of inspection. Interview with the culinary manager revealed menu substitutions were documented on NDOC Form 575/meal report card. It was confirmed substitution occurred when a food product was unavailable per the vendor.

#6: The new NDOC 2020 Menus were available for inmate review at time of inspection within the law library.

#7: The nutritional values for the new NDOC 2020 Menus were available for inmate review at time of inspection within the law library.

#8: Special and medical diet options were verified through staff interview at time of inspection. Medical diet orders were sent daily by the medical unit to the culinary. Religious diets were prepared and served out of a special common fare kitchen.

Other notes taken during inspection:

During interview, the culinary manager stated the main line menu had a much lower sodium content.

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/9/19

Facility Name: FLORENCE MCCLURE WOMEN'S CORRECTIONAL CENTER

Inspector ID: 28626

Observations, Document Review, and Staff Interview

1. **Were the new NDOC fiscal year 2020 menu(s) version in place at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

2. **Were the new NDOC fiscal year 2020 menu(s) followed by facility at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

3. **Was the meal served at time of inspection consistent with the menu?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

4. **Were menu spreadsheets with portion sizes provided or other means of documenting/reviewing portion sizes provided?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

5. **Were menu substitutions documented?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

6. **Were the new NDOC fiscal year 2020 menu(s) available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

7. **Were the nutritional values for the new NDOC fiscal year 2020 menu(s) available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

8. **Were other special menus served at time of inspection (if applicable):**
YES, see below #9 additional comments
 1. *Mechanical Soft -verified*
 2. *Pureed -verified*
 3. *Low Sodium -Main Line menu*
 4. *1500 Kcal Diabetic -verified*
 5. *2000 Kcal Diabetic-verified*
 6. *2600 Kcal Diabetic -verified*
 7. *Low Fat/Low Cholesterol -verified*
 8. *Renal/Protein Restricted -verified*
 9. *Lactose Intolerant -verified*
 10. *Common Fare Religious-verified*
 11. *Vegetarian/meatless-verified*
 12. *Other: Gluten free diet*

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/9/19

Facility Name: FLORENCE MCCLURE WOMEN'S CORRECTIONAL CENTER

Inspector ID: 28626

9. Additional comments and observations:

#1: The new NDOC 2020 Menu was observed in place and being served at Florence McClure Women's Correctional Center at time of inspection.

#2: Week 1 Day 5 menu cycle was in place at time of inspection.

#3: The inspection revealed Turkey Lasagna being prepared for dinner. Document review revealed Turkey Lasagna was the dinner item for Week 1 Day 5 of the menu cycle.

#4: Spreadsheets and recipe books with portion size guidance were observed during inspection. In addition, pre-measured scooping and service utensils were observed. Interview with culinary staff revealed these utensils are used to follow the menu recipe serving sizes.

#5: Menu items for Week 1 Day 5 had no substitutions at time of inspection. Interview with facility staff revealed menu substitutions were documented on daily meal reports.

#6: The new NDOC 2020 Menus were available for inmate review at time of inspection. Menu's were posted in the chow hall, units, and law library.

#7: The nutritional values for the new NDOC 2020 Menus were available for inmate review at time of inspection. The nutritional values were posted in the law library.

#8: Special, medical, and religious diet options were verified through staff interview at time of inspection. Special diets are either communicated through medical or the facility Rabbi through diet orders. The separate common fare kitchen was observed in operation at time of inspection.

Other notes taken during inspection:

Interview with the culinary manager revealed FMWCC was a week behind on the menu cycle due to product availability when the new 2020 Menus were started at the beginning of August 2019.

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/9/19

Facility Name: HIGH DESERT STATE PRISON

Inspector ID: 28626

Observations, Document Review, and Staff Interview

1. **Were the new NDOC fiscal year 2020 menu(s) version in place at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
2. **Were the new NDOC fiscal year 2020 menu(s) followed by facility at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
3. **Was the meal served at time of inspection consistent with the menu?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
4. **Were menu spreadsheets with portion sizes provided or other means of documenting/reviewing portion sizes provided?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
5. **Were menu substitutions documented?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
6. **Were the new NDOC fiscal year 2020 menu(s) available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
NO, see below #9 additional comments
7. **Were the nutritional values for the new NDOC fiscal year 2020 menu(s) available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
NO, see below #9 additional comments
8. **Were other special menus served at time of inspection (if applicable):**
YES, see below #9 additional comments
 1. *Mechanical Soft -verified*
 2. *Pureed -verified*
 3. *Low Sodium -verified (Main Line menu)*
 4. *1500 Kcal Diabetic -verified*
 5. *2000 Kcal Diabetic-verified*
 6. *2600 Kcal Diabetic -verified*
 7. *Low Fat/Low Cholesterol -verified*
 8. *Renal/Protein Restricted -verified*
 9. *Lactose Intolerant -verified*
 10. *Common Fare Religious-verified*
 11. *Vegetarian/meatless-verified*
 12. *Other: Gluten diet*

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/9/19

Facility Name: HIGH DESERT STATE PRISON

Inspector ID: 28626

9. Additional comments and observations:

#1: The new NDOC 2020 Menu was observed in place and being served at High Desert State Prison at time of inspection.

#2: Week 2 Day 5 menu cycle was in place at time of inspection.

#3: The inspection revealed Roast Beef being prepared for dinner. Document review revealed Roast Beef was the dinner item for Week 2 Day 5 of the menu cycle. In addition, the previous dinner for Week 2 Day 3 (Enchiladas) was observed in sample 'dead man trays.' Other food items observed onsite were consistent with the new NDOC 2020 Menu, mixed vegetables, low sodium Cajun lunch meat, low sodium chicken roll, chef salad, and lasagna turkey.

#4: Spreadsheets and recipe books with portion size guidance were observed during inspection. In addition, pre-measured scooping and service utensils were observed. Interview with culinary management verified serving utensils are used to comply to recipe serving size requirements.

#5: Menu items for Week 2 Day 5 had no substitutions at time of inspection. Interview with facility staff revealed menu substitutions were documented and sent to management thru a memo.

#6: The new NDOC 2020 Menus were not available for inmate review at time of inspection.

#7: The nutritional values for the new NDOC 2020 Menus were not available for inmate review at time of inspection.

#8: Special, medical, and religious diet options were verified through staff interview at time of inspection. Special diets are either communicated through medical or the facility Rabbi through diet order request.

Other notes taken during inspection:

During interview, culinary staff stated there were issues at the beginning of the new menu implementation. Culinary staff stated there were issues with product availability and delivery. They stated these issues have been worked out and product delivery has gotten better.

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/2/19

Facility Name: LOVELOCK CORRECTIONAL CENTER

Inspector ID: 28626

Observations, Document Review, and Staff Interview

1. **Were the new NDOC fiscal year 2020 menu(s) version in place at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

2. **Were the new NDOC fiscal year 2020 menu(s) followed by facility at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

3. **Was the meal served at time of inspection consistent with the menu?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

4. **Were menu spreadsheets with portion sizes provided or other means of documenting/reviewing portion sizes provided?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

5. **Were menu substitutions documented?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

6. **Were the new NDOC fiscal year 2020 menu(s) menu's available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

7. **Were the nutritional values for the new NDOC fiscal year 2020 menu(s) available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments

8. **Were other special menus served at time of inspection (if applicable):**
YES, see below #9 additional comments
 1. *Mechanical Soft -verified*
 2. *Pureed -verified*
 3. *Low Sodium -verified (MAIN LINE MENU)*
 4. *1500 Kcal Diabetic -verified*
 5. *2000 Kcal Diabetic-verified*
 6. *2600 Kcal Diabetic -verified*
 7. *Low Fat/Low Cholesterol -verified*
 8. *Renal/Protein Restricted -verified*
 9. *Lactose Intolerant -verified*
 10. *Common Fare Religious-verified*
 11. *Vegetarian/meatless-verified*
 12. *Other: Diet Loaf*

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/2/19

Facility Name: LOVELOCK CORRECTIONAL CENTER

Inspector ID: 28626

9. Additional comments and observations:

#1: The new NDOC 2020 Menu was observed in place and being served at Lovelock Correctional Center at time of inspection.

#2: Week 1 Day 5 menu cycle was in place at time of inspection.

#3: The inspection revealed Turkey Lasagna was being prepared for dinner. Document review revealed Turkey Lasagna was the dinner item for Week 1 Day 5 of the menu cycle. In addition, the previous dinner meal for Week 1 Day 4 (Bombay Chicken) was confirmed by observation of 'dead man trays' which are sample trays from previous meals. Inspector also observed culinary staff preparing beans in a large kettle for dinner meal for Week 1 Day 6. Additional observations noted low sodium bologna and poultry salami was observed onsite at the time of inspection.

#4: Spreadsheets and recipe books with portion size guidance were observed during inspection. In addition, pre-measured scooping and service utensils were observed. During interview, culinary staff stated portion utensils are used to follow the menu recipe serving sizes.

#5: Menu items for Week 1 Day 5 had no substitutions at time of inspection. However, interview with facility staff revealed menu substitutions were documented on daily meal logs and kept for 6 months.

#6: The new NDOC 2020 Menus were available for inmate review at each unit and within the law library.

#7: The nutritional values for the new NDOC 2020 Menus were available for inmate review at each unit and within the law library.

#8: Special, medical, and religious diet options were verified through staff interview at time of inspection. Common fare kitchens were observed and inspected. Further interviews verified medical diets were prescribed and communicated through medical by diet orders.

Other notes taken during inspection:

The culinary manager stated the new menus have more fruit, double vegetables and have decreased starches and sodium.

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 9/3/19

Facility Name: NORTHERN NEVADA CORRECTIONAL CENTER

Inspector ID: 28626

Observations, Document Review, and Staff Interview

1. **Were the new NDOC fiscal year 2020 menu(s) version in place at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
2. **Were the new NDOC fiscal year 2020 menu(s) followed by facility at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
3. **Was the meal served at time of inspection consistent with the menu?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
4. **Were menu spreadsheets with portion sizes provided or other means of documenting/reviewing portion sizes provided?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
5. **Were menu substitutions documented?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
6. **Were the new NDOC fiscal year 2020 menu(s) menu's available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
NO, see below #9 additional comments
7. **Were the nutritional values for the new NDOC fiscal year 2020 menu(s) available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
NO, see below #9 additional comments
8. **Were other special menus served at time of inspection (if applicable):**
YES, see below #9 additional comments
 1. *Mechanical Soft -verified*
 2. *Pureed -verified*
 3. *Low Sodium -verified*
 4. *1500 Kcal Diabetic -verified*
 5. *2000 Kcal Diabetic-verified*
 6. *2600 Kcal Diabetic -verified*
 7. *Low Fat/Low Cholesterol -verified*
 8. *Renal/Protein Restricted -verified*
 9. *Lactose Intolerant -verified*
 10. *Common Fare Religious-verified*
 11. *Vegetarian/meatless-verified*
 12. *Other: Detention Loaf*

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 9/3/19

Facility Name: NORTHERN NEVADA CORRECTIONAL CENTER

Inspector ID: 28626

9. Additional comments and observations:

#1: The new NDOC 2020 Menu was observed in place and being served at Northern Nevada Correctional Center at time of inspection.

#2: Week 1 Day 4 menu cycle was in place at time of inspection.

#3: The inspection revealed Bombay Chicken being prepared for dinner. Document review revealed Bombay Chicken was the dinner item for Week 1 Day 4 of the menu cycle. In addition, the following food for Week 1 Day 5 was observed but was not limited to: eggs, ham, hash browns, milk, low sodium poultry salami, tortilla chips, green salad, and turkey for lasagna. Other food consistent with the NDOC 2020 Menu was observed, but was not limited to: lean turkey, and breaded pollock.

#4: Spreadsheets and recipe books with portion size guidance were observed during inspection. In addition, pre-measured scooping and service utensils were observed.

#5: Menu items for Week 1 Day 4 had no substitutions at time of inspection. Interview with facility staff revealed menu substitutions were documented if needed and reported to management.

#6: The new NDOC 2020 Menus were not available for inmate review at time of inspection. However, follow up with facility staff on Thursday 9/12/19 confirmed over the phone, the new 2020 Menus have been posted in the law library for inmate review.

#7: The nutritional values for the new NDOC 2020 Menus were not available for inmate review at time of inspection. However, follow up with facility staff on Friday 9/12/19 confirmed over the phone, the nutritional values for the new 2020 Menus have been posted in the law library for inmate review.

#8: Special, medical, and religious diet options were verified through staff interview at time of inspection. Medical diet orders were sent daily by the medical unit to the culinary. Religious diets were reviewed and arranged by the facility Rabbi. In addition, the separate kitchen for the common fare and religious diets was observed in operation.

Other notes taken during inspection:

During interview, culinary staff revealed skin chicken on the bone has been replaced with boneless/skinless chicken breast and chicken pieces. Staff also revealed bread servings have been reduced, deserts have been reduced and they no longer serve pudding. Staff also stated hamburger and hot dog service has been reduced to once/month.

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/10/19

Facility Name: SOUTHERN DESERT CORRECTIONAL CENTER

Inspector ID: 28626

Observations, Document Review, and Staff Interview

1. **Were the new NDOC fiscal year 2020 menu(s) version in place at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
2. **Were the new NDOC fiscal year 2020 menu(s) followed by facility at time of inspection?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
3. **Was the meal served at time of inspection consistent with the menu?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
4. **Were menu spreadsheets with portion sizes provided or other means of documenting/reviewing portion sizes provided?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
5. **Were menu substitutions documented?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
6. **Were the new NDOC fiscal year 2020 menu(s) menu's available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
7. **Were the nutritional values for the new NDOC fiscal year 2020 menu(s) available for inmate review?** *(YES or NO; please see #9 below for additional comments and observations if needed):*
YES, see below #9 additional comments
8. **Were other special menus served at time of inspection (if applicable):**
YES, see below #9 additional comments
 1. *Mechanical Soft -verified*
 2. *Pureed -verified*
 3. *Low Sodium -MAIN LINE MENU is now the low sodium*
 4. *1500 Kcal Diabetic -verified*
 5. *2000 Kcal Diabetic-verified*
 6. *2600 Kcal Diabetic -verified*
 7. *Low Fat/Low Cholesterol -verified*
 8. *Renal/Protein Restricted -verified*
 9. *Lactose Intolerant -verified*
 10. *Common Fare Religious-verified*
 11. *Vegetarian/meatless-verified*
 12. *Other: GLUTEN FREE*

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 10/10/19

Facility Name: SOUTHERN DESERT CORRECTIONAL CENTER

Inspector ID: 28626

9. Additional comments and observations:

#1: The new NDOC 2020 Menu was observed in place and being served at Southern Desert Correctional Center at time of inspection.

#2: Week 2 Day 6 menu cycle was in place at time of inspection.

#3: The inspection revealed Corn Chowder was being prepared for dinner. Document review revealed Corn Chowder was the dinner item for Week 2 Day 6 of the menu cycle. In addition, the previous dinner meal for Week 2 Day 5 (Roast Beef) was confirmed by observation of 'dead man trays' which are sample trays from previous meals. Low sodium Bologna and poultry salami was observed onsite in the warehouse refrigeration.

#4: Spreadsheets and recipe books with portion size guidance were observed during inspection. In addition, pre-measured scooping and service utensils were observed.

#5: Menu items for Week 2 Day 6 had no substitutions at time of inspection. Interview with facility staff revealed menu substitutions were documented on daily meal reports.

#6: The new NDOC 2020 Menus were available for inmate review at each unit and within the law library.

#7: The nutritional values for the new NDOC 2020 Menus were available for inmate review at each unit and within the law library.

#8: Interview with facility staff revealed medical and culinary staff utilized a "notice" program to communicate daily changes to inmate special and medical diets, this includes common and religious diets. Interview with culinary staff verified daily diet orders from medical to ensure inmate special and medical diets.

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 9/3/19

Facility Name: WARM SPRINGS CORRECTIONAL CENTER

Inspector ID: 28626

Observations, Document Review, and Staff Interview

1. **Were the new NDOC fiscal year 2020 menu(s) version in place at time of inspection?** (YES or NO; please see #9 below for additional comments and observations if needed):
YES, see below #9 additional comments
2. **Were the new NDOC fiscal year 2020 menu(s) followed by facility at time of inspection?** (YES or NO; please see #9 below for additional comments and observations if needed):
YES, see below #9 additional comments
3. **Was the meal served at time of inspection consistent with the menu?** (YES or NO; please see #9 below for additional comments and observations if needed):
YES, see below #9 additional comments
4. **Were menu spreadsheets with portion sizes provided or other means of documenting/reviewing portion sizes provided?** (YES or NO; please see #9 below for additional comments and observations if needed):
YES, see below #9 additional comments
5. **Were menu substitutions documented?** (YES or NO; please see #9 below for additional comments and observations if needed):
YES, see below #9 additional comments
6. **Were the new NDOC fiscal year 2020 menu(s) menu's available for inmate review?** (YES or NO; please see #9 below for additional comments and observations if needed):
NO, see below #9 additional comments
7. **Were the nutritional values for the new NDOC fiscal year 2020 menu(s) available for inmate review?** (YES or NO; please see #9 below for additional comments and observations if needed):
NO, see below #9 additional comments
8. **Were other special menus served at time of inspection (if applicable):**
YES, see below #9 additional comments
 1. *Mechanical Soft* -verified
 2. *Pureed* -verified
 3. *Low Sodium* -verified
 4. *1500 Kcal Diabetic* -verified
 5. *2000 Kcal Diabetic*-verified
 6. *2600 Kcal Diabetic* -verified
 7. *Low Fat/Low Cholesterol* -verified
 8. *Renal/Protein Restricted* -verified
 9. *Lactose Intolerant* -verified
 10. *Common Fare Religious*-NOT APPLICABLE
 11. *Vegetarian/meatless*-verified
 12. *Other: NONE*

NUTRITIONAL ADEQUACY INSPECTION TOOL WORKSHEET:

Date of Inspection: 9/3/19

Facility Name: WARM SPRINGS CORRECTIONAL CENTER

Inspector ID: 28626

9. Additional comments and observations:

#1: The new NDOC 2020 Menu was observed in place and being served at time of inspection of the culinary at Warm Springs Correctional Center.

#2: Week 1 Day 4 menu cycle was in place at time of inspection.

#3: The inspection revealed Bombay Chicken being prepared for dinner including the observation of the basting of the Bombay Chicken sauce by culinary staff. Ingredients for the Bombay Chicken such as honey was observed. Document review revealed Bombay Chicken was the dinner item for Week 1 Day 4 of the menu cycle. In addition, the following food for Week 1 Day 5 was observed but was not limited to: eggs, low sodium poultry salami, cheese American reduced sodium, green salad, and turkey for lasagna. Other food consistent with the NDOC 2020 Menu was observed, but was not limited to: lean turkey, breaded pollock, and reduced sodium Salisbury patties. Further review of the menu revealed the reduced sodium Salisbury patties were the dinner item for Week 4 Day 3 of the menu cycle.

#4: Spreadsheets and recipe books with portion size guidance were observed during inspection. In addition, pre-measured scooping and service utensils were observed in use at time of inspection.

#5: Menu items for Week 1 Day 4 had no substitutions at time of inspection. Interview with facility staff revealed menu substitutions were documented on meal reports if necessary.

#6: The new NDOC 2020 Menus were not available for inmate review at time of inspection. However, follow up with facility staff on Thursday 9/12/19 confirmed over the phone, the new 2020 Menus have been posted in the law library for inmate review.

#7: The nutritional values for the new NDOC 2020 Menus were not available for inmate review at time of inspection. However, follow up with facility staff on Thursday 9/12/19 confirmed over the phone, the nutritional values for the new 2020 Menus have been posted in the law library for inmate review.

#8: Special and medical diet options were verified through staff interview at time of inspection. Medical diet orders were sent daily by the medical unit to the culinary. Religious diets were served at Warm Springs Correctional Center. Staff interview revealed if a religious common fare diet is requested, then the inmate would be transferred to a facility equipped to accommodate their diet.

Other notes taken during inspection:

During interview, culinary staff at Warm Springs Correctional Center revealed all food comes from the main warehouse at Northern Nevada Correctional Center. Culinary staff also stated the new NDOC 2020 menu has greatly reduced inmate complaints.

1 Case No. 10EW 00023 1B

2 Dept. No. 1

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IN THE FIRST JUDICIAL DISTRICT COURT OF THE STATE OF NEVADA
IN AND FOR ~~██████████~~ CARSON CITY

ROBERT L. STOCKMEIER,)
)
Petitioner,)
)
-vs-)
TRACEY D. GREEN, STATE)
HEALTH OFFICER,)
)
Respondent.)

NOTICE OF DIETARY
DEFICIENCIES WITH
SUPPORTING EXHIBITS

Petitioner, ROBERT L. STOCKMEIER, in prose, submits this Notice of Dietary Deficiencies with Supporting Exhibits, giving notice to the Court and the Respondent of the existence of deficiencies in calories, protein, fiber and Vitamin C within the Nooc men's main menu (eff. August 3, 2019), which render the diet to be nutritionally inadequate under the Dietary Guidelines for Americans (2015-2020). This notice is made and based on the attached Exhibits 1 and 2, which have previously been provided to the Respondent, and are set forth as fully stated herein via incorporation.

This notice is provided to assist and inform Respondent of existing deficiencies which must be examined, and then reported to the Board of Prison Commissioners pursuant to NRS 209.382(1), at its next meeting, or semiannually before then.

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///

1 The exhibits attached hereto serve to provide said notice, and are
2 subject to being referenced in future proceedings in this matter.

3 Dated this 2nd day of October, 2019.

4 Robert L. Stockmeier
ROBERT L. STOCKMEIER #32425
Lovelock Correctional Center
1200 Prison Road
Lovelock, Nevada 89419

7 Petitioner In Pro Se

8
9 CERTIFICATE OF SERVICE

10 I do certify that I mailed a true copy of the foregoing to the below
11 address on this 2nd day of October, 2019, by placing same in the U.S. mail
12 via prison law library staff, pursuant to NRCF 5(b):

13 LINDA C. ANDERSON
14 Chief Deputy Attorney General
15 555 E. Washington Avenue, Suite 3900
Las Vegas, Nevada 89101

16 Attorney For Respondent

17 Robert L. Stockmeier
18 ROBERT L. STOCKMEIER #32425

19 Petitioner In Pro Se

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EXHIBIT 1

Robert Stockmeier #32425
Lovelock Correctional Center
1200 Prison Road
Lovelock, NV 89419

September 10, 2019

DR. IHSAN AZZAM, Chief Medical Officer
Dept. of Health & Human Services
Div. of Public & Behavioral Health
4150 Technology Way, Suite 300
Carson City, NV 89706

Dear Dr. Azzam,

I am writing to share my concerns with you over the nutritional adequacy of the new NDOC men's main menu, which began August 3, 2019, and am asking that you examine these issues below and include your findings on them at the next meeting of the Board of Prison Commissioners, pursuant to NRS 209.382(1).

First, I want to set forth that the quality of the food is generally better and healthier. The absence of so much sodium, fat and carbs is noticeable, and it feels better to eat it. My concern lies with food values which are overinflated in writing on the menu, so as to excuse giving tiny portions; food values which attribute greater calories and protein to the exact same items which the previous menu attributed less calories and protein to even larger portions thereof; items simply omitted from the menu; items not being substituted properly; and inconsistencies and contradictions within the menu which lead to our being underfed on certain foods.

Please observe the LCC Culinary's menu summary dated July 23, 2019, at attached pg. 2. You will see that weekly roast beef as set forth on your copy of the main menu that you discussed in your May 31st memo to the Board has been substituted for "TBO." According to the Nevada Supreme Court's published opinion in this matter back in 2014, such vague descriptions in the menu ("chef's choice") are insufficient for you to sufficiently examine and report to the Board upon. The LCC menu also shows several deviations from the main menu in addition to the roast beef, which are also demonstrated in my daily log attached hereto at pp. 33-60. Some are quite impacting upon the values, such as Tater Tot substituting potato wedges, or non-cheese containing "sandwich flavor slices" substituting cheese (which LCC will continue using, despite nutritional differences, see pg. 5).

Before I continue, please understand that I know that trading unhealthy foods may result in smaller portions of healthier food. But the portions being served us are often beyond being a bit smaller. They are often tiny - not reflecting an adult male's 2500 calorie diet, but that of a small child. I sense the reason for this is that the new menu's calorie count, sodium count, protein count, etc., indicate that such small portions are acceptable to satisfy the Daily Average count. Upon much analysis, I and several other inmates here have found that, for whatever cause, the value numbers are grossly incorrect in the new menu -

always exaggerated in favor of giving smaller portions (cheaper), and never in "error" towards larger portions. These figures are evident, and cannot be overlooked, even though the Dietician has set the serving sizes in complete ignorance, or acquiescence to, these gross discrepancies. See pg. 4.

Please review the attached charts and reports, in conjunction with the current menu, the previous menu which ended on August 2nd, and the log I made at pp. 33-60, using the Dietary Guidelines for Americans (2015-2020) as your standard.

First, many food items which have not changed between the old and new menu, have suddenly received more calories and protein than they had in the old menu - despite their portion sizes now being smaller. See pp. 7-8. This inflated reporting has seen a lot of non-existent calories and protein being reported to exist in our new diet. See pp. 9, 14. Secondly, several items are simply omitted which are listed and assigned values in the new diet. See pp. 9, 14, 33-60. Some are watered down and/or cut too small. See pp. 4, 7, 8, 13, 28, 52.

Other false values are added: for example, the diet reports all values being fed to inmates for 13 fried eggs which are never served. It does this by directing 1 egg be served, yet doubling all values to equate to two eggs. See pp. 10, 11, 14, 33-60. While certainly occurring with numerous foods, values listed on the menu simply do not match what is actually being served. For example, cold cereal, where the values for calories, sodium, fiber and protein are clearly lower than listed, and overall create a deficit in the Monthly Averages as reported. See pp. 12, 14. Elsewhere, the menu simply contains inconsistencies in calorie counts among same, or similar foods. See pg. 13. These all add up, creating a deficit.

All in all, the variances, omissions and plain embellishments within the new menu lead to most values as reported in the Monthly Averages (pg. 60) being very wrong. In fact, the menu, as being applied at LCC, falls under the Dietary Guidelines requirements for daily calories, despite claiming otherwise. Also, while your May 31st Memo reported only that cholesterol levels are high, it failed to report that the values of sodium and protein are too low under the Guidelines. See pg. 60. In reality, these values are even lower than indicated, as shown in the attached reports, and fail to meet the Guidelines.

Last, please refer to the two analysis of calories and protein attached at pp. 15-31, which not only confirm my charts, but show other areas in which the new menu is deficiently misleading. As the menu falls short of the Guidelines requirements for calories, sodium, and protein, it cannot be declared to be nutritionally adequate at this time, and must see its values adjusted and portion sizes increased. Thank you for your attention to this matter, and for bringing it to the Board's attention when you next report.

Sincerely,

Robert L. Stockmeier

ROBERT L. STOCKMEIER

LCC
CULINARY
MENU

7/23/19

NEW SUNDAY WEEK 1	MONDAY WEEK 1	TUESDAY WEEK 1	WEDNESDAY WEEK 1	THURSDAY WEEK 1	FRIDAY WEEK 1
BREAKFAST Pancakes or Waffle or FT Sausage Links	BREAKFAST Cereal Fried Egg / Ham Biscuit	BREAKFAST Cereal Boiled Egg Muffin	BREAKFAST Cereal Scrambled Eggs / T. Ham Potato	BREAKFAST Cereal Boiled Egg Muffin	BREAKFAST Biscuit / Gravy Fried Egg Sausage Potato
LUNCH L/M Ham-Cheese /S Veggie Stix / Dessert	LUNCH L/M Ham/Cheese /S Egg / veggie / Chips	LUNCH L/M Bologna / Cheese /S Veggie / Chips	LUNCH L/M Salami / Cheese /S Egg / Chips	LUNCH TBD /S Egg / veggie / Chips	LUNCH PB & J Egg / veggie / Chips
DINNER Beef/ Potatoes Vegetables/Salad Miner Rolls	DINNER Cheeseburger Potato Salad	DINNER Bombay Chicken Steamed Rice StirFry Veggies	DINNER Lasagna/Salad Garlic Bread Fruit Crisp	DINNER Burritos/Salad Mexican Rice Cookie	DINNER Baked Chicken/Salad Rice Pilaf Corn Bread
WEEK 2	WEEK 2	WEEK 2	WEEK 2	WEEK 2	WEEK 2
BREAKFAST Cereal Pancakes or Waffle or FT Sausage Links	BREAKFAST Cereal Breakfast Burrito Potato	BREAKFAST Cereal Handboiled Egg Muffin	BREAKFAST Cereal Fried Egg / Sausage Potato	BREAKFAST Cereal Fried Egg Tater Tois	BREAKFAST Biscuit / Gravy Fried Egg Sausage
LUNCH L/M Ham-Cheese /S Veggie Stix /Dessert	LUNCH L/M Ham/Cheese /S Egg / veggie / Chips	LUNCH L/M Bologna / Cheese /S Egg / Veggie / Chips	LUNCH L/M Salami / Cheese /S Egg / Chips	LUNCH TBD /S Egg / veggie / Chips	LUNCH PB & J Egg / veggie / Chips
DINNER Spaghetti /Salad Sauce Garlic Bread	DINNER Chili Hot Dog / Cheese French Fries	DINNER Chili Hot Dog / Cheese French Fries	DINNER Salad / Dressing Beef/ Potatoes Vegetables	DINNER Soup Chef Salad Apple Crisp	DINNER Baked Chicken/Salad Mashed Potatoes / Gravy Cake
WEEK 3	WEEK 3	WEEK 3	WEEK 3	WEEK 3	WEEK 3
BREAKFAST Cereal Hardboiled Egg Muffin	BREAKFAST Cereal Fried Egg / Sausage Potato Wedges	BREAKFAST Cereal Hardboiled Egg Muffin	BREAKFAST Cereal Pancakes or Waffle or FT Sausage	BREAKFAST Sausage Biscuit / Gravy Potato	BREAKFAST Cereal Hardboiled Egg Muffin
LUNCH L/M Ham-Cheese /S Veggie Stix / Dessert / chip	LUNCH L/M Ham/Cheese /S Egg / veggie / Chips	LUNCH L/M Bologna / Cheese /S Veggie/ Chips	LUNCH L/M Salami / Cheese /S Egg / Dessert	LUNCH TBD /S Egg / Veggie / Chips	LUNCH PB + J / Egg Veggie / Chips / Dessert
DINNER Salad / Dressing Beef Stroganoff / Bread Fruit crisp	DINNER Salad / Dressing Beef Pot Pie / Biscuit Brownies	DINNER Salad / Dressing Chicken / Rice Cookies	DINNER Salad / Dressing Texas Hash / Tortillas Fruit Crisp	DINNER Salad / Dressing Pizza Brownies	DINNER Salad / Dressing Baked Fish Nuggets French Fries
WEEK 4	WEEK 4	WEEK 4	WEEK 4	WEEK 4	WEEK 4
BREAKFAST Cereal Scrambled Eggs / T. Ham Potato	BREAKFAST Cereal Breakfast Burrito Potato	BREAKFAST Cereal Hardboiled Egg Sausage	BREAKFAST Cereal Fried Egg / Sausage Potato/Muffin	BREAKFAST Cereal Pancakes or Waffle or FT Sausage	BREAKFAST Cereal Hardboiled Egg / Sausage Muffin
LUNCH L/M Ham/Cheese /S Veggie/ Chip / Dessert	LUNCH L/M Ham/Cheese /S Egg / veggie / Chips	LUNCH L/M Bologna / Cheese /S Veggie / Dessert / Chips	LUNCH L/M Salami / Cheese /S Egg / Dessert	LUNCH TBD /S Egg / Veggie / Chips	LUNCH PB + J Egg / Veggie / Chips
DINNER Salad / Dressing Meatloaf / Baked Potato Veggies	DINNER Salad / Dressing Salsbury Steak / Potatoes Veggies	DINNER Carrot Salad Baked Chicken / Rice Fruit Crisp	DINNER Salad / Dressing Sloppy Joes / Fries	DINNER Salad / Dressing Veggie Lasagna / Bread Brownies	DINNER Salad / Dressing Beef Stew / Corn Bread Cookie

STAFF
RESPONSES

INMATE REQUEST FORM

1.) INMATE NAME	DOC #	2.) HOUSING UNIT	3.) DATE
Robert Stockmeier	32425	6A18A	8-27-19

4.) REQUEST FORM TO: (CHECK BOX)

<input type="checkbox"/> CASEWORKER	<input type="checkbox"/> MEDICAL	<input type="checkbox"/> LAW LIBRARY	<input type="checkbox"/> CANTEEN
<input type="checkbox"/> EDUCATION	<input type="checkbox"/> VISITING	<input type="checkbox"/> SHIFT COMMAND	<input type="checkbox"/> DENTAL
<input type="checkbox"/> LAUNDRY	<input type="checkbox"/> PROPERTY ROOM	<input checked="" type="checkbox"/> OTHER <u>CULINARY</u>	

5.) NAME OF INDIVIDUAL TO CONTACT: CULINARY MANAGER M. HENRY

6.) REQUEST: (PRINT BELOW) while we are not being given portion sizes exceeding the new menu's sizes, we are often being given LESS, causing us to not receive the assigned values: some portions simply don't add up to the given values (eg, cheese pizza on wk 3/day 6 was to be 519 calories, yet was tinier than 2 slices of bread w/cheese, which have 308 calories - some 200 LESS); and the water served with fruits/veggies is counted as part of the serving, even though water lacks calories, fiber, etc. (eg, the 1/2 cup of veggies on wk 2/day 2 was to have 59 calories, yet I scarcely got that with 3 carrot slices in a pool of water). With such rationing to ensure we don't get too much, PLEASE ensure that we are not getting too little, as the new menu must be given effect with ample servings to be healthful. Thank you!

7.) INMATE SIGNATURE Robert Stockmeier DOC # 32425

8.) RECEIVING STAFF SIGNATURE _____ DATE _____

9.) RESPONSE TO INMATE

- ① SERVING SIZES ARE SET UP BY THE DIETICIAN - SO YES THERE IS LESS OF SOME THINGS AND MORE OTHERS. LESS CARB MORE ^{Fruits} _{+ VEG}
- ② SERVING SIZES NOW VARY. FRUITS + VEG ON THE DIFFERENT MEALS CAN BE 1/2 OR 1/3 OR 3/4 OR 1 CUP. WE SERVE WHAT THE MENU SAYS TO SERVE.
- ③ THERE IS SOME JUICE WITH OUR FRUIT. I WILL CHECK TO MAKE SURE THERE IS NOT ALOT.

10.) RESPONDING STAFF SIGNATURE M. Henry DATE 8/29/19

INMATE REQUEST FORM

1.) INMATE NAME	DOC #	2.) HOUSING UNIT	3.) DATE
Robert Stockmeier	32425	6A18A	9/2/19

4.) REQUEST FORM TO: (CHECK BOX)

MENTAL HEALTH CANTEEN
 CASEWORKER MEDICAL LAW LIBRARY DENTAL
 EDUCATION VISITING SHIFT COMMAND
 LAUNDRY PROPERTY ROOM OTHER CULINARY

5.) NAME OF INDIVIDUAL TO CONTACT: CULINARY MANAGER - MS. HENRY

6.) REQUEST: (PRINT BELOW) Do you foresee the new menu being fully complied with, for example, will there ever be roast beef for lunch every Thursday; real cheese served instead of flavored oil-based substitutes for lunches; or butter instead of margarine; etc.? I know we are in a "soft-launch" transition phase, but there are items, like those above, that show no sign of compliance yet, and have an actual impact on the values depicted in the NDOC menu menu, as compared to what the current provided values actually are. Is that temporary, or permanent?

Thank You.

7.) INMATE SIGNATURE [Signature] DOC# 32425

8.) RECEIVING STAFF SIGNATURE _____ DATE _____

9.) RESPONSE TO INMATE

- ① No, beef for lunch has been removed - they are talking about tuna. Meanwhile we are subbing
- ② The cheese we get is what we are continuing with at this time
- ③ Butter is coming when we use up all the margarine. Even with the subs we are well over 90% on the menu. Only 2 other things go:

10.) RESPONDING STAFF SIGNATURE [Signature] DATE 9/4/19

CHARTS
ON
CALORIE
AND
PROTEIN
DEFICIENCIES
&
OMISSIONS

EXAMPLES OF CALORIC VARIANCES/DISCREPANCIES
EXISTING BETWEEN NOOC MENU PREDATING AUGUST 3,
2019 AND THE NEW MENU BEGINNING AUGUST 3, 2019,
IN RELATION TO IDENTICAL FOOD ITEMS WITHIN EACH

CHART A

FOOD ITEM	Old Menu Calories	New Menu Calories	New Menu Variance
PEANUT BUTTER & JELLY SERVING	480	545	+ 65
BREAD, 1 SLICE	86	129	+ 43
OATMEAL, 3/4 CUP ¹	94	181	+ 87
BROWNIE, 1 SERVING	282	371	+ 89
DINNER ROLL, 1 EACH	81.5	110	+ 28.5
PIZZA, 1 SLICE ¹	383	519	+ 136
HAMBURGER BUN/ROLL, 1EA.	225	293	+ 68
FRENCH FRIES, 4 oz.	130	285	+ 155
BOILED EGG, 1 EACH	72.5	77.5	+ 5
COLD CEREAL, 1 CUP	143	157	+ 14

- 1- The previous menu reports calories based upon 3/4 cup of oatmeal AFTER water is added; however, the new menu erroneously attributes to watered down oatmeal the amount of calories applicable to dry flakes, 3/4 cup.
- 2- A pizza slice on the previous menu was considerably larger, often including meat and/or vegetable toppings, yet the now smaller, cheese only slice is declared to have far more calories.

EFFECT UPON ACTUAL TOTAL CALORIES RECEIVED BY NOOC. INMATES DUE TO CALORIC VARIANCES AND DISCREPANCIES OUTLINED IN CHART A.

CHART B

FOOD ITEM	NEW MENU VARIANCE (X)	#TIMES SERVED PER CYCLE (=)	TOTAL CYCLE VARIANCE
PEANUT BUTTER & JELLY SERVING	+ 65	4 ¹	260
BREAD, 1 SLICE	+ 43	56	2408
OATMEAL, 3/4 CUP	+ 87	7	609
BROWNIE, 1 SERVING	+ 89	3	267
DINNER ROLL, 1 EACH ²	+ 28.5	8	228
PIZZA, 1 SLICE	+ 136	1	136
HAMBURGER ROLL, 1 EACH	+ 68	2	136
FRENCH FRIES, 4 oz.	+ 155	2 ³	310
BOILED EGG, 1 EACH	+ 5	34	170
COLD CEREAL, 1 CUP	+ 14	9	126
TOTAL CALORIE VARIANCE			4650

- 1- Served 4 Times/cycle Per LCC menu substitutes
- 2- Also called "Onion Roll"; menu attributes 110, 111 and 112 calories to the same Roll throughout the August 2019 men's menu
- 3- French Fries are served 3 times/cycle, at a purported 4 oz each; however, inexplicably, the serving on week 2, Day 4, although identical, is reported to contain but 147 calories.

FOOD ITEMS OMITTED FROM MENU FOOD SERVICE
 AT LCC BETWEEN AUGUST 3 THROUGH AUGUST 30, 2019*
 (NO SUBSTITUTE PROVIDED)

CHART C

Week/Day	Meal	Item Not Served	Deficit Calories	Deficit Protein (g)
1/2	Lunch	Boiled Egg	78	6.29
1/4	Lunch	Peanut Butter & Celery	105	3.83
1/5	Lunch	Swiss Cheese	81	8.10
1/7	Break.	Fried Egg	92	6.29
2/2	Lunch	Peanut Butter	86	3
2/3	Lunch	Swiss Cheese	81	8.10
2/4	Lunch	Peanut Butter	86	3
2/5	Dinner	Butter	36	0
2/7	Lunch	Carrot Stick	50	1.13
3/3	Lunch	Swiss Cheese	81	8.10
3/6	Lunch	Boiled Egg	78	6.29
4/2	Lunch	Tortilla Chips	140	7
4/3	Lunch	Tortilla Chips	140	7
4/6	Lunch	Peanut Butter & Celery	105	3.83

TOTAL CALORIE DEFICIT 1,239

TOTAL PROTEIN DEFICIT 71.96g.

* Well into the second menu cycle, items continue to be omitted which are in the menu. Just yesterday, 9/8/19, the tortilla chips to be included in the lunch bag were omitted, lowering the daily calorie count by 140.

CHART D

EFFECT OF INFLATED FRIED EGG VALUES WITHIN AUGUST 2019 NOOC MEN'S MAIN LINE MENU

- * FRIED EGGS are served on the following WEEK/DAY Breakfasts, 1 each:
1/2, 1/3, 1/7, 2/5, 2/6, 2/7, 3/2, 3/3, 3/6, 4/2, 4/5. Although 1/7 is the sole time that 2 eggs are indicated to be served, only 1 each is actually served.
- * For each egg to be portioned per the menu, all values assigned are doubled for the provision of 2 each, even though only 1 each is served. On 1/7, while only 1 each egg is served, the values for 4 eggs are attributed.
- * In each cycle, the menu incorporates into its daily and monthly value totals 13 fried eggs which the inmates never receive.
- * The exclusion of these 13 eggs has the following impact on the menu's stated totals:

CALORIES: Fried egg has 92.5 cal each (\times) 13 = 1,202.5 cal. LESS than indicated.
The menu's stated daily average of 2590 cal. is actually 2546.95

PROTEIN: Fried egg has 6.27g. protein each (\times) 13 = 81.51g. LESS than indicated.
The menu's stated daily average of 111g. is actually 108.20g., diminishing the amount even lower than the daily goal of 125g.

CALCIUM: Fried egg has 27.95mg. calcium each (\times) 13 = 363.35mg. LESS than indicated.
The menu's stated daily average of 1372mg. is actually 1359mg.

The Staff at LCC responds to this discrepancy by declaring that the 1 fried egg issued at breakfast is compensated by the boiled egg received in the lunch sack on "most of these days." See attached Response to Inmate. Staff concludes they are "following the menu." See, same.

Staff errs by failing to recognize that the menu separately assigns values for the lunch bag egg, so those eggs cannot likewise be double-counted. Additionally, staff cannot escape the fact that, on the 7 days boiled eggs are served for lunch, that the menu assigns value for 3 total eggs being received those days, wherein only 2 each are actually provided.

Such cannot be said to be "following the menu."

INMATE REQUEST FORM

1.) INMATE NAME	DOC #	2.) HOUSING UNIT	3.) DATE
Robert Stockmeier	32425	6A18A	8-25-19

- 4.) REQUEST FORM TO: (CHECK BOX)
- | | | | |
|-------------------------------------|--|---|----------------------------------|
| <input type="checkbox"/> CASEWORKER | <input type="checkbox"/> MEDICAL | <input type="checkbox"/> MENTAL HEALTH | <input type="checkbox"/> CANTEEN |
| <input type="checkbox"/> EDUCATION | <input type="checkbox"/> VISITING | <input type="checkbox"/> LAW LIBRARY | <input type="checkbox"/> DENTAL |
| <input type="checkbox"/> LAUNDRY | <input type="checkbox"/> PROPERTY ROOM | <input checked="" type="checkbox"/> OTHER <u>CULINARY</u> | |

5.) NAME OF INDIVIDUAL TO CONTACT: CULINARY MANAGER HENRY

6.) REQUEST: (PRINT BELOW) Per the NDOC Men's main menu provided by Dr. Azzam, Chief Medical Officer, we have 11 Breakfasts featuring Fried Eggs, of which we have been receiving only 1 each. The values for this serving, however, show that 2 eggs are to be served, i.e., 1 Fried Egg as served to us is attributed all values of 2 eggs, plus double value for cooking oil. As the monthly totals include us receiving Calories, protein, etc. for 2 Fried Eggs, it is clearly intended that we receive 2 Fried Eggs each time. Otherwise, the entire menu's value totals/averages are negated. Please allow this to be corrected by serving 2 Fried Eggs, as intended by the menu and its carefully calculated values (which are already below protein goals).

7.) INMATE SIGNATURE Robert Stockmeier DOC # 32425

8.) RECEIVING STAFF SIGNATURE _____ DATE _____

9.) RESPONSE TO INMATE

You are receiving the amount of eggs the menu requires each time.
There are 8 times on this menu per cycle that we give 1 fried egg for breakfast, most of these during a second egg (boiled) is in the lunch sack.
We give you what you are supposed to get.
FOLLOWING THE MENU.

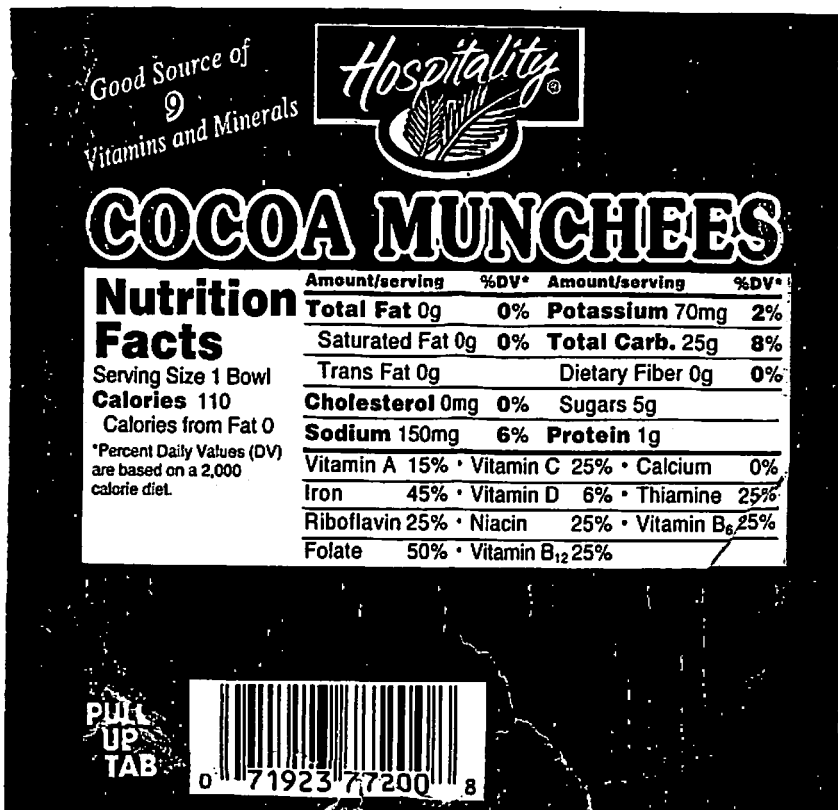
10.) RESPONDING STAFF SIGNATURE Henry DATE 8/27/19

CHART E

COLD CEREAL VALUE DISCREPANCIES

Cold cereal is served 9 times per menu cycle, in which we receive either 1 single serve (as shown below) or the portion equivalent in a bowl.

ACTUAL CEREAL PACKAGING
FROM CEREAL SERVED AT
LCC UNDER NEW AUGUST 2019 MENU



* Menu states 1 cup has 157 calories; actual calories are 110 - 47 calories less.
→ Actual total calories per cycle are 423 LESS (47 x 9) than declared.

* menu states 1 cup has 229 mg. sodium; actual sodium is 150 mg. - 79 mg. less.
→ Actual sodium per cycle is 711 mg. LESS (79 x 9), bringing the daily average down to 2269 mg, lowering the menu's reported 2295 daily average even farther than the daily goal of 2,300 mg.

* menu states 1 cup has 1.8 g. Fiber; actual Fiber is 0 - 1.8 g. LESS than reported.
→ Actual Fiber per cycle is 16.2 g. Fiber LESS (1.8 x 9) than declared.

* menu states 1 cup has 2.52 g. protein; actual protein is 1g. - 1.52 g. less.
→ Actual protein per cycle is 13.68 g. LESS (1.52 x 9), bringing even lower the menu's pre-existing protein deficit of 11g.

CONCLUSION: In the menu already below its goals of sodium and protein, the cold cereals, alone, do not comport with what the menu declares, and adversely affects the daily averages in Calories, Sodium, Fiber and Protein.

CHART F

EXAMPLES OF CALORIC INCONSISTENCIES WITHIN MENU

* FISH - WK 3, Day 7 Supper is a Fish Patty, reported at 5 oz., with 355 Calories
WK 1, Day 7 Supper is to be Baked Fish, reported at 4 oz., with 116 Calories.
→ Both meals are the SAME breaded fish patty, with little fish, mostly breading. Which menu entry correctly depicts the food values?

* PIZZA - WK 3, Day 6 Supper is tiny slice of cheese pizza, with no more size or substance than 2 slices of bread with a small sampling of cheese, yet the menu attributes 519 Calories to it.
→ 2 slices of bread and 1 slice of cheese, however, have but 308 calories. Where are the other 211 calories?

* HAMBURGER BUN - A hamburger bun is reported to have 293 calories (the previous menu attributed but 225 calories to the same bun), yet Dinner Rolls only have 110 Calories, and Garlic Bread but 101 Calories, and these are not much smaller than Hamburger Buns. Where did the 180+ extra calories come from?

* FRENCH FRIES - The French Fry portion given on WK. 2, Day 4 was 4 oz. at 147 calories (per the menu), yet the French Fry portion giving the same fries on WK. 3, Day 7, was 4 oz. at 285 calories (per the menu), and was not even $\frac{1}{2}$ the portion size of the previous dinner on WK. 2, Day 4.
→ Which is correct - 4 oz. at 147 cal. OR 4 oz. at 285 cal.?
→ How does 285 calories worth of French Fries wind up being less than $\frac{1}{2}$ the amount of a serving than 147 calories worth of the exact same fries?

* DINNER/ONION ROLLS - Throughout the menu, Dinner Rolls and Onion Rolls (the same thing) have varying calories attributed to them, i.e., some at 110 cal., some at 112 cal., and others at 113. cal.
→ Do they have 110, 112 or 113 calories?

* ROAST BEEF - A 5 oz. serving is said to contain 59 calories and 10.68 g. protein per ounce, while the 4 oz. lunch servings are said to have but 46.75 calories and 4.31 g. protein per ounce. (See WK 1, Day 1 Dinner, and All weeks, Day 6 Lunch).
→ Isn't Roast Beef, Roast Beef?

THESE ARE BUT SIX EXAMPLES OF MANY INCONSISTENCIES CONTAINED WITHIN THE NEW MENU'S FOOD VALUES, REFLECTING A SYSTEMATIC INACCURACY THROUGHOUT THE ENTIRE MENU.

CHART G

EFFECT OF CALORIC VARIANCES AND OMISSIONS UPON DAILY AVERAGES WITHIN NDOC MENU

VARIANCES ALONE:

Reducing the menu's monthly Calorie totals by 4650 calories (variances shown in Chart B), the Daily Average Calories lowers from 2590 to 2,423.82 - Less than the goal of 2500.

→ These inconsistencies between calorie counts between the previous and current menus must be scrutinized, for they affect not only caloric goals, but also the levels of sodium and protein - which are already too low.

OMITTED AND UNDERVALUED ITEMS:

Reducing the calorie count with the omitted items of Chart C and D, coupled with the miscounts for cold cereal at Chart E, the menu's Daily Average Calorie Count lowers from 2590 down to 2487.6 - below the required 2500. These are not even exhaustive omissions and miscounts, as shown by the attached reports discussing similar miscounts in the menu on other items, such as carrots, celery, roast beef, chicken, etc.

COMBINATION: Combining the variances and missing calories above, some possible 7,514.5 calories are not provided in the first, and all subsequent menu cycles. This lowers the Daily Average to 2,321.5 calories - FAR BELOW the goal.

* CONCLUSION: A simple survey of just part of the new menu items shows enough omitted and miscounted calories to bring the Daily Calorie Average to under the required 2,500 calories per day.

Adding all, or even some, of the variances above bring the calorie counts too low, even farther away from the goal. The variances alone do this.

Obviously, the new menu's calorie counts fall below the required 2500 per day, and these factors must be examined. The new menu cannot be declared to be nutritionally adequate in this respect.

CHART H

EXAMPLE OF CALORIE EMBELLISHMENT

Nutrition Facts	
Serving Size 1/3 Pizza (127g)	
Servings Per Container 3	
Amount Per Serving	
Calories 260	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 720mg	30%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 10g	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	Iron 10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	50g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



WOOD-FIRED PIZZA

Marinated Grilled Vegetables on Wheat Flour Crust

Put away your passport! You don't have to travel to a Northern Italian village to find authentic sottile style pizza.

Our Wood-Fired Marinated Grilled Vegetable Pizza on Wheat Flour Crust is the real thing. Made in Friuli, Italy, each pizza starts with a low-yeast dough that has rested for at least five hours before the crust is pressed and then baked in a wood-fired oven.

This pie has a thin, Northern Italian style crust ("sottile" means "thin" or "delicate") and is hand-topped with select ingredients chosen for an outstanding combination of distinct flavors and textures. Simply bake and serve to enjoy the flavors of a true Italian pizzeria.

ITALIAN



CUISINE

INGREDIENTS: UNBLEACHED WHEAT FLOUR, WHOLE GRAIN WHEAT FLOUR, WATER, MOZZARELLA CHEESE (CULTURED PASTEURIZED MILK, SALT, MICROBIAL RENNET), TOMATO PUREE, MARINATED GRILLED EGGPLANT (GRILLED EGGPLANT, EXPPELLER PRESSED SUNFLOWER SEED OIL, SEA SALT), MARINATED GRILLED PEPPERS (GRILLED PEPPERS, EXPPELLER PRESSED SUNFLOWER SEED OIL, SEA SALT), MARINATED GRILLED ZUCCHINI (GRILLED ZUCCHINI, EXPPELLER PRESSED SUNFLOWER SEED OIL, SEA SALT), SMOKED PROVOLONE CHEESE (CULTURED PASTEURIZED MILK, SALT, ANIMAL RENNET), TOMATO PULP, BROCCOLI, ASPARAGUS, EXTRA VIRGIN OLIVE OIL, SEA SALT, EXPPELLER PRESSED SUNFLOWER SEED OIL, DEXTROSE, MALTED UNBLEACHED WHEAT FLOUR, YEAST, BASIL, DRIED OREGANO.

CONTAINS WHEAT AND MILK INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS, EGGS, SHELLFISH, FISH

↑ $\frac{2}{3}$ OF THIS 10" PIZZA, WITH CHEESE AND VEGETABLES HAS 520 CALORIES.

↑

YET, NDOC PIZZA SERVED ON 8/22, THIS BIG (4" x 2 3/4"), CHEESE ONLY, PURPORTS TO HAVE 519 CALORIES!

HOW IS THAT POSSIBLE?

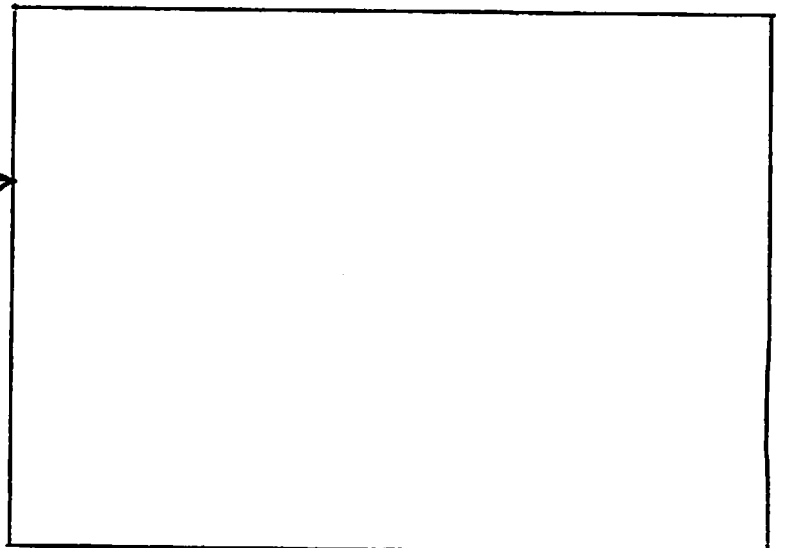
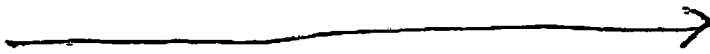


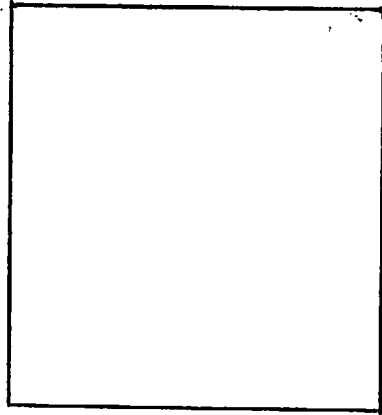
CHART I

ANOTHER EXAMPLE OF CALORIE EMBELLISHMENT

THIS STANDARD, 1 oz, 2" x 2"
BROWNIE FROM A
BAKERY, HAS 132 CALORIES



YET, THE
2" x 2" →
"BROWNIE,"
WHICH IS
LIGHT LIKE
A PIECE OF



CAKE, WHICH
WAS SERVED ON THE
NDOC MENU ON 8/22
AND ON 8/29, PURPORTS TO CONTAIN
371 CALORIES - NEARLY 3 TIMES
MORE THAN A REAL, SUGARY,
CHOCOLATY, GOOEY BROWNIE!

AGAIN, HOW DOES THAT WORK?

Nutrition facts

Brownies

Amount Per 1 oz (28.4 g)

Calories 132

	% Daily Value*
Total Fat 8 g	12%
Saturated fat 2.1 g	10%
Polyunsaturated fat 2.7 g	
Monounsaturated fat 3.1 g	
Cholesterol 21 mg	7%
Sodium 97 mg	4%
Potassium 50 mg	1%
Total Carbohydrate 14 g	4%
Protein 1.8 g	3%
Vitamin A 4%	Vitamin C 0%
Calcium 1%	Iron 2%
Vitamin D 0%	Vitamin B-6 0%
Cobalamin 0%	Magnesium 3%

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

ANALYSIS
OF
CALORIES
AND
PROTEIN
IN
NEW
DIET

NDAC MENU DISCREPANCIES (2019)

DISCREPANCY No. 1: BREAKFAST MENU SHOW 1 FRIED EGG (WHICH IS WHAT IS BEING SERVED. HOWEVER, NUTRITIONAL VALUES ARE FOR TWO EGGS TO BE SERVED. THIS REDUCES THE OVERALL MONTHLY CALORIE TOTALS BY 925 CALORIES, AND THE MONTHLY PROTEIN BY 62.65 GRAMS. (SEE BREAKFASTS FOR: WEEK 1 DAYS 2 & 3; WEEK 2 DAYS 5, 6 & 7; WEEK 3 DAYS 2, 3 & 6; AND WEEK 4 DAYS 2 & 5).

DISCREPANCY No. 2: BREAKFAST MENU SHOWS 2 FRIED EGGS (WHICH IS WHAT IS BEING SERVED). HOWEVER, NUTRITIONAL VALUES ARE FOR FOUR EGGS TO BE SERVED. THIS REDUCES THE OVERALL MONTHLY CALORIE TOTALS BY ANOTHER 185 CALORIES, AND MONTHLY PROTEIN BY ANOTHER 12.53 GRAMS. (SEE BREAKFAST FOR: WEEK 1 DAY 7).

DISCREPANCY No. 3: THE MENU SHOWS THAT EACH SLICE OF BREAD IS 129 CALORIES AND HAS 2.27 GRAMS PROTEIN. HOWEVER, A SLICE OF BREAD AVERAGES TO CALORIES AND 2g PROTEIN.^① THERE IS A DIFFERENCE OF 59 CALORIES PER SLICE OF BREAD, OR 118 CALORIES PER DAY. THERE IS ALSO A DIFFERENCE OF .27g OF PROTEIN, OR .54g OF PROTEIN PER DAY. THIS REDUCES THE OVERALL MONTHLY CALORIE TOTALS BY ANOTHER 3,304 CALORIES A MONTH, AND THE MONTHLY PROTEIN LEVELS BY 15.12 GRAMS. (SEE LUNCHES, GENERALLY).

① NOTE: NUTRITIONAL VALUES TAKEN FROM "THE COMPLETE BOOK OF FOOD COUNTS" BY CORRINE T. NETZEL (2012) (NINTH ED.).

DISCREPANCY No. 4: LUNCH MENUS SHOW A 1 CUP SERVING OF CELERY STICKS, BUT INMATES ARE BEING SERVED $\frac{1}{3}$ STALK OF CELERY. THIS AMOUNTS TO ONLY 5 CALORIES INSTEAD OF THE 19 CALORIES SHOWN ON THE MENU. THIS REDUCES THE OVERALL MONTHLY CALORIE TOTALS BY ANOTHER 182 CALORIES. (SEE LUNCHES FOR: WEEK 1 DAYS 1, 4 + 7; WEEK 2 DAYS 1, 2 + 4; WEEK 3 DAYS 1, 2 + 4; WEEK 4 DAYS 1, 2, 4 + 6).

DISCREPANCY No. 5: LUNCH MENUS SHOW A 1 CUP SERVING OF CARROT STICKS. INMATES ARE BEING SERVED $\frac{1}{3}$ OF A CARROT WHICH EQUALS 10 CALORIES INSTEAD OF 50 CALORIES SHOWN ON THE MENU. THIS REDUCES THE OVERALL MONTHLY CALORIE TOTALS BY ANOTHER 440 CALORIES. (SEE LUNCHES FOR: WEEK 1 DAYS 2, 3 + 6; WEEK 2 DAYS 3, 6 + 7; WEEK 3 DAYS 3, 6 + 7; WEEK 4 DAYS 3 + 7).

DISCREPANCY No. 6: THE MENU SHOWS A 5oz. SERVING OF ROAST BEEF WITH NUTRITIONAL VALUES OF 295 CALORIES AND 53.4 GRAMS OF PROTEIN. (SEE DINNER FOR WEEK 1 DAY 1). THE MENU SHOWS A 4oz. SERVING OF ROAST BEEF WITH NUTRITIONAL VALUES OF 187 CALORIES AND 17.25 GRAMS PROTEIN. (SEE LUNCHES FOR DAY 6 OF WEEKS 1 THRU 4). THE FIGURES DO NOT COMPUTE. IF THERE ARE 187 CALORIES IN 4oz. ROAST BEEF, THERE WOULD ONLY BE 46.75 CALORIES PER OUNCE. THEREFORE, 5oz. ROAST BEEF WOULD EQUAL 233.75 CALORIES. IF THERE ARE 17.25g PROTEIN IN 4oz. ROAST BEEF, THERE WOULD BE ONLY 4.31g PROTEIN PER OZ. THEREFORE, 5oz. ROAST BEEF WOULD CONTAIN ONLY 21.56 GRAMS OF PROTEIN.

THIS REDUCES THE OVERALL MONTHLY CALORIES BY ANOTHER 61.25 CALORIES, AND THE MONTHLY PROTEIN BY ANOTHER 31.84 GRAMS.

DISCREPANCY No. 7: THE FOOD SERVICE MANAGER AT LCC HAS DETERMINED THE ROAST BEEF FOR LUNCHES ON DAY 6 OF EACH WEEK IS TOO EXPENSIVE AND HAS BEEN MAKING SUBSTITUTIONS AT WILL TO AVOID THE COST.

DISCREPANCY No. 8: BASED ON INFORMATION AND BELIEF, THE NUTRITIONAL VALUES PROVIDED IN THE MENU FOR LUNCH MEATS, ARE NOT FOR THE LUNCH MEATS BEING SERVED TO THE INMATES (IE., TURKEY SAUSAGE LINKS; LOW SODIUM (1/2) POUND HAM; 1/2 CHICKEN BOLOGNA; 1/2 CHICKEN SALAMI).

CONCLUSION: BASED ON THE FOREGOING ALONE, THESE INMATES AT LCC ARE BEING SERVED 5,097.25 CALORIES LESS THAN THE MENU CALLS FOR. THE INMATES ARE ALSO RECEIVING 132.14 GRAMS PROTEIN LESS THAN WHAT THE MENU CALLS FOR DURING THE 28 DAY MENU CYCLE. THIS REDUCES THE TOTAL CALORIES TO 2907.95 CALORIES PER DAY AND THE PROTEIN TO 106.75 GRAMS PROTEIN PER DAY.

DECLARATION OF NORMAN SHAW

I, NORMAN SHAW, DECLARE AS FOLLOWS:

1. I AM A PETITIONER IN THE CASE OF STOCKMEIER, ET AL. V. AZZAM, CHIEF MEDICAL OFFICER, CASE NO. 10 EN 00023 18.

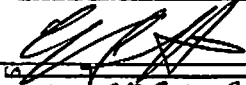
2. I REVIEWED THE MENU PROVIDED TO THE CHIEF MEDICAL OFFICER FROM THE NDOC AS STATED IN AZZAM'S MEMORANDUM DATED MAY 31, 2019 TO THE STATE OF NEVADA BOARD OF PRISON COMMISSIONERS.

3. ATTACHED HERETO IS A DOCUMENT ENTITLED "NDOC MENU DISCREPANCIES (2019)" SHOWING THE DISCREPANCIES I HAVE NOTED THUS FAR TO THE MENU PROVIDED BY THE NDOC, WITHOUT HAVING EXAMINED THE ENTIRE MENU.

4. BASED ON THE NOTED DISCREPANCIES THUS FAR, THE MENU FALLS SHORT OF THE DIETARY GUIDELINES FOR AMERICANS 2015-2020. THE DISCREPANCIES SHOW INMATES ARE RECEIVING 2,407.85 CALORIES AND 106.75 GRAMS PROTEIN PER DAY (AVERAGE).

PURSUANT TO NRS 208.165, I OBLIGATE UNDER PENALTY OF PERJURY THE FOREGOING IS TRUE AND CORRECT, EXCEPT AS TO THOSE MATTERS BASED ON INFORMATION OR BELIEF, AND AS TO THOSE MATTERS, I BELIEVE THEM TO BE TRUE.

DATED: 9/8/2019

 77657
NORMAN SHAW 77657
PETITIONER IN PRO SE.

ANALYSIS
ON
PROTEIN
IN
NEW
NDOC
MEN'S
MENU

ANALYSIS ON PROTEIN:

On week 1, day 1 (w1d1), I discovered the following discrepancies: We are not receiving swiss cheese, as reported, but rather "sandwich flavor slice," which likely contains little or no protein; cajun roast beef reportedly has 53.4 grams of protein in a 5 oz serving - this is internally contradictory to the menu on w1d6 on which 4 oz of roast beef is reported to have 17.25 grams of protein. These two discrepancies reduce the actual daily protein from a reported 129 grams to 89.05 grams, a difference of 31%, or 39.95g. LESS

On w1d2, I fried egg reportedly contains 12.53 grams of protein, whereas 1 hard boiled egg is consistently reported to have 6.29 grams of protein; 2 tbsp of peanut butter reportedly has 20.87 grams of protein - however, according to the nutritional facts on the container of peanut butter sold on commissary, 2 tbsp of peanut butter contains 7 grams of protein (The jelly on commissary contains 0 grams of protein); 1 oz of tortilla strips reportedly contain 7 grams of protein, however 1 oz of Doritos tortilla chips contain 2 grams of protein. These discrepancies reduce

the actual daily protein from 108 grams to 82.89 grams, a difference of 23%, 25.11g. LESS

On wld3, again 1 fried egg is reported to have 12.53 grams of protein; swiss cheese is reported to have 8.1 grams of protein, but we actually received a sandwich flavor slice; tortilla strips reportedly have 7 grams of protein; and swiss cheese is reported served again at dinner. The total reported protein is 118 grams. After correcting these discrepancies, the actual protein is 90.66, a difference of 23%, 27.34g. LESS

On wld4, tortilla strips are again reported to have 7 grams of protein; 5 oz of Bombay chicken reportedly has 33.02 grams of protein, however 5 oz of Premium Chicken Breast sold on commissary contains 26 grams of protein - this does not take into account that the Bombay chicken includes bones. (the Premium Chicken Breast does not); also Bombay chicken reportedly has 256 calories, but Premium Chicken Breast has 120 calories. The total reported protein is 111 grams. The actual protein is 98.98 grams, a difference of 11%, assuming no other errors not articulated herein, - 12.02g. LESS.

On wld 5, again swiss cheese is reported but sandwich flavor slices are served; and again tortilla strips are reported to have 7 grams of protein. Total protein is reported as 112 grams. Correcting these discrepancies reduces the protein to 98.9, a difference of 12%, assuming no other discrepancies not articulated herein, -13.1 g. LESS

On wld 6, 4 oz of roast beef is reported but not served (the new LCC menu does not even reflect roast beef); also, tortilla strips are again reported to have 7 grams of protein. Assuming LCC is providing the nutritional equivalent of 4 oz of roast beef, the only major discrepancy observed regarding protein was the tortilla chips. Thus the total reported protein of 108 grams is actually 103 grams, a difference of 5%, assuming no other discrepancies not articulated herein, -5g. LESS

On wld 7, 2 fried eggs reportedly contain 25.06 grams of protein; again tortilla chips reportedly contain 7 grams of protein. The total daily protein is reportedly 120 grams. Correcting these discrepancies, the protein total is 102.76, a difference of 14%, -17.24 g. LESS

On w2d1, no major discrepancies are immediately apparent.

On w2d2, tortilla strips are again reported to have 7 grams of protein. The total reported protein is 97 grams. The actual protein is 92 grams, a difference of 5%, assuming no other discrepancies not articulated herein, - 5g LESS

On w2d3, again swiss cheese is reported but a sandwich flavor slice is served; enchiladas are reported but burritos is served. Assuming burritos is nutritionally equal to enchiladas, the total daily reported protein is 96 grams. After adjusting for the lack of swiss cheese, the actual protein is 87.9 grams, a difference of 8%, 8.1g LESS

On w2d4, no major discrepancies are immediately apparent. However, the reported serving size of cold cereal is 1 cup, but we have received much less than 1 full cup on several occasions.

On w2d5, 1 fried egg reportedly has 12.53 grams of protein, whereas 1 hard boiled egg reportedly has 6.29 grams

of protein; Swiss cheese is reported but sandwich flavor slices are served; 1 oz of tortilla strips reportedly have 7 grams of protein; 4 oz of roast beef reportedly has 36.82 grams of protein (whereas on wldb, 4 oz of roast beef reportedly has 17.25 grams of protein). The total reported protein is 127 grams. Correcting for these discrepancies the actual protein total is 96.19, a difference of 24%, 30.81 g. LESS

On w2d6, 1 fried egg is reported to have 12.53 grams of protein; roast beef sandwich is reported but generic lunch meat is served; tortilla strips reportedly have 7 grams of protein. Assuming the generic lunch meat is nutritionally equal to roast beef, the total reported protein is 106 grams. Correcting for the fried egg and the tortilla strips, the actual protein is 94.76 grams, a difference of 11%, 11.24 g. LESS

On w2d7, 1 fried egg reportedly has 12.53 grams of protein; 1 tbsb of peanut butter reportedly has 10.45 grams of protein (whereas kette peanut butter reports 7 grams of protein for 2 tbsb), 1 oz tortilla strips reportedly have 7 grams

of protein; and 5 oz of chicken reportedly has 32.795 grams of protein (and the 5 oz includes the weight of bones, which are not edible) - however, 4.5 oz of premium chicken breast contain 26 grams of protein, or 5.78 grams of protein per ounce. The total reported protein is 122 grams. Correcting for these discrepancies, the actual total protein is 100.32, a difference of 18%, 21.68g. LESS

On w3d1, swiss cheese is reported but a sandwich flavor slice is served; 1 oz of tortilla strips reportedly have 7 grams of protein; and 5 oz of beef stroganoff reportedly has 32.38 grams of protein (this seems suspect, but I don't yet have data to compare). Total daily protein is reportedly 123 grams. Correcting for the tortilla strips and swiss cheese, the actual total protein is 109.9 grams, a difference of 11%, 13.1g. LESS.

On w3d2, 1 fried egg reportedly has 12.53 grams of protein; 10 oz tortilla strips reportedly has 7 grams of protein; and 5 oz chicken reportedly has 32.795 grams of protein. The total reported protein is 117 grams. Correcting

for these discrepancies, the actual protein is 101.855 grams, a difference of 13%, 15.14 g. LESS

On w3d3, 1 fried egg is reported to have 12.53 grams of protein; swiss cheese is reported but not served; tortilla strips are reported to have 7 grams of protein; and 3/4 cup best pot pie reportedly has 22.26 grams of protein (this also seems suspect, but I don't yet have data to compare). The daily reported protein is 122 grams. Correcting for the 1 fried egg, tortilla strips, and swiss cheese, the actual total protein is 102.66 grams, a difference of 18%, 19.34 g. LESS 111.31

On w3d4, 1 oz tortilla strips are reported to have 7 grams of protein; 5 oz Creole chicken is reported to have 4.1 grams of protein; and 1 cup summer squash reportedly has 12.38 grams of protein. Clearly the authors of the report on the Nevada Department of corrections menu erred here, and I invite them to correct this error.

In w3d5, swiss cheese is reported but sandwich flavo slices are served. Total daily reported protein is 101 grams. Assuming no other

errors, the actual protein is 92.9 grams,
a difference of 8%, 8.1g, LESS

On w3d6, 1 fried egg reportedly has 12.53 grams of protein; 1 oz of tortilla strips reportedly has 7 grams of protein; and 1 slice pizza reportedly has 12.57 grams of protein (even though pizza contained no meat and almost no cheese - it was essentially a slice of bread with a bit of tomato sauce); and 1 brownie reportedly has 5.3 grams of protein (compare to w2d7 yellow cake, which reportedly has 2.13 grams of protein). With regards to the pizza slice, that slice likely was nutritionally comparable to a hamburger roll, which reportedly has 4.96 grams of protein (see w1d3). Total reported protein is 108 grams. Correcting for these discrepancies as described herein, actual protein is 85.98 grams, a difference of 20%, 22.02g, LESS

On w3d7, 1 tbsb of peanut butter reportedly has 10.45 grams of protein; 1 oz tortilla strips reportedly has 7 grams of protein; and 5 oz of baked fish reportedly has 30.54 grams of protein. However, what we received was a breaded fish patty containing

almost no actual fish. (for this analysis, we'll assume that the patty contained 1 oz of actual fish, and that 1 oz of fish contains 6.169 grams of protein ($30.84 \div 5$). The total reported protein is 105 grams. Correcting for these discrepancies, the actual protein is 68.378 grams, a difference of 35% ^{LESS} 36.62g

I invite the authors of the NDOC menu report to produce the nutritional information from the fish patties being served if they dispute my assumption as described herein.

On W4d1, swiss cheese is reported but sandwich flavor slices are served; and 1 oz tortilla strips reportedly, have 7 grams protein. Total reported protein is 112. Correcting for these discrepancies, the actual total protein is 98.9 grams, a difference of 12% 13.1g LESS

On W4d2, 1 fried egg is reported to have 12.53 grams of protein; 1 oz tortilla strips reportedly, have 7 grams of protein; and chicken reportedly has 33.11 grams of protein. Total reported protein is 120 grams. Correcting for these

discrepancies, actual protein is 104.54 grams,
a difference of 13%, 15.46g. LESS

On w4d3, swiss cheese reported but
sandwich flavor slice served; 1 oz tortilla
strips reportedly have 7 grams of protein;
and 8 oz Salisbury steak reportedly has 36
grams of protein — however, the "Salisbury
steak" served was actually closer to 4 oz.
Total reported protein was 123 grams. Correcting
for these discrepancies, actual total protein
is 93.9 grams, a difference of 24%, 29.1g. LESS

On w4d4, 1 oz tortilla chips reportedly
has 7 grams protein. Total reported protein
is 106 grams. Assuming no other discrepancies,
actual protein is 101 grams, a difference of
about 5%, 5g. LESS.

On w4d5, 1 fried egg reportedly has 12.53
grams of protein; swiss cheese reported but
sandwich flavor slice served. Total reported
protein is 101 grams. Correcting for these
discrepancies, actual protein is 86.66, a
difference of 14%, 14.34g. LESS

///

On w4d6, roast beef reported but not served; brownie reportedly possesses 57 grams of protein (compare to yellow cake at 2.13 grams); 1 oz tortilla chips reportedly contains 7 grams protein. Correcting for the tortilla chips and brownies total actual protein is 96.83 grams; reported total is 105 grams. This is a difference of 8%, 8.17g. LESS

On w4d7, 1 tbsp peanut butter reportedly has 10.45 grams of protein; 1 oz tortilla strips reportedly have 7 grams of protein. Total reported protein is 110 grams. Correcting for these discrepancies, the actual protein is 98.05, a difference of 11%, 11.95g. LESS

TOTALS: Monthly protein received is actually 428.03 g. LESS than the 3111 g. reported by the Menu totals.

The daily average is actually 95.82 g., far LESS than the 111 g. reported on the menu totals.

The daily average of 95.82 g. is some 29.18 g. LESS than the Goal of 125 g. per day.

DAILY LOGS
OF
ROBERT STOCKMEIER
ON PORTIONS/ITEMS
SERVED ON NEW
MENU AT LCC
BETWEEN AUGUST 3-30,
2019 (FIRST CYCLE)

Cycle Log - Keeping track of items served, and does not address portion sizes or values, unless so clearly a miss as to warrant comment. *total fiber*

8/3/19

Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

✓ = served
X = not served
--- (Strike through) = substituted

WEEK 1, DAY 1

Recipe #	Armed	WEEK 1, DAY 1	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protm (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
		INDOC Men's Main Breakfast	Total															
		Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	1 cup / each	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00	
903072		Pancakes (2) French Toast (2) or Waffles (3) <i>smaller than before</i>	2 Each	253	53	512	0	207.0	0	0	0	0	7.0	41.0	6.00	0.00	0.00	
903056		Turkey Sausage Link <i>(new kind) smaller</i>	2 Each	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0.00	
		Syrup - Pancake	2 Oz	38	0	45	6.40	0	0	0	0	8	0	8.96	0	0	0.00	
		Butter (Unsalted); Individual	1 Tsp or Each	38	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00	
903079		Milk, Dry, NonFat or Fresh Milk	16 oz	180	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0.00	
		Weighted Daily Average		707	124	1168	7	1	788	1129	4	47	33	96	37	4	0	

Recipe #	Armed	WEEK 1, DAY 1	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protm (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
		INDOC Men's Main Lunch	Total															
902989	X	1/4 M Poultry Ham US	4 oz	223	51	324	0.00	2.19	121.5	0	0	2	14.17	4.05	16.20	5.06	0.00	
903086	X	Sauces <i>Bel-Ham Bites</i>	1 oz	81	15	66	0.00	0.00	253.1	304	0.0	0	8.10	0.00	6.08	3.54	0.00	
		White or Wheat Bread (NINCC)	2 Each	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0.00	
903053	X	PC Mayonnaise, Low Cal 12 gm	1 Each	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0.00	
000223	X	PC Mustard 5 gm	1 Each	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00	
903057	X	PC Peanut Butter Or Cup	.5 oz	86	0	66	1.00	0.36	0.0	0	0.0	0	3.00	3.00	6.00	1.00	0.00	
000267	X	Celery Stick	1 Cup	19	0	96	1.92	0.24	0.5	539	3.72	2	0.83	3.56	0.20	0.05	0.00	
903088	X	Sugar-Cookie <i>cake</i>	1 Each	92	0	92	0	0.60	16.9	0	0	8	0.83	17.5	1.67	0.83	0.00	
		Weighted Daily Average		787	66	819	4	5	408	849	5	13	32	62	44	12	0	

Recipe #	Armed	WEEK 1, DAY 1	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protm (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
		Men's Main Menu Dinner	Total															
130470	X	Tossed Green Salad <i>(lettuce only)</i>	1 Cup	7	0	7	0.50	0.23	9.8	1144	2.0	1	0.43	1.2	0.06	0.01	0.00	
130211	X	Basil Dressing Low Calorie	1 oz	21	0	1	0.05	0.03	3.3	8	0.08	4	0.03	4.24	0.0	0.00	0.00	
121930	X	Cajun Roast Beef	5 oz	285	141	128	0.37	5.68	37.9	160	0.5	0	53.4	1.12	8.7	3.39	0.41	
150160	X	Brown Gravy	1/4 cup	70	3	253	0.17	0.29	1.0	0	0.00	0	0.82	4.95	5.2	1.83	0.00	
170330	X	Parsley Buttered Potatoes	4 Pieces	155	10	17	3.37	1.36	26.4	218	32.88	1	3.33	27.85	3.63	2.33	0.00	
170411	X	Peas with Carrots Frozen	1/2 Cup	82	0	94	5.38	1.34	35.8	10741	7.84	2	3.77	13.55	1.74	0.55	0.02	
		Dinner Rolls (NINCC)	1 Roll	110	0	33	0.53	0.76	4.3	0	0.59	1	1.86	13.28	5.17	0.84	3.66	
000245	X	Fresh or Canned Fruit	1 Cup / Each	74	0	1	2.89	0.25	16.9	175	17.8	14	0.9	19.1	0.3	0.06	0.00	
		Butter (Unsalted); Individual	1 Tbls	100	30	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00	
		Weighted Daily Average		914	184	594	33	30	135	12446	62	23	65	85	25	9	0	

Daily Total 2408 374 2521 25 16 1330 14424 71 83 129 243 87 25 4

Recipes starting with (9) are packaged nutritional information not a recipe
Recipes starting with (000) are nutritional specs based on USDA standard

ALL BUTTER IS ACTUALLY MARGARINE = MUST ADD TRANS-FATS, ALTER OTHER VALUES & IBBLS = BUTTER MARG

CAL - 100
CHOLEST - 30 mg
FAT - 11.4, 0.0

Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

8/4/19

WEEK 1, DAY 2	WEEK 1, DAY 2	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
		WEEK 1, DAY 2															
		NDOC Men's Main Breakfast															
903062	903062	Cereal - Hot Fatina	101	0	0	0.92	0.99	0.6	0	0	0	2.75	21.88	0	0	0	0
902989	902989	L/M Poultry Ham	112	26	162	0.00	1.10	60.8	0	0	0	7.08	2.03	8.10	2.53	0	0
950076	F 007 00	Egg, Fried	185	371	142	0	1.75	55.9	539	0	0	12.53	0.72	14.03	3.77	3.76	0
903059	903059	Cheese, American Prochee	50	13	130	0	0	80.5	0	0	0	0	1.00	4.50	2.50	0	0
040010	0 001 00	Baking Powder Biscuit	150	2	178	2.58	1.28	24.9	5	0.06	1	4	23.7	4.54	1.33	0.47	0
902986	902986	Fresh or Canned Fruit (Pear, Pear, Pineapple, Apple Sliced)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00	0.00
903079	903079	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	4.08	2.52	0.00	0.00	0
		Milk, Dry, NonFat or Fresh Milk	180	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0.00	0
		Weighted Daily Average	803	443	901	4	4	744	1873	4	41	42	70	35	13	4	4

1 egg
1 fried egg
1 corn

US? salty
Prochee
Apple Sliced

WEEK 1, DAY 2	WEEK 1, DAY 2	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
		WEEK 1, DAY 2															
		NDOC Men's Main Lunch															
140140	N 014 0	Peanut Butter 2 tbsp & Jelly 1 tbsp w/o Bnd	545	0	6	8.00	1.91	53.4	1	0.2	12	20.87	31.33	41.70	0.00	0	0
000370	000370	White or Wheat Bread (NINCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.68	0	0
000022	000022	Egg, Hard Boiled	78	187	62	0.00	0.60	25.0	280	0.0	1	6.29	0.58	5.31	1.63	0	0
903089	903089	Carrot Slicks	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.89	0.29	0.05	0.00	0
		Weighted Daily Average	931	187	232	13	5	129	20642	9	20	33	76	59	3	0	0

Prochee

Week 1 Day 2	Week 1 Day 2	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
		WEEK 1, DAY 2															
		NDOC Men's Main Dinner															
130090	M 009 00	Cole Slaw with Vinegar Dressing	95	0	25	2.95	0.57	50.8	116	43.16	20	1.5	22.98	0.12	0.04	0	0
120432	L 043 02	Turkey Fajitas	148	83	150	0.87	1.48	24.4	153	20.46	2	25.73	4.7	3.08	0.84	0	0
130620	M 062 00	Mexican Potato Salad	389	0	54	2.88	0.84	27.6	238	21.83	2	2.31	17.38	34.21	4.89	27.84	0
150071	O 007 01	Salsa	6	0	38	0.28	0.19	6.0	170	2.37	0	0.22	1.32	0.07	0.01	0.00	0.00
902959	902959	Corn White Tortillas 6"	100	0	10	2.00	0.72	20.0	0	0.0	0	2.0	22.0	1.0	0.00	0.00	0
100080	J 008 00	Peach-Crisp	150	0	118	1.21	0.54	13.9	277	0.87	21	1.94	32.01	1.7	0.49	0	0
		Weighted Daily Average	885	93	395	10	4	143	954	89	45	34	100	40	6	28	6

Apple Sliced

Daily 2630 723 1528 27 13 1016 23269 102 106 108 247 134 22 32

Recipes starting with (9) are packaged nutritional information not a recipe
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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

8/5/19

WEEK 1 DAY 3

Item	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
NDOC Men's Main Breakfast															
903064	Cereal - Hot Quick Oats	181	0	9	4.03	2.72	208.7	0	0	0	6.05	31.25	3.53	0.50	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.0	0.00
060070	Egg, Fried	185	371	142	0	1.75	55.9	538	0	0	12.53	0.72	14.03	3.77	3.76
903072	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0
902952	Potatoes Wedges - Tds	128	0	35	0	0.84	0	0	0	0	2.33	22.17	2.92	0.00	0.00
903079	Milk Dry, NonFat or Fresh Milk	180	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0.00
Weighted Daily Average		874	431	796	5	6	848	1543	4	39	47	100	27	6	4

Item	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
NDOC Men's Main Lunch															
902991	Salmon Fillet	223	51	324	0	2.19	121.5	0	0	0	2	14.17	16.20	5.06	0
903086	Swiss Cheese - White Cheddar Processed	81	15	66	0.00	0.00	253.1	304	0.0	0.0	8.10	0.00	6.08	3.54	0
00023	White or Wheat Bread (NNCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
903053	PC-Mustard's gnr	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
903053	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
000370	Egg, Hard Boiled	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	0
000022	Garrot-oners Celery	90	0	94	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
903089	Chips-Tortilla Stuffed Pretzels	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
Weighted Daily Average		868	253	828	7	5	474	20951	9	10	41	68	48	13	0

Item	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Week 1 - Day 3															
Men's Main Menu Dinner															
140127	Deluxe Cheeseburger - Beef 5 oz	285	46	742	2.80	1.81	307	698	5.77	3	19.10	8.40	17.72	8.12	0
130401	Hamburger Rolls (NNCC)	283	0	87	1.43	2.04	11.4	0	1.57	2	4.98	35.42	13.8	2.25	9.77
171010	Deviled Potato Salad	238	33	238	2.53	2.99	39.4	302	12.27	3	3.48	15.22	15.71	2.93	9.32
000223	Green Beans: Frozen	41	0	17	4.27	1.26	73.8	803	5.88	0	2.16	9.29	0.2	0.08	0
000223	Mustard: Individual PC	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
000222	Ketchup: Individual	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		849	79	1221	11	8	436	1855	26	10	30	71	48	13	19

Daily Totals 2581 763 2843 23 20 1755 24349 39 59 118 239 123 32 23

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

WEEK 1 DAY 4

8/16/19

WEEK 1, DAY 4	Portion	Cals (kcal)	Cholst (mg)	Sodim (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
000002	Total	157	0	229	1.8	5.15	43.2	2655	9.18	14	2.52	34.56	0.38	0	0
000245	1 Cup / each	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
000370	2 Each	155	373	124	0.00	1.19	50.0	520	0.0	1	12.56	1.12	10.61	3.27	0
060295	1 Piece	279	31	209	2.27	1.01	96	67	0.06	13	4.03	31.30	15.6	2.74	0
903079	1 Each	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00
	16 oz	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	887	435	853	5	7	712	4371	14	67	37	110	31	8	0

WEEK 1, DAY 4	Portion	Cals (kcal)	Cholst (mg)	Sodim (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903050	Total	263	111	283	0	2.19	121.5	202	2.43	2	16.20	4.05	20.3	6.07	0
903059	4 oz	50	13	130	0	0	80.5	0	0	0	0	1.0	4.5	2.50	0
	1 Slice	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	2 Each	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.28	0.17	0.01	0.00
903053	1 Each	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
903057	.5 oz	86	0	66	1.00	0.36	0.0	0	0.0	0	3.00	3.00	6.00	1.00	0
000267	1 Cup	19	0	86	1.82	0.24	48.0	539	3.7	2	0.83	3.56	0.20	0.05	0
903089	1 Each	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	844	124	865	6	5	284	747	8	5	32	63	51	13	0

Week 1 - Day 4	Portion	Cals (kcal)	Cholst (mg)	Sodim (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
121770	Total	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
050050	1 cup / each	256	90	173	0.43	1.01	7.3	8	4.78	30	33.02	31.0	2.04	0.01	0
170250	5 oz	193	0	8	0.67	2.22	18.6	0	0	0	3.67	41.10	0.91	0.17	0.47
	1 Cup	115	0	116	3.76	0.6	54.7	5983	40.44	4	2.02	11.6	7.12	1.90	1.83
	1 Cup	110	0	33	0.53	0.78	4.3	0	0.59	1	1.88	13.28	5.17	0.84	3.66
	1 Roll	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	4.06	2.52	0.00	0.00
	1 tsp or Each	790	101	336	6	5	86	6120	48	50	42	115	19	5	6
	Weighted Daily Average														

Daily Total 2531 660 2054 18 17 1081 11238 69 122 111 288 101 27 6

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Nevada Department of Corrections
 Base Menu Spreadsheet Men's Main Menu Dinner
 Portion Values - Detailed

8/7/19

WEEK 1, DAY 5

WEEK 1, DAY 5	Portion	Cals (kcal)	Cholst (mg)	Sodim (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
NDOC Men's Main Breakfast	Total															
903062	Cereal - Hot Faina	134	0	1	1.22	1.32	0.8	0	0	0	3.67	28.32	0	0	0	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices) <i>SO TRY</i>	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.0	0.00	0.00
060102	Scrambled Eggs and Turkey Ham	198	349	135	0	1.83	50.8	480	0	0	13.95	1.28	14.45	3.80	3.73	0
170460	Hashed brown Potatoes	265	3	270	2.68	0.88	15.8	0	24.33	0	3.15	34.91	12.60	3.48	0	0
903079	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0.00	0
	Weighted Daily Average	887	372	686	5	4	589	1494	29	39	38	108	27	7	4	4

WEEK 1, DAY 5	Portion	Cals (kcal)	Cholst (mg)	Sodim (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
NDOC Men's Main Lunch	Total															
903051	LMA-Oktober-Salmon-EG <i>fish in</i>	243	101	283	0	2.19	121.5	202	2.4	2	12.2	6.1	18.2	5.06	0	0
903086	White or Wheat Bread (NNCC)	81	15	66	0.00	0.00	253.1	304	0.0	0	8.10	0.00	6.08	3.54	0	0
000223	PC Mustard 5 gm	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0	0
903053	Egg, Hard Boiled	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00	0.00
000370	Eggs, Poached <i>Striped Pretzel</i>	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0	0
903089		78	187	62	0.00	0.60	25.0	260	0.0	1	6.28	0.56	5.31	1.63	0	0
	Weighted Daily Average	149	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00	0.00
		828	303	701	4	5	433	772	4	4	38	58	50	13	13	4

Week 1 - Day 5	Portion	Cals (kcal)	Cholst (mg)	Sodim (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
Men's Main Menu Dinner	Total															
M 047 00	Tossed Green Salad <i>(lettuce only)</i>	6	0	7	0.50	0.23	9.8	1144	2.01	1	0.43	1.2	0.08	0.01	0.00	0.00
M 064 00	Dressing, Creamy-Herbs-Ranch	96	0	67	.35/2	0.25	8.2	18	0.17	0	0.08	0.46	10.62	1.48	0	0
L 025 00	Lasagna (Turkey)	382	131	528	2.71	11.37	134.6	862	11.48	9	27.13	33.58	15.34	6.85	0.05	0.00
Q 026 00	Green Beans: Herbent Plain	64	0	340	5.27	1.03	61.0	383	2.53	4	2.68	10.35	1.40	0.24	0.00	0.00
D 007 00	Toasted Garlic Bread	101	5	152	1.24	0.23	14.3	244	0.0	1	2.5	14.6	3.71	1.13	0	0
J 001 01	Apple Pie <i>Cake w/ Berries</i>	256	4	184	0.82	0.92	12.2	190	1.42	11	2.11	41.94	9.62	2.68	0	0
	Weighted Daily Average	805	140	1278	11	14	240	2841	18	28	35	102	41	12	12	0

Daily Total 2600 815 2675 19 23 1262 5107 50 69 112 269 118 33 4

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

WEEK 1 DAY 6

8/5/19

WEEK 1 DAY 6	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
NDOC Men's Main Breakfast	Total	157	0	229	1.8	5.15	43.2	2855	9.18	14	2.52	34.56	0.36	0	0
Cereal - Cold	1 Cup	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	1 cup / each	155	373	124	0.00	1.19	50.0	520	0.0	1	12.58	1.12	10.61	3.27	0
Egg, Hard Boiled	2 Each	283	29	208	1.34	1.52	127.6	43	0.08	13	4.2	31.28	15.23	2.32	0
Muffin, Oatmeal w/o Raisin	1 Each	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.08	2.52	0.00
Butter (unsalted): Individual	1 tsp or Each	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0.00
Milk, Dry, Non-Fat or Fresh Milk	16 oz	801	433	852	4	8	743	4347	14	67	37	110	30	8	0
Weighted Daily Average															

WEEK 1, DAY 6	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
NDOC Men's Main Lunch	Total	187	52	41	0	2.03	15	0	0	0	17.25	0.0	12.76	5.10	0
Roast Beef Sandwich	4 oz	256	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
White or Wheat Bread (NWCC)	2 Each	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
PC Mustard 5 gm	1 Each	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
PG-Mayonnaise, Low-Fat 12 gm	1 Each	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	0
Egg, Hard Boiled	1 Each	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
General Slices Onion Pretzels	1 Cup	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
Crust: Tortilla Chips - 1oz	1 Each	741	239	477	7	5	114	20847	9	8	38	64	39	10	0
Weighted Daily Average															

Week 1 - Day 6	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
NDOC Men's Main Dinner	Total	6	0	7	0.50	0.23	9.8	1144	2.01	1	0.43	1.2	0.06	0.01	0.00
Tossed Green Salad	1 Cup	42	5	31	0.00	0.00	17.6	25	0.0	1	0.53	2.99	3.19	0.75	0
Dressing, Ranch Buttermilk	.04 oz	489	86.35	282.42	6.74	14.81	369.03	1115.64	10.76	2.87	25	38.93	24.48	10.32	0
Burritos Meat & Beans (LCC) Turkey Only	1 each	254	0	12	1.08	0.84	28.2	130	3.47	1	4.05	43.13	6.47	0.97	0
Mexican Rice	1 Cup	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	1 cup / each	148	7	87	1.46	0.88	23.7	10	0.1	9	2.77	20.81	5.80	1.46	0
Oatmeal Cookie	1 Each	1000	108	424	11	17	448	2426	18	30	34	126	40	14	0
Weighted Daily Average															

Daily Total

2642 780 1753 22 30 1305 27422 41 105 108 300 109 31 0

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60

Nevada Department of Corrections

WEEK 1 DAY 7

8/19/19

WEEK 1 DAY 7	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcem (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
NDOC Men's Main Breakfast															
060070	Total	370	742	284	0	3.5	111.8	1078	0	0	25.05	1.45	28.06	7.54	7.52
903072	2 Each Egg, Fried	55	20	160	0	0.54	30.0	0	0	0	4.0	1.5	3.5	0.75	0
902952	1 Each Turkey Sausage Link	128	0	35	0	0.84	0	0	0	0	2.33	22.17	2.92	0.00	0.00
150170	3.5 Oz Potatoes (Very Firm)	114	2	42	0.2	0.38	86.4	2	0.38	4	3.16	9.28	6.92	1.88	0
040010	1/2 Cup Gravy, Cream	150	2	176	2.58	1.28	24.9	5	0.06	1	4	23.7	4.54	1.33	0.47
903079	1 Biscuit	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	16 oz Milk, Dry, Nonfat or Fresh Milk	1007	768	882	3	7	776	2085	3	29	56	63	46	12	8
	Weighted Daily Average														

WEEK 1, DAY 7	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcem (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
NDOC Men's Main Lunch															
903050	Total	263	111	283	0	2.19	121.5	202	2.43	2	16.2	4.1	20.3	6.07	0
903059	4 oz L.A. Chicken, Bologna L/S	50	13	130	0	0	80.5	0	0	0	0	1.00	4.50	2.50	0
903053	1 Each Cheese, American Reduced Sodium	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	1 Each White or Wheat Bread (NINCC)	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
000267	1 Each PC Mayonnaise, Low Cal 12 gm	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
903089	1 Each PC Mustard 5 gm	19	0	96	1.92	0.24	48.0	539	3.72	2	0.83	3.56	0.2	0.05	0.00
	1 Each Celery Sticks	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	1 Each Chips: Tortilla Shrimp	758	124	788	5	5	284	746	8	5	29	80	45	12	0
	Weighted Daily Average														

Week 1 - Day 7	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcem (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
NDOC Men's Main Dinner															
130050	Total	165	6	286	3.88	1.00	71.0	17521	9.73	7	2.45	30.80	4.79	0.75	0
121190	1 Cup Carnois Salad	116	63	408	0.15	0.40	24.7	252	0.97	0	16.71	0.46	4.8	0.81	0.70
050080	4 oz Baked Fish	268	7	77	2.68	0.81	15.0	58	2.90	2	6.7	48.06	6.30	1.82	0
130130	1 Cup Rice Plat?	73	0	86	0.08	0.09	1.3	79	0.72	1.5	0.0	1.79	7.50	1.04	0
170102	1 Tbsp Sauce: Tartar	117	44	117	5.31	1.29	57.6	179	56.78	3	5.3	13.44	5.52	2.76	0
040140	1 Cup Cauliflower Poniolaie	216	20	23	1.21	1.73	28.6	121	0.1	3	4.44	31.34	7.82	1.31	0
	1 Piece Corn Bread 3X3 SQ	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00
	1 tsp or Each Butter (Unsalted): Individual	981	151	1078	13	5	201	18335	71	17	38	124	41	11	1
	Weighted Daily Average														

Daily Total 2756 1061 2859 22 17 1260 21166 82 51 120 267 132 34 9

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903050	4 oz L/M Chicken, Bologna L/S	263	14	283	0	2.19	121.5	202	2.43	2	16.2	4.1	20.3	6.07	0
903059	1 Each Cheese, American Reduced Sodium	50	13	130	0	0	80.5	0	0	0	0	1.00	4.50	2.50	0
903053	2 Each White or Wheat Bread (NINCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	1 Each PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
000267	1 Each PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
903089	1 Cup Celery Sticks	19	0	96	1.92	0.24	48.0	539	3.72	2	0.83	3.56	0.2	0.05	0.00
	1 Each Chips: Tortilla Shrimp 1 oz	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00

Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

WEEK 2 DAY 1

8/10/19

WEEK 2, DAY 1	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
903064	NDOC Men's Main Breakfast															
00045	Cereal - Hot Quick Oats	181	0	9	4.03	2.72	208.7	0	0	0	6.05	31.25	3.53	0.50	0	0
903071	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00	0.00
903072	Pancakes (2), French Toast (2) or Waffles (3)	253	53	512	0	0	207.0	0	0	0	7.0	41.0	6.00	0.00	0.00	0
903056	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0	0
903079	Syrup - Pancake	38	0	45	6.40	0	0	0	0	8	0	8.86	0	0	0	0
	Butter (unsalted); Individual	38	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	0.0	4.08	2.52	0.00
	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0.00	0
	Weighted Daily Average	888	124	1177	11	4	988	1129	4	47	39	127	21	5	0	0

WEEK 2, DAY 1	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
902989	NDOC Men's Main Lunch															
903053	L/M Poultry Ham L/S	223	51	324	0.00	2.19	121.5	0	0	2	14.17	4.05	16.20	5.06	0	0
000223	White or Wheat Bread (NWCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0	0
903057	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0	0
000267	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00	0.00
903088	PC Peanut Butter Or Cup	86	66	66	1.00	0.36	0.0	0	0.0	0	3.00	3.00	6.00	1.00	0	0
	Celery Sticks	19	0	88	1.92	0.24	0.5	539	3.72	2	0.83	3.56	0.20	0.05	0	0
	Sugar Cookies (Tiny)	92	0	92	0	0.60	18.9	0	0	8	0.83	17.5	1.67	0.83	0	0
	Weighted Daily Average	706	51	753	4	5	153	545	5	13	24	62	38	9	0	0

Week 2 - Day 1	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
M 047 00	Men's Main Menu Dinner															
M 064 00	Tossed Green Salad	7	0	7	0.50	0.23	9.8	1144	2.0	1	0.43	1.2	0.08	0.01	0.00	0.00
902983	Dressing, Oregano/Tarragon Blue Cheese/Dress	192	0	133	0.35	0.49	16.3	36	0.33	0	0.15	0.91	21.24	2.95	0	0
L 038 01	Spaghetti <i>Novelty</i>	400	0	38	4.00	5.40	48.4	0	0	2	14.0	82.0	1.0	0.00	0.00	0.00
Q 126 00	Spaghetti w/Meat Sauce (Turkey)	220	64	310	3.18	13.79	93	1655	25.08	8	14.78	19.09	9.66	2.58	0	0
D 007 00	Mixed Vegetables (Frozen)	118	0	81	6.53	1.55	44.2	8292	16.98	0	5.44	22.0	0.85	0.16	0.00	0.00
902986	Toasted Garlic Bread	101	5	152	1.24	0.23	14.3	244	0.01	0	2.54	14.60	3.71	1.13	0	0
	Fresh or Canned Fruit	74	0	1	2.99	0.25	16.9	175	17.8	14	0.9	19.1	0.3	0.08	0.00	0.00
	Weighted Daily Average	1112	69	722	19	22	243	11546	62	25	38	159	37	7	0	0

Daily Total

2706 244 2652 35 31 1393 13220 72 85 101 348 96 20 0

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

WEEK 2 DAY 2

8/11

WEEK 2, DAY 2	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
000002	NDOC Men's Main Breakfast															
000245	Cereal - Cold	157	0	229	1.8	5.15	43.2	2655	9.18	14	2.52	34.58	0.36	0	0	0
000370	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00	0.00
040370	Egg, Hard Boiled	155	373	124	0.00	1.19	50.0	520	0.0	1	12.58	1.12	10.81	3.27	0	0
903079	Quick Coffee Cake	216	21	242	0.07	1.29	26.7	173	0.08	19	3.83	39.43	5.1	1.26	0	0
	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00	0.00
	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0	0
	Weighted Daily Average	834	425	886	3	8	642	4477	14	73	37	118	20	7	0	0

WEEK 2, DAY 2	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
903050	NDOC Men's Main Lunch															
903059	L/M Chicken, Bologna LS	263	111	283	0	2.19	121.5	202	2.43	2	16.2	4.1	20.3	6.07	0	0
903053	Cheese, American Reduced Sodium <i>ACC 2.5 oz</i>	50	13	130	0	0	80.5	0	0	0	0	1.0	4.5	2.50	0	0
000223	White or Wheat Bread (NNCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0	0
903057	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0	0
000267	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.28	0.17	0.01	0.00	0.00
903089	PC Peanut Butter Of Cup	86	0	66	1.00	0.36	0.0	0	0.0	0	3.00	3.00	6.00	1.00	0	0
	Cheese Sticks <i>ON 1.5 oz</i>	19	0	96	1.92	0.24	48.0	539	3.72	2	0.83	3.56	0.2	0.05	0.00	0.00
	Chips: Tortilla Strips 1 oz	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00	0.00
	Weighted Daily Average	844	124	865	6	5	284	746	8	5	32	63	51	13	0	0

Week 2 - Day 2 EXTRA TAY MEAL	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
M 047 00	NDOC Men's Main Dinner															
M 066 00	Tossed Green Salad	6	0	7	0.50	0.23	9.8	1144	2.01	1	0.43	1.2	0.08	0.01	0.00	0.00
L 147 01	<i>No way</i> Coleslaw Dressing <i>NO WAY</i>	17	0	88	0.27	0.17	3.4	97	2.55	2	0.34	3.84	0.1	0.02	0	0
050041	Chicken A La King	186	60	119	0.7	1.13	27.6	208	4.83	1	13.21	12.09	10.30	2.79	0	0
000433	Egg Noodle Wide 1/2" <i>TAY</i>	205	54	30	1.78	0.32	187.6	0	0	1	8.03	38.37	1.78	0.45	0.00	0.00
	<i>MIXED</i> Vegetables <i>NO WAY</i>	59	0	32	4.00	0.75	22.8	3882	2.91	3	2.6	11.91	0.14	0.03	0.00	0.00
	Dinner Rolls (NNCC)	110	0	33	0.53	0.76	4.3	0	0.59	1	1.86	13.28	5.17	0.84	3.68	0.00
J 001 01	Butter (Unsalted): Individual	35	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00	0.00
	Apple Crisp <i>CHOC. CAKE</i>	258	4	184	0.82	0.82	12.2	190	1.42	11	2.11	41.94	9.62	2.88	0	0
	Weighted Daily Average	885	129	494	9	4	269	5657	14	20	29	123	31	8	4	4

Daily Total

2563 678 2245 19 17 1195 10880 36 98 97 304 103 29 4

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

8/12/19

WEEK 2, DAY 3

WEEK 2, DAY 3	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
000002	Cereal - Cold	157	0	229	1.8	5.15	43.2	2855	8.18	14	2.52	34.58	0.98	0	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
060120	Breakfast Burrito	259	146	261	1.23	1.97	213.8	411	1.4	0	15.55	23.93	11.50	5.32	0
902952	Taco Sauce <i>Salsa + Cheese</i>	5	0	95	0.00	0.00	0.0	0	0.00	0	0.00	1.00	0.00	0.00	0.00
903079	Potatoes Wedge (Simple) <i>Really?</i>	110	0	30	0.00	0.72	0.0	0	0.00	0	2.00	19.00	2.50	0.00	0
	Milk, Dry, NonFat or Fresh Milk <i>1.5 FRESH</i>	180	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average <i>0.17 1.101</i>	801	186	905	4	8	778	4070	15	53	38	121	14	5	0

WEEK 2, DAY 3	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
902991	LAABouligny Cajun US-w/lettuce <i>1.5 1/2 cup</i>	223	51	324	0	2.19	121.5	0	0	2	14.17	4.05	16.20	5.08	0
903086	Swiss Cheese Low Sodium <i>1.5 1/2 cup</i>	81	15	66	0.00	0.00	253.1	304	0.0	0	8.10	0.00	6.08	3.54	0
	White or Wheat Bread (NCCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.18	0.29	0.17	0.01	0.00
903053	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
000370	Egg, Hard Boiled	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	0
000022	Carrot Sticks <i>1 each</i>	50	0	84	3.42	0.37	40.3	23081	7.2	6	1.16	11.69	0.29	0.05	0
080070	Oatmeal Cookies	149	7	88	1.46	0.88	23.7	10	0.1	9	2.775	20.81	5.81	1.46	1.455
	Weighted Daily Average	867	260	799	6	8	477	23661	9	19	37	71	48	14	1

Week 2 - Day 3	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 009 00	Cole Slaw with Vinegar Dressing	95	0	25	2.95	0.57	50.8	116	43.16	20	1.5	22.98	0.12	0.04	0
L 034 00	Enchilada's (NCCC) <i>meat sauce</i>	240	36	470	2.05	2.4	168.6	999	1.55	1	14.48	25.53	9.14	4.48	0
903084	Mexican Potato Salad	266	0	36	1.97	0.61	18.4	158	14.6	1	1.54	11.58	22.81	3.26	0
Q 038 01	Refried Beans (Canned Beans)	5	0	95	0.00	0.00	0.0	0	0.00	0	0.00	1.00	0.00	0.00	0
O 007 01	Calico Corn	78	3	28	2.16	0.47	2.6	213	5.04	0	2.65	17.09	1.19	0.28	0.00
E 011 00	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices) <i>METAL CAN FLAVOR</i>	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
	Weighted Daily Average	764	39	659	10	4	240	1480	66	37	21	98	33	8	0

Daily Total 2432 465 2363 21 18 1496 29221 90 109 96 288 96 27 1

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

WEEK 2 DAY 4

8/13

WEEK 2, DAY 4	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
000002	Cereal - Cold	157	0	229	1.8	5.15	43.2	2655	9.18	14	2.52	34.56	0.36	0	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
000370	Egg, Hard Boiled	155	373	124	0.00	1.19	50.0	520	0.0	1	12.56	1.12	10.61	3.27	0
040299	Muffin, Oatmeal w/o Raisin	283	29	208	1.34	1.52	127.6	43	0.06	13	4.2	31.28	15.23	2.32	0
903079	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.08	2.52	0.00
	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	901	433	852	4	8	743	4347	14	67	37	110	30	8	0

WEEK 2, DAY 4	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903050	LM Chicken, Bologna LS <i>Protein powder</i>	263	111	283	0	2.19	121.5	202	2.43	2	16.20	4.05	20.3	6.07	0
903059	Cheese, American Reduce Sodium <i>only</i>	50	13	130	0	0	80.5	0	0	0	0	1.0	4.5	2.50	0
	White or Wheat Bread (NCCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
903053	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
903057	PC Peanut Butter <i>Or-Cup</i> <i>Nut</i>	86	0	66	1.00	0.36	0.0	0	0.0	0	3.00	3.00	6.00	1.00	0
000267	Celery Sticks <i>Cant</i> <i>stick</i>	19	0	96	1.92	0.24	48.0	539	3.7	2	0.83	3.56	0.20	0.05	0
903089	Chips <i>Fortified</i> <i>Sticks</i> <i>4</i> <i>table</i>	140	0	115	2.00	0.38	20.0	0	0.00	0	7.00	16.00	6.0	1.00	0.00
	Weighted Daily Average	844	124	865	6	5	284	747	8	5	32	63	51	13	0

Week 2 - Day 4	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
L 028 03	Chili Con Carne (Turkey)	171	28	89.5	6.705	7.955	55.15	693.5	6.07	1.5	11.96	20.85	4.88	1.22	0
903084	Frankfurter on a Roll (Chicken)	195	107	244	0.00	1.40	155.9	195	2.34	2	11.7	3.9	23.39	3.90	0.00
	Cheese, Cheddar Shredded	100	30	160	0	0	200	400	0	0	6.00	1.00	9.00	6	0
902952	Hot Dog Buns (NCCC)	293	0	87	1.43	2.04	11.4	0	1.57	2	5.0	35.4	13.78	2.25	9.77
000223	Potato Wedges (Simple) or French Fries	147	0	40	0.00	0.96	0.0	0	0.00	0	2.67	25.33	3.30	0.00	0
000222	Mustard: Individual PC	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	Ketchup: Individual	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
	Weighted Daily Average	998	165	783	9	12	427	1345	12	23	39	107	55	13	10

Day Total 2743 722 2500 20 25 1454 6438 34 95 108 280 136 34 10

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Nevada Department of Corrections
 Base Menu Spreadsheet Men's Main Menu Dinner
 Portion Values - Detailed

WEEK 2 DAY 5

8/11/19

WEEK 2, DAY 5	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903063	Cereal Hot - White Corn Grits	103	0	6	1.29	0.69	4.5	0	0	0	2.57	18.83	0.32	0	0
060070	Egg, Fried	185	371	142	0	1.75	55.9	538	0	0	12.53	0.72	14.03	3.77	0.00
903072	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0
902952	Potatoe Wedge <i>10</i>	128	0	35	0	0.84	0	0	0	0	2.33	22.17	2.92	0.00	0.00
903079	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	718	431	788	1	4	642	1539	2	24	42	71	24	5	0

WEEK 2, DAY 5	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903051	<i>1 AM Chicken Sausage - PASTA</i>	243	101	283	0	2.19	121.5	202	2.4	2	12.2	6.1	18.2	5.08	0
903086	<i>Swiss Cheese - LF</i>	81	15	66	0.00	0.00	253.1	304	0.0	0	8.10	0.00	6.08	3.54	0
000223	White or Wheat Bread (NINCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
903053	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
000370	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
903089	Egg, Hard Boiled	78	187	62	0.00	0.80	25.0	260	0.0	1	6.29	0.56	5.31	1.83	0
	Chips: Tortilla Strips 1 oz	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	828	303	701	4	5	433	772	4	4	38	58	50	13	0

Week 2 - Day 5	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 055 0	<i>Vegetable Salad - lettuce/beans</i>	19	0	25	1.24	0.48	27.3	2175	9.77	2	0.95	3.96	0.10	0.02	0
L 005 0	Vinaigrette Dressing	50	0	2	0.75	0.27	8.3	943	2.5	1	0.42	1.9	4.84	0.37	0.00
Q 049 0	<i>Roast Beef - melt Ball</i>	400	112	88	0.03	4.33	32.6	1	0.0	0	36.82	0.08	27.2	10.88	1.60
M 504 0	O'Brien Potatoes	133	0	8	2.72	0.57	12.6	138	18.06	1	2.57	28.86	1.2	0.30	0
	Broccoli Salad	230	0	160	2.59	0.71	28.8	274	12.25	10	3.03	30.20	9.02	1.31	0
	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
D 034 00	Onion Rolls (NINCC)	113	2	34	0.64	0.79	7.1	20	1.4	1	2.0	14.3	5.11	1.05	3.51
	Butter (Unsalted): individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00
	Weighted Daily Average	1025	114	322	8	7	117	3555	47	30	47	97	47	14	5

Daily Total 2569 848 1811 14 17 1191 5866 53 58 127 226 122 32 5

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

Page 5 Generated on: 8/7/2017 10:45:46 AM

15 AUG 19

WEEK 2, DAY 6

WEEK 2, DAY 6	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903064	Cereal - Hot Quick Oats	181	0	9	4.03	2.72	208.7	0	0	0	6.05	31.25	3.53	0.50	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
060070	Egg, Fried	185	371	142	0	1.75	55.9	539	0	0	12.53	0.72	14.03	3.77	0.00
902952	Potatoes - Tater Tots Gem Ovenable	175	0	257	2.33	0	46.7	0	0	0	1.17	19.83	10.50	1.75	0
903072	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0
903079	Milk, Dry, NonFat or Fresh Milk	180	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	921	431	1018	7	6	892	1543	4	39	46	98	35	8	0

WEEK 2, DAY 6	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
N 004 0	Roast Beef Sandwich - Turkey, Swiss	187	52	41	0	2.03	15	0	0	0	17.25	0.0	12.75	5.10	0
000223	White or Wheat Bread (NINCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
903053	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
000370	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
000022	Egg, Hard Boiled	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	0
903089	Carrot Sticks	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
	Chips: Tortilla Strips 1 oz	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	741	239	477	7	5	114	20647	9	8	36	64	39	10	0

Week 2 - Day 6	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
P 011 0	Corn Chowder	131	3	54	1.85	0.55	104.3	171	10.28	7	4.71	24.34	2.83	0.75	0
000232	Crackers	25	0	56	0.17	0.33	1.1	0	0.00	0	0.57	4.44	0.52	0.10	0.01
M 016 0	Dressing, 1000 Island Low Cal	33	1	26	0.22	0.07	46.16	58.89	5.72	0.32	1.38	6.29	0.35	0.21	0
M 007 1	Chef Salad (Egg, Turkey, 2 Tomato slices)	193	70	287	1.77	1.25	245.71	855.28	24.27	3.88	13.25	7.29	10.38	4.01	0
000438	Dinner Rolls (NINCC)	112	0	33	0.54	0.78	4.3	0	0.6	1	1.89	13.50	5.25	0.86	3.72
	Pears: canned, light syrup	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00
J 001 01	Apple Crisp	258	4	184	0.82	0.92	12.2	180	1.42	11	2.11	41.94	9.62	2.66	0
	Weighted Daily Average	858	89	647	7	4	421	1398	43	38	24	117	33	11	4

Daily Total

2520 759 2142 21 15 1428 23588 56 85 106 278 107 28 4

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

16 AUG 19

WEEK 2 DAY 7

Item	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
060070	1 Each	185	371	142	0	1.75	55.9	539	0	0	12.53	0.72	14.03	3.77	3.76
903072	2 Each	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0
902952	3.5 Oz	128	0	35	0	0.84	0	0	0	0	2.33	22.17	2.82	0.00	0.00
150170	1/2 Cup	114	2	42	0.2	0.38	88.4	2	0.38	4	3.16	9.28	6.92	1.88	0
040010	1 Biscuit	150	2	176	2.58	1.28	24.9	5	0.06	1	4	23.7	4.54	1.33	0.47
903079	16 oz	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	877	435	1000	3	5	750	1546	3	28	47	84	35	8	4

Item	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
140140	1 Each	298	0	6	4.10	0.98	27.4	1	0.2	11	10.45	22.21	20.85	0.00	0
000370	2 Each	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000022	1 Each	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	0
903089	1 Cup	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.89	0.29	0.05	0.00
	1 Each	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	824	187	347	11	4	123	20842	9	19	29	85	44	5	0

Item	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
130150	1 Cup	61	0	4	1.10	0.09	21.7	76	4.9	11	0.85	13.29	0.19	0.02	0
121430	5 oz	147	90	171	0.065	0.76	1.1	1.5	0	0	32.795	0.16	2.52	0.09	0
170570	2/3 Cup	131	4	28	1.51	0.09	110.8	99	6.67	1	2.75	24.82	2.35	1.40	0
150160	1/4 Cup	70	3	253	0.17	0.29	1.0	0	0.0	0	0.82	4.95	5.19	1.83	0
171260	3/4 Cup	88	0	61	4.90	1.16	33.2	6219	12.74	0	4.08	16.5	0.64	0.12	0.00
040340	1 Rolls	112	0	33	0.54	0.78	4.3	0	0.60	1	1.89	13.50	5.25	0.86	3.72
	1 tsp or Each	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.08	2.52	0.00
070100	1 Piece	183	0	274	0.59	0.59	70.3	6	0.0	0	2.13	38.15	2.49	0.62	0
	Weighted Daily Average	828	108	825	9	4	244	6527	25	13	45	111	23	7	4

Daily Total

2529 730 2172 22 13 1117 28715 36 61 122 280 102 21 8

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

8/17

WEEK 3 DAY 1

WEEK 3, DAY 1	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
000002	Cereal - Cold	157	0	229	1.8	5.15	43.2	2855	9.18	14	2.52	34.58	0.36	0	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
000370	Egg, Hard Boiled	155	373	124	0.00	1.19	50.0	520	0.0	1	12.58	1.12	10.81	3.27	0
040299	Muffin, Oatmeal-w/ Raisin	283	29	208	1.34	1.52	127.8	43	0.08	13	4.2	31.28	15.23	2.32	0
903079	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	865	422	851	4	8	742	4222	14	67	37	110	28	6	0

WEEK 3, DAY 1	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
902989	Low Protein Ham & Swiss	223	51	324	0.00	2.19	121.5	0	0	2	14.17	4.05	16.20	5.06	0
903086	Swiss Cheese Sandwich	81	15	66	0.00	0.00	253.1	304	0.0	0	8.10	0.00	6.08	3.54	0
903053	White or Wheat Bread (NINCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
903057	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
000267	PC Peanut Butter Or Cup	86	0	66	1.00	0.36	0.0	0	0.0	0	3.00	3.00	6.00	1.00	0
903089	Beefy Steak OR Veg	19	0	96	1.92	0.24	0.5	539	3.72	2	0.83	3.56	0.20	0.05	0
903088	Chips: Tortilla Strips 1 oz	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Sugar Cookie Tiny Cake	92	0	92	0	0.60	16.9	0	0	8	0.83	17.5	1.67	0.83	0
	Weighted Daily Average	927	66	934	6	6	426	849	5	13	39	80	50	13	0

Week 3 - Day 1	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 047 00	Tossed Green Salad	6	0	7	0.50	0.23	9.8	1144	2.01	1	0.43	1.2	0.06	0.01	0.00
M 055 0	Prepping Vinaigrette	50	0	2	0.75	0.27	8.3	943	2.52	1	0.42	1.91	4.84	0.35	0
L 053 0	Beef Stroganoff	365	100	201	0.73	4.09	58.1	212	1.63	1	32.38	6.71	22.52	10.47	1.39
902948	Egg Noodle Wide	154	40	22	1.34	0.24	140.7	0	0.0	1	6.02	28.78	1.34	0.33	0.00
171220	Squash - Summer (Frozen) Chunks	48	0	6	3.54	1.31	46.7	482	10.1	5	3.13	9.69	0.35	0.07	0
040070	Toasted Garlic Bread Veg Tiny Bread	101	5	152	1.24	0.23	14.3	244	0.0	1	2.5	14.6	3.71	1.13	0
J 008 0	Peach Crisp	150	0	118	1.21	0.54	13.9	277	0.87	21	1.94	32.01	1.69	0.49	0.47
	Weighted Daily Average	872	145	508	9	7	292	3302	17	31	47	95	35	13	2

Daily Total 2664 633 2293 20 20 1459 8373 36 111 123 284 111 32 2

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

8/18/19

WEEK 3 DAY 2

WEEK 3, DAY 2	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903062	Cereal - Hot Farina	101	0	1	0.92	0.99	0.09	0	0	0	2.75	21.99	0	0	0
902989	L/M Poultry Ham to 6 <i>Regular</i>	112	26	162	0.00	1.10	60.8	0	0	0	7.09	2.03	8.10	2.53	0
060070	Egg, Fried	185	371	142	0	1.75	55.9	539	0	0	12.53	0.72	14.03	3.77	3.76
903059	Cheese, American Reduced Sodium <i>Provel</i>	50	13	130	0	0	80.5	0	0	0	0	1.00	4.50	2.50	0
040010	Baking Powder Biscuits	150	2	176	2.58	1.28	24.9	5	0.06	1	4	23.7	4.54	1.33	0.47
903079	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.08	2.52	0.00
	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	824	443	897	4	5	744	1669	2	26	43	74	35	13	4

WEEK 3, DAY 2	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903050	L/M Chicken, Bologna to 5 <i>Regular</i>	263	111	283	0	2.19	121.5	202	2.43	2	16.2	4.1	20.3	6.07	0
903059	Cheese American Reduced Sodium <i>Provel</i>	50	13	130	0	0	80.5	0	0	0	0	1.0	4.5	2.50	0
903053	White or Wheat Bread (NINCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
903057	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
000267	PC Peanut Butter Or Cup	88	0	66	1.00	0.36	0.0	0	0.0	0	3.00	3.00	6.00	1.00	0
903089	Chips: Tortilla Strips 1 oz <i>Chips: Tortilla Strips 1 oz</i>	140	0	115	2.00	0.36	20.0	0	0.00	2	0.83	3.56	0.2	0.05	0.00
	Weighted Daily Average	844	124	865	6	5	284	748	8	5	32	63	51	13	0

Week 3 - Day 2	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 504 0	Broccoli Salad	230	0	160	2.59	0.71	28.8	274	12.25	10	3.03	30.20	9.02	1.31	0
L 143 0	Baked Chicken	147	90	171	0.085	0.76	1.1	1.5	0	0	32.795	0.16	2.52	0.09	0
Q 057 0	Canled Sweet Potatoes	208	10	37	2.8	1	33.2	8360	12.89	17	1.16	40.48	5.04	2.50	0.93
D 001 0	Baking Powder Biscuits	150	2	176	2.58	1.28	24.9	5	0.06	1	4.0	23.7	4.54	1.33	0.47
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.08	2.52	0.00
	Weighted Daily Average	852	113	550	9	4	89	8770	27	43	42	113	25	8	1

Daily Total 2520 680 2312 19 14 1117 11185 37 74 117 250 112 33 6

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

8/19/19

WEEK 3 DAY 3

WEEK 3, DAY 3		Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
03064	✓	Cereal - Hot Quick Oats	181	0	9	4.03	2.72	208.7	0	0	0	6.05	31.25	3.53	0.50	0
00245	✓	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
60070	✓	Egg, Fried	165	371	142	0	1.75	55.9	539	0	0	12.53	0.72	14.03	3.77	0.00
02952	✓	Potatoes Wedge <i>Tot</i>	128	0	35	0	0.84	0	0	0	0	2.33	22.17	2.92	0.00	0.00
03072	✓	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0
03079	✓	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
		Weighted Daily Average	874	431	796	5	6	846	1543	4	39	47	100	27	6	0

WEEK 3, DAY 3		Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
002991	✓	OMP Pottery Cajun LS <i>LS</i> W/lettuce <i>(3x70)</i> <i>(m)</i>	223	51	324	0	2.19	121.5	0	0	2	14.17	4.05	16.20	5.05	0
003086	✓	Swiss Cheese LS	81	15	66	0.00	0.00	253.1	304	0.0	0	8.10	0.00	6.08	3.54	0
000223	✓	White or Wheat Bread (NNCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
003053	✓	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
000370	✓	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
000370	✓	Egg, Hard Boiled	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	0
000022	✓	Carrot Sticks	50	0	84	3.42	0.37	40.3	23081	7.2	6	1.16	11.69	0.29	0.05	0
	✓	Chips: Tortilla Strips 1 oz	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
		Weighted Daily Average	858	253	826	7	5	474	23651	9	10	41	68	48	13	0

Week 3 - Day 3		Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 04700	✓	Tossed Green Salad	7	0	7	0.50	0.23	9.8	1144	2.0	1	0.43	1.2	0.08	0.01	0.00
M 0550	✓	Vinaigrette Dressing	50	0	2	0.75	0.27	8.3	943	2.5	1	0.42	1.9	4.84	0.37	0.00
L 0210	✓	Beef Pot Pie w/ biscuit <i>w/ biscuit</i> <i>(carrots)</i>	278	63	74	1.68	3.05	39.0	3600	37.52	3	22.28	11.76	15.54	6.15	0.90
D 0010	✓	Baking Powder Biscuits	150	2	176	2.58	1.28	24.9	5	0.06	1	4.0	23.7	4.54	1.33	0.47
Q 03901	✓	Green Beans with Corn (Canned)	46	0	246	1.58	0.62	15.6	244	4.87	2	1.43	11.11	0.25	0.05	0
H 0020	✓	Brownies	371	53	233	2.19	1.65	72.4	70	0.12	33	5.30	46.24	19.23	5.41	0
		Weighted Daily Average	902	118	738	9	7	170	6008	47	41	34	96	44	13	1

Daily Total 2634 802 2360 21 19 1489 31200 60 90 122 264 120 32 1

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Nevada Department of Corrections

Base Menu Spreadsheet Men's Main Menu Dinner

Portion Values - Detailed

WEEK 3 DAY 4

8/20/19

WEEK 3, DAY 4	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903063	Cereal - Cold	157	0	229	1.8	5.15	43.2	2655	9.18	14	2.52	34.56	0.38	0	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices) <i>2 cups</i>	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
903071	Egg, Hard Boiled	155	373	124	0.00	1.19	50.0	520	0.0	1	12.58	1.12	10.61	3.27	0
903072	Muffin Cinnamon Crumb Top	279	31	209	2.27	1.01	96	67	0.06	13	4.03	31.30	15.6	2.74	0
903056	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	881	424	852	5	7	710	4246	14	67	37	110	27	6	0

WEEK 3, DAY 4	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903050	L/M Chicken, Bologna <i>1/2</i>	263	111	283	0	2.19	121.5	202	2.43	2	16.20	4.05	20.3	6.07	0
903059	Cheese American-Reduced-Sodium Oil	50	13	130	0	0	80.5	0	0	0	0	1.0	4.5	2.50	0
	White or Wheat Bread (NCCC) <i>1 slice</i>	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
903053	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
903057	PC Peanut Butter Or Cup	86	0	66	1.00	0.36	0.0	0	0.0	0	3.00	3.00	6.00	1.00	0
000267	Celery Sticks	19	0	98	1.92	0.24	48.0	539	3.7	2	0.83	3.56	0.20	0.05	0
903089	Chips: Tortilla Strips 1 oz	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	844	124	865	6	5	284	747	8	5	32	63	51	13	0

Week 3 - Day 4	Portion	Cals	Cholest	Sodm	Fiber	Iron	Calcium	Vit-A	Vit-C	Sugars	Protn	Carb	T-Fat	S-Fat	Tr-Fat
M 047 00	Tossed Green Salad <i>lettuce only</i>	7	0	9	0.78	0.30	14.5	1341	2.6	1	0.54	1.5	0.08	0.01	0.00
M 057 0	Zero Salad Dressing?	8	0	5	0.22	0.13	4.5	701	20.02	1	0.28	1.35	0.09	0.01	0.00
L 154 0	Creole Chicken	219	0	214	3.68	1.20	31.7	107	1.73	14	4.1	26.22	10.56	1.57	0
E 005 00	Steamed Rice	193	0	8	0.67	2.22	18.6	0	0	0	3.67	41.10	0.91	0.17	0
Q 062 0	Creole Summer Squash	105	0	84	3.15	1.16	58.4	454	14.21	8	12.38	5.96	0.89	0.89	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
H 007 0	Oatmeal Cookie	149	7	87	1.46	0.88	23.7	10	0.1	9	2.77	20.81	5.80	1.46	0
	Weighted Daily Average	761	7	412	11	6	151	2617	41	48	25	115	18	4	0

Daily Total

2466 555 2129 22 18 1145 7610 62 120 94 288 96 23 0

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Nevada Department of Corrections
 Base Menu Spreadsheet Men's Main Menu Dinner
 Portion Values - Detailed

8/24/19

WEEK 3 DAY 5

WEEK 3, DAY 5	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903064	Cereal - Hot Quick Oats	181	0	9	4.03	2.72	208.7	0	0	0	6.05	31.25	3.53	0.50	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
903071	Pancakes (2), French Toast (2) or Waffles (3)	253	53	512	0	0	207.0	0	0	0	7.0	41.0	6.00	0.00	0
903072	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0
903056	Syrup - Pancake	38	0	45	6.40	0	0	0	0	8	0	8.98	0	0	0
903079	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00
	Milk, Dry, NonFat of Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	888	124	1177	11	4	998	1129	4	47	39	127	21	5	0

WEEK 3, DAY 5	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903051	1/4M Chicken Salami 1/5	243	101	283	0	2.19	121.5	202	2.4	2	12.2	6.1	18.2	5.05	0
903086	Swiss Cheese - Pressed	81	15	66	0.00	0.00	253.1	304	0.0	0	8.10	0.00	6.08	3.54	0
000223	White or Wheat Bread (NNCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
903053	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
903053	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
903070	Egg, Hard Boiled	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	0
H0070	Cheddar Cheese - Tortilla chips	149	7	87	1.46	0.88	23.7	10	0.1	9	2.77	20.81	5.80	1.46	1.45
	Weighted Daily Average	837	310	673	3	6	437	782	4	13	34	61	50	14	1

Week 3 - Day 5	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcim (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M0470	Tossed Green Salad	12	0	13	1.01	0.46	19.6	2289	4.03	1	0.86	2.4	0.12	0.02	0.00
M0550	Dressing Vinaigrette	50	0	2	0.75	0.27	8.3	943	2.52	1	0.42	1.91	4.84	0.35	0
L0510	Texas Hash (Ground Turkey)	258	96	270	2.72	18.98	100.8	632	19.84	5	17.9	14.75	14.9	3.93	0
M0040	Frijole Salad	182	0	16	3.61	1.53	46.5	344	24.14	7	4.03	16.5	11.69	1.49	0
D0030	Corn Tortillas 6" Yellow - Cold, Nasty	107	0	21	2.54	0.68	18.8	0	0	0	2.24	22.61	1.05	0.23	0.00
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
J0080	Peach Crisp	150	0	118	1.21	0.54	13.9	277	0.87	21	1.94	32.01	1.7	0.49	0.47
	Weighted Daily Average	839	96	445	13	22	208	4489	53	50	28	108	34	7	0

Daily Total 2564 530 2295 27 32 1643 6400 62 110 101 296 105 25 2

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Nevada Department of Corrections
 Base Menu Spreadsheet Men's Main Menu Dinner
 Portion Values - Detailed

*What is the weight of the portion?
 I will add it to the total fat & wedded because portion sizes are big.*

22 AUG

WEEK 3, DAY 6																
	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
F 0070	Egg, Fried	185	371	142	0	1.75	55.9	539	0	0	0	12.53	0.72	14.03	3.77	0.00
903072	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	0	8.0	3.0	7.0	1.50	0
902952	Beef Wedge TOTS	128	0	35	0	0.84	0	0	0	0	0	2.33	22.17	2.82	0.00	0.00
P 0170	Gravy, Cream	114	2	42	0.2	0.38	88.4	2	0.38	4	4	3.16	9.28	6.92	1.88	0
D 0010	Baking Powder Biscuits	150	2	176	2.58	1.28	24.9	5	0.06	1	0	0.0	23.7	4.54	1.33	0
903079	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0	0.0	0.0	4.05	2.52	0.00
	Milk, Dry, Non-Fat or PREST MILK	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0.00	0
	Weighted Daily Average	913	446	1001	3	5	752	1671	3	29	47	84	39	11	0	0

WEEK 3, DAY 6															
	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
N 0040	Roast Beef Sandwich Egg Salad	187	52	41	0	2.03	15	0	0	0	17.25	0.0	12.75	5.10	0
000223	White or Wheat Bread (NINCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
903051	PG Mashed 5 gm	25	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
000370	PG Mayonnaise low Cal 18 gm	78	187	62	0.00	0.60	25.0	280	0.0	0	0	1.0	2.5	0	0
000022	Egg, Hard Boiled 1 stick	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.28	0.05	0.00
903089	Chips: Tortilla Strips 1 oz	140	0	115	2.00	0.36	20.0	0	0.00	8	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	741	239	477	7	5	114	20647	9	36	64	39	10	0	0

Week 3 Day 6															
	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 04700	Fresh Green Salad lettuce	7	0	7	0.50	0.23	9.8	1144	2.0	1	0.43	1.2	0.06	0.01	0.00
902964	Dressing, Ranch Buttermilk	42	5	31	0.00	0.00	17.6	25	0.0	1	0.5	3.0	3.2	0.75	0.00
L 1650	Pizza (NINCC) Cheese only	519	17.01	292	2.56	3.68	137.52	329.39	3.88	1.06	12.57	58.53	25.66	6.35	0
Q 1260	Mixed Vegetables (Frozen)	148	0	81	6.53	1.55	44.2	8292	16.98	0	5.44	22.0	0.85	0.16	0.00
H 0020	Brownies TINY BROWNIE	371	53	233	2.19	1.65	72.4	70	0.12	33	5.30	46.24	19.23	5.41	0
	Weighted Daily Average	71057	75	644	12	7	282	9860	23	36	24	131	49	13	0

Daily Total: 2711 760 2122 21 18 1147 32178 34 73 108 279 127 33 0
 MAYBE 1021
 120-150 cal
 at night
EMBELLISHMENT

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

23 AUG 19

WEEK 3 DAY 7

Item ID	Item Description	Portion	Cals (kcal)	Cholst (mg)	Sodim (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
000002	Cereal - Cold	1 Cup	157	0	228	1.8	5.15	43.2	2655	9.18	14	2.52	34.56	0.38	0	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	1 cup / each	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
000370	Egg, Hard Boiled	2 Each	155	373	124	0.00	1.19	50.0	520	0.0	1	12.58	1.12	10.81	3.27	0
042909	Muffin, Oatmeal w/o Raisin	1 Each	283	29	208	1.34	1.52	127.6	43	0.06	13	4.2	31.28	15.23	2.32	11.18
903079	Milk, Dry, NonFat or Fresh Milk	16 oz	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average		865	422	851	4	8	742	4222	14	67	37	110	26	6	11
N 014 0	INDOC Men's Main Lunch	Total														
000370	Peanut Butter 1 tbsp & Jelly 1 tbsp w/o Brd	1 Each	298	0	6	4.10	0.98	27.4	1	0.2	11	10.45	22.21	20.85	0.00	0
000022	White or Wheat Bread (NNCC)	2 Each	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000370	Egg, Hard Boiled	1 Each	78	187	62	0.00	0.60	25.0	260	0.0	1	6.28	0.56	5.31	1.63	0
000022	Carrot Sticks	1 Each	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.89	0.29	0.05	0.00
H 007 00	Oatmeal Cookie	1 Each	149	7	87	1.46	0.68	23.7	10	0.1	9	2.77	20.81	5.80	1.46	1.45
903089	Chips: Tortilla Strips 1 oz	1 Each	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average		973	194	434	12	5	147	20652	9	28	32	108	50	6	1

Item ID	Item Description	Portion	Cals (kcal)	Cholst (mg)	Sodim (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (UI)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 048 0	Tossed Vegetables Salad	1 Cup	19	0	25	1.24	0.48	27.3	2175	8.77	2	0.95	4.0	0.10	0.02	0.00
M 055 0	Dressing Vinaigrette	1.5 oz	50	0	2	0.75	0.27	8.3	943	2.52	1	0.42	1.91	4.84	0.35	0
L 124 05	Baked Fish Nuggets	5 oz	355	48	1006	2.70	1.25	34.7	96	0.0	0	30.84	25.83	13.7	3.62	0
Q 045 02	French Fried Potatoes (Frozen)	4 oz	285	0	65	3.23	1.16	0	0	19.43	0	3.23	48.59	10.03	3.28	0.27
M 013 0	Tartar Sauce: PC	1 Tbsp	73	0	86	0.08	0.085	1.25	79	0.715	1.5	0.07	1.79	7.50	1.04	0
000222	Ketchup: Individual	PKT 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	Weighted Daily Average		791	48	1266	8	3	73	3340	33	7	36	85	36	6	0

Daily Total 2628 664 2551 24 16 962 28214 55 102 105 300 112 20 13

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THIS WAS MAYBE
 2oz. of fries

Week 3 Day 7 SUPER TINY PORTIONS
 Tossed Vegetables Salad 1 cup w/o dressing
 Dressing Vinaigrette 1.5 oz
 Baked Fish Nuggets 3 oz
 French Fried Potatoes (Frozen) 3 oz
 Tartar Sauce: PC 1 Tbsp
 Ketchup: Individual 6g
 EXPLAINED - BLACK

Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

24 AUG 19

WEEK 4 DAY 1

WEEK 4, DAY 1	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903062	✓ Cereal - Hot Farina	134	0	1	1.22	1.32	0.8	0	0	0	3.87	29.32	0	0	0
000245	✓ Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
60102	✓ Scrambled Eggs and Ham	198	349	135	0	1.83	50.8	480	0	0	13.95	1.29	14.45	3.80	3.73
70460	✓ Hashed brown Potatoes	265	3	270	2.68	0.88	15.8	0	24.33	0	3.15	34.91	12.60	3.48	0
03079	✓ Milk, Dry, Non-Fat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	867	372	896	5	4	589	1484	29	39	108	27	7	7	4

WEEK 4, DAY 1

WEEK 4, DAY 1	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
902989	✓ Swiss Chesse <i>Swiss Chesse Bologna</i>	223	51	324	0.00	2.19	121.5	0	0	0	14.17	4.05	16.20	5.06	0
903086	✓ White or Wheat Bread (NCCC) <i>White or Wheat Bread (NCCC)</i>	81	15	66	0.00	0.00	253.1	304	0.0	0	8.10	0.00	6.08	3.54	0
903053	✓ PC Mayonnaise, Low Cal 12 gm <i>PC Mayonnaise, Low Cal 12 gm</i>	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	✓ PC Mustard 5 gm <i>PC Mustard 5 gm</i>	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
903057	✓ PC Peanut Butter Or Cup <i>PC Peanut Butter Or Cup</i>	86	0	66	1.00	0.36	0.0	0	0.02	0	0.19	0.28	0.17	0.01	0.00
03089	✓ Celery Stick <i>Celery Stick</i>	19	0	96	1.92	0.24	0.5	539	3.72	2	0.83	3.56	0.20	0.05	0
903088	✓ Chips: Tortilla Strips 1 oz <i>Chips: Tortilla Strips 1 oz</i>	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	927	66	934	6	6	426	849	5	13	80	50	13	13	0

Week 4 - Day 1

Week 4 - Day 1	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 047 00	✓ Tossed Green Salad	6	0	7	0.50	0.23	9.8	1144	2.01	1	0.43	1.2	0.06	0.01	0.00
M 055 0	✓ Dressing Vinaigrette	50	0	2	0.75	0.27	8.3	943	2.52	1	0.42	1.91	4.84	0.35	0
L 035 0	✓ Meat Loaf	372	41	219	1.25	1.24	48.9	163	4.65	2	23.55	18.28	22.45	0.56	0
Q 044 0	✓ Baked Potatoes	158	0	17	3.74	1.84	25.5	17	16.33	2	4.25	35.88	0.22	0.08	0.00
Q 027 0	✓ Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00
	Calico Corn	117	5	43	3.25	0.70	3.9	319	7.56	0	3.97	25.6	1.79	0.43	0.00
	Chicken-Rolls	113	2	34	0.64	0.79	7.1	20	1.4	1	2.0	14.3	5.11	1.05	3.51
	Weighted Daily Average	852	59	323	10	5	106	2731	34	7	35	97	38	5	4

Daily Total

2646 497 1953 21 15 1120 5074 68 59 112 285 116 26 7

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

Page 10 Generated on: 6/7/2017 10:45:46 AM

25 AVG

WEEK 4 DAY 2

WEEK 4, DAY 2	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UJ)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.0	0.00
00070	Egg, Fried	185	371	142	0	1.75	55.9	539	0	0	12.53	0.72	14.03	3.77	0.00
02952	Potatoes - Tater Tots Gem Ovenable	175	0	257	2.33	0	48.7	0	0	0	1.17	19.83	10.50	1.75	0
03072	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0
03079	Milk, Dry, Nonfat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	740	431	1009	3	3	684	1543	4	39	40	87	32	7	0

WEEK 4, DAY 2	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UJ)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
03050	LIM Chicken, Bologna LS <i>Regis</i>	263	111	283	0	2.19	121.5	202	2.43	2	16.2	4.1	20.3	6.07	0
03059	Cheese, American Reduced Sodium <i>pureed</i>	50	13	130	0	0	80.5	0	0	0	0	1.0	4.5	2.50	0
	White or Wheat Bread (NNCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
03053	PC Mayonaisse, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
000223	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
03057	PC Peanut Butter Or Cup	85	0	66	1.00	0.38	0.0	0	0.0	0	3.00	3.00	6.00	1.00	0
000267	Celery Strips <i>Onions</i>	19	0	96	1.82	0.24	48.0	539	3.72	2	0.83	3.59	0.2	0.05	0.00
03089	Chips: Tortilla Strips 1 oz <i>None</i>	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	844	124	865	8	5	284	746	8	5	32	63	51	13	0

Week 4 - Day 2	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UJ)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 015 00	Cucumber and Onion Salad	61	0	4	1.10	0.29	21.7	76	4.85	11	0.9	13.29	0.19	0.02	0
L 143 01	Mexican Baked Chicken	149	90	194	0.51	1.43	13.3	253	0.21	0	33.11	1.26	2.29	0.05	0
	Mexican Rice	190	0	9	0.81	0.63	21.2	97	2.60	1	3.0	32.34	4.86	0.72	0
02959	Com Tortillas 6" <i>Yellow White, Cuidy</i>	142	0	28	3.34	1.64	2506.0	0	0.00	0	1.8	30.10	1.42	1.42	0
	Peas with Carrots (Frozen)	123	5	123	8.08	2	54.3	15045	11.76	3	5.68	20.32	2.64	1.29	0
	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
000245	Applesauce Cake	209	30	151	0.75	1.54	41.2	43	0.16	13	2.56	32.18	7.9	2.13	0.00
	Weighted Daily Average	954	125	514	16	8	2658	15518	22	43	48	147	19	6	0

Daily Total

2538 680 2388 25 15 3625 17807 34 87 120 277 102 25 0

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Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

8/26/19

WEEK 4 DAY 3

WEEK 4, DAY 3	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
000002	Cereal - Cold	157	0	229	1.8	5.15	43.2	2655	9.18	14	2.52	34.58	0.36	0	0
000245	Fresh or Canned Fruit (peach, Pear, Pineapple, Apple Slices)	80	0	5	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
060120	Breakfast Burrito	259	146	261	1.23	1.97	213.8	411	1.4	0	15.55	23.93	11.50	5.32	0
902952	Taco Sauce	5	0	95	0.00	0.00	0.0	0	0.00	0	0.00	1.00	0.00	0.00	0
903079	Potato Wedge (Simply Tater Tots)	110	0	30	0.00	0.72	0.0	0	0.00	0	2.00	19.00	2.50	0.00	0
	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	801	166	905	4	8	778	4070	15	53	38	121	14	5	0

WEEK 4, DAY 3	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
902991	L/M Poultry Cajun US w/lettuce	223	51	324	0	2.19	121.5	0	0	2	14.17	4.05	16.20	5.08	0
903086	Sauces Cheese LR PROSELY	81	15	66	0.00	0.00	253.1	304	0.0	0	8.10	0.00	6.08	3.54	0
	White or Wheat Bread (NINCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
000223	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
903053	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
000370	Egg, Hard Boiled	78	187	62	0.00	0.60	25.0	280	0.0	1	6.29	0.55	5.31	1.83	0
000022	Carrot Sticks	50	0	84	3.42	0.37	40.3	23081	7.2	6	1.16	11.69	0.29	0.05	0
903089	Chips: Tortilla Strips 1 oz 1 1/2	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	858	253	826	7	5	474	23651	9	10	41	68	48	13	0

Week 4 Day 3	Portion	Cals	Cholst	Sodm	Fiber	Iron	Calcium	Vit-A	Vit-C	Sugars	Protn	Carb	T-Fat	S-Fat	Tr-Fat
M 047 00	Tossed Green Salad	7	0	9	0.78	0.30	14.5	1341	2.6	1	0.54	1.5	0.08	0.01	0.00
M 057 0	Zero Salad Dressing	8	0	5	0.22	0.13	4.5	701	20.02	1	0.28	1.35	0.09	0.01	0.00
L 037 0	Salisbury Steak Reduced Sodium	580	120	380	4.00	0.00	80.0	200	7.20	3	36.00	16.00	42.00	16.00	0.00
O 016 5	Gravy, Mushroom	69	1	39	0.88	0.30	3.2	8	0.0	0	1.00	4.96	5.52	0.90	0
Q 057 0	Washed Potatoes (Instant)	62	2	20	0.95	0.19	19.1	51	11.69	1	1.61	12.19	0.89	0.54	0
Q 101 0	Green Beans Frozen	30	0	13	3.20	0.95	55.4	602	4.5	0	1.62	6.97	0.17	0.04	0
D 034 00	Onion Rolls	113	2	34	0.84	0.79	7.1	20	1.4	1	2.0	14.3	5.11	1.05	0
902963	Butter (Unsalted): Individual	38	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00
	Weighted Daily Average	905	136	501	11	3	185	3048	47	7	43	57	58	21	0

Daily Total

2564 555 2232 22 16 1437 30769 71 70 123 247 120 40 0

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Nevada Department of Corrections
 Base Menu Spreadsheet Men's Main Menu Dinner
 Portion Values - Detailed

8/27

WEEK 4 DAY 4

WEEK 4, DAY 4	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903064	Cereal - Hot Quick Oats	181	0	0	9	4.03	208.7	0	0	0	6.05	37.25	3.53	0.50	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	0	5	3.00	0.00	4	2.0	15	1.0	18.0	0.0	0.00	0.00
000370	Egg, Hard Boiled	155	373	124	0.00	1.19	50.0	520	0.0	1	12.58	1.12	10.61	3.27	0
03072	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0
03079	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	718	433	743	5	840	1524	4	40	45	78	21	5		

WEEK 4, DAY 4	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903058	LRM Chicken, Bologna	263	111	283	0	2.19	121.5	202	2.43	2	16.20	4.05	20.3	6.07	0
903059	Cheese, American Reduced Sodium	50	13	130	0	0	80.5	0	0	0	0	1.0	4.5	2.50	0
000223	White or Wheat Bread (NNCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
903053	PC Muslard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
903057	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
000267	PC Peanut Butter Or Cup	86	0	66	1.00	0.36	0.0	0	0.0	2	0.83	3.56	6.00	1.00	0
903088	Candy Strips	19	0	98	1.92	0.24	48.0	539	3.7	2	0.83	3.56	0.20	0.05	0
903089	Sugar Cookies	92	0	92	0	0.60	16.9	0	0	8	0.83	17.5	1.67	0.83	0
	Chips: Tortilla Strips 1 oz	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	936	124	957	6	6	301	747	8	13	33	81	63	13	0

Week 4 Day 4	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
M 005 00	Carrots Salad	165	6	286	3.88	1.00	71.0	17521	9.73	7	2.45	30.90	4.79	0.75	0
12 144 01	Baked Chicken and Rice TASTY	284	66	157	1.13	1.70	38.6	172	0.01	1	22.38	34.66	5.05	2.04	0
	Onion Rolls (NNCC)	113	2	34	0.64	0.78	7.1	20	1.4	1	1.99	14.34	5.11	1.05	3.51
	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.04	0.00	4.06	2.52	0
J 001 0	Apple Crisp	256	4	184	0.82	0.92	12.2	190	1.42	11	2.11	41.94	9.62	2.68	0
	Weighted Daily Average	854	89	662	6	4	130	18028	13	20	29	122	29	9	4

Daily Total

2506 646 2362 18 15 1270 20299 25 73 106 281 103 28 4

•Recipes starting with (9) are packaged nutritional information not a recipe
 •Recipes starting with (000) are nutritional specs based on USDA standard

Nevada Department of Corrections
 Base Menu Spreadsheet Men's Main Menu Dinner
 Portion Values - Detailed

8128

WEEK 4 DAY 5

WEEK 4, DAY 5	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UJ)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903063	Cereal Hot - White Corn Grifs	103	0	6	1.29	0.89	4.5	0	0	0	2.57	19.93	0.32	0	0
903070	Egg, Fried	185	371	142	0	1.75	55.9	539	0	0	12.53	0.72	14.03	3.77	0.00
902952	Potatoe Wedge	128	0	35	0	0.84	0	0	0	0	2.33	22.17	2.82	0.00	0.00
903072	Turkey Sausage Link	55	20	160	0	0.54	30.0	0	0	0	4.0	1.5	3.5	0.75	0
903072	Muffin Cinnamon Crumb Top	279	31	209	2.27	1.01	96	67	0.06	13	4.03	31.30	15.6	2.74	0
903072	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	0	0.0	0.0	4.06	2.52	0.00
903079	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	976	453	838	4	5	709	1731	2	37	43	101	40	10	0

WEEK 4, DAY 5	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (UJ)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903051	LM Chicken Salami L/S	243	101	283	0	2.19	121.5	202	2.4	2	12.2	6.1	18.2	5.06	0
903086	Swiss Cheese	81	15	66	0.00	0.00	253.1	304	0.00	0	8.10	0.00	6.08	3.54	0
000223	White or Wheat Bread (NNCC)	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
903053	PC Mustard 5 gm	3	0	55	0.20	0.08	3.2	6	0.02	0	0.19	0.29	0.17	0.01	0.00
9030370	PC Mayonnaise, Low Cal 12 gm	25	0	40	0	0	0	0	0	0	0	1.0	2.5	0	0
9030370	Egg, Hard Boiled	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	0
H0070	Oatmeal Cookie	149	7	87	1.48	0.88	23.7	10	0.1	9	2.77	20.81	5.80	1.46	1.45
	Weighted Daily Average	837	310	673	3	6	437	782	4	13	34	61	50	14	1

Week 4 - Day 5	Portion	Cals	Cholst	Sodm	Fiber	Iron (mg)	Calc (mg)	Vit-A (UJ)	Vit-C	Sugars	Protn	Carb	T-Fat	S-Fat	Tr-Fat
M 048 00	Tossed Vegetable Salad	19	0	25	1.24	0.48	27.3	2175	9.77	2	0.95	4.0	0.10	0.02	0.00
M 064 0	Dressing, Creamy Italian	192	0	133	0.35	0.49	16.3	36	0.33	0	0.15	0.91	21.24	2.95	0
N 027 0	Stoppo Joe Sandwich (Turkey)	250	90	538	0.75	16.52	73.3	364	6.42	13	15.44	17.52	13.80	3.63	0
D 034 0	Hamburger Buns (NNCC) (Open Faced)	293	0	87	1.43	2.04	11.4	0	1.57	2	4.86	35.42	13.8	2.25	9.77
Q 045 02	French Fried Potatoes (Frozen)	285	0	65	3.23	1.16	0	0	19.43	0	3.23	48.59	10.03	3.28	0.27
	Weighted Daily Average	1038	90	848	7	21	128	2575	38	17	25	108	59	12	10

Daily Total 2852 853 2359 14 31 1274 5088 44 67 101 268 149 36 11

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 Recipes starting with (000) are nutritional specs based on USDA standard

8/29

Nevada Department of Corrections
Base Menu Spreadsheet Men's Main Menu Dinner
Portion Values - Detailed

WEEK 4 DAY 6

Item	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903063	1/2 Cup	206	0	12	2.55	0.69	9	0	0	0	5.14	39.86	0.84	0	0
000245	1 cup / each	40	0	0	1.00	0.00	0.0	4	2.0	15	1.0	18.0	0.0	0.00	0.00
903071	2 Each	127	27	266	0	0	103.5	0	0	0	3.5	20.5	3.00	0.00	0
903072	2 Oz	110	40	320	0	1.06	60.0	0	0	0	6.0	3.0	7.0	1.50	0
903056	16 oz	38	0	45	6.40	0	0	0	0	0	0	6.98	0	0	0
903079	Weighted Daily Average	751	87	923	10	2	694	1004	2.40	24	17.00	25.00	0.00	0.00	0

Item	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
140040	4 oz	187	52	41	0	2.03	15	0	0	0	17.25	0.0	12.75	5.10	0
000223	2 Each	258	0	80	1.31	1.87	10.5	0	1.44	1	4.54	32.23	11.67	1.94	0
903053	1 Each	3	0	55	0.20	0.08	3.2	6	0.02	0	0.10	0.20	0.17	0.01	0.00
000370	1 Each	78	187	62	0.00	0.60	25.0	260	0.0	0	6.28	0.56	5.31	1.83	0
903057	5 oz	88	0	66	1.00	0.36	0.0	0	0	0	3.00	3.00	6.00	1.00	0
000267	1 Cup	19	0	96	1.92	0.24	48.0	538	3.7	2	0.83	3.56	0.20	0.05	0
903089	1 Each	140	0	115	2.00	0.39	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
	Weighted Daily Average	796	239	555	6	6	122	805	5	4	30	59	45	11	0

Item	Portion	Cals (kcal)	Cholest (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
130330	3 1/2 oz	23	0	17	1.05	0.74	22.9	1754	11.5	3	1.06	4.62	0.03	0.00	0.00
130550	5 oz	50	0	2	0.75	0.27	8.3	943	2.52	1	0.42	1.91	4.84	0.35	0
135080	8 Oz	287	20	769	4.39	3.37	266.8	1253	20.398	8	19.68	38.35	6.34	3.03	0.95
040070	2 Slices	202	10	304	2.48	0.46	28.6	468	0.02	0	5.08	29.20	7.42	2.26	*0.00
080020	1 Each	371	53	233	2.19	1.65	72.4	70	0.12	33	5.30	46.24	19.23	5.41	0
	Weighted Daily Average	833	83	1325	11	6	399	4508	35	45	32	120	38	11	1

not a Bismarkie
but LIGHT CAKE
2 XZ

Daily Total 2480 409 2803 27 14 1214 6317 44 96 105 294 93 23 1

Recipes starting with (9) are packaged nutritional information not a recipe
Recipes starting with (000) are nutritional specs based on USDA standard

8/30/19

Nevada Department of Corrections
 Base Menu Spreadsheet Men's Main Menu Dinner
 Portion Values - Detailed

WEEK 4 DAY 7

WEEK 4, DAY 7	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
903064	Cereal - Hot Quick Oats	181	0	9	4.03	2.72	208.7	0	0	0	6.05	31.25	3.53	0.50	0
000245	Fresh or Canned Fruit (Peach, Pear, Pineapple, Apple Slices)	80	0	5	3.00	0.00	0.0	4	2.0	35	1.0	18.0	0.0	0.00	0.00
000370	Egg, Hard Boiled	155	373	124	0.00	1.19	50.0	520	0.0	1	12.58	1.12	10.81	3.27	0
903072	Turkey Sausage Link	110	40	320	0	1.08	60.0	0	0	0	8.0	3.0	7.0	1.50	0
040299	Muffin, Oatmeal w/o Raisin	293	29	208	1.34	1.52	127.6	43	0.08	13	4.2	31.28	15.23	2.32	0
903079	Milk, Dry, NonFat or Fresh Milk	190	20	285	0.00	0.00	521.1	1000	2.40	24	17.00	25.00	0.00	0.00	0
	Weighted Daily Average	898	482	951	6	7	887	1587	4	53	49	110	36	8	0

WEEK 4, DAY 7	Portion	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
N 014 0	Peanut Butter 1 tbsp & Jelly 1 tbsp w/o Brd	298	0	6	4.10	0.88	27.4	1	0.2	11	10.45	22.21	20.86	0.00	0
000370	White or Wheat Bread (NCCC)	258	0	80	1.31	1.87	30.5	0	1.44	3	4.54	32.23	11.67	1.94	0
000022	Egg, Hard Boiled	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	0
903089	Chips: Tortilla Strips 1 oz	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
	Weighted Daily Average	140	0	115	2.00	0.36	20.0	0	0.00	0	7.00	18.00	6.0	1.00	0.00
		824	187	347	11	4	123	20642	9	19	29	85	44	5	0

Week 4 - Day 7	Portion	Cals	Cholst	Sodm	Fiber	Iron (mg)	Calc (mg)	Vit-A (U)	Vit-C	Sugars	Protn	Carb	T-Fat	S-Fat	Tr-Fat
M 047 00	Zero Salad Dressing	7	0	9	0.78	0.30	14.5	1341	2.6	1	0.54	1.5	0.08	0.01	0.00
M 057 0	Beef Stew	310	67	135	2.40	3.44	49.9	701	20.02	1	0.28	1.35	0.09	0.01	0.00
L 022 0	Green Beans with Corn (Canned)	46	0	246	1.58	0.62	15.8	5051	12.78	2	24.05	15.27	16.51	7.72	0.98
Q 039 01	Corn Bread	216	20	187	1.21	1.73	29.9	244	4.87	2	1.43	11.11	0.25	0.05	0
D 014 0	Butter (Unsalted): Individual	36	11	1	0.00	0.00	1.2	125	0.0	3	4.44	31.34	7.82	1.31	0
903088	Sugar Cookie	92	0	92	0	0.60	16.9	0	0	8	0.83	17.5	4.08	2.52	0
	Weighted Daily Average	715	98	675	6	7	133	7583	40	17	32	78	30	12	0

Daily Total ESP and South	2538	747	1973	23	18	1223	29792	54	89	110	272	111	25	1	
Monthly Total	71494														
Average	72517	18632	64247	613	534	38411	485200	1517	2405	3111	7744	3143	796	157	
Goal	2590	665	2295	22	19	1372	17329	54	86	111	277	112	28	6	
	2500	2553	2300							108.5	125	312	84		

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09/11/2019

Sent To
Dr. Hsuan Azzam, Chief medical officer OHS
 Street and Apt. No., or PO Box No.
4150 Technology Way, Suite 300
 City, State, ZIP+4®
Carson City, NV 89706

PS Form 3800, April 2015 PSN 7530-02-000-9047 See Reverse for Instructions

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- Complete items 1, 2, and 3.
- Print your name and address on the reverse so that we can return the card to you.
- Attach this card to the back of the mailpiece, or on the front if space permits.

1. Article Addressed to:
DR. Hsuan Azzam
Chief medical officer
Dept. of Health & Human Services
Div. of Public & Behavioral Health
4150 Technology Way
Carson City, NV 89706

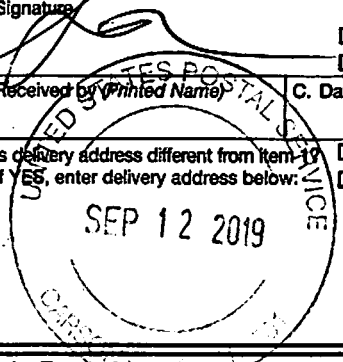


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PS Form 3811, July 2015 PSN 7530-02-000-9053

Domestic Return Receipt

EXHIBIT 2

Robert Stockmeier #32425
Lovelock Correctional Center
1200 Prison Road
Lovelock, NV 89419

September 20, 2019

DR. IHSAN AZZAM, Chief Medical Officer
Dept. of Health & Human Services
Div. of Public & Behavioral Health
4150 Technology Way, Suite 300
Carson City, NV 89206

Dear Dr. Azzam,

Please consider this a supplemental follow-up to my letter of September 10, 2019, in which I addressed some of my concerns over the nutritional adequacy of the new NDOC men's menu. As I stated previously, the chief reason why the new menu is underfeeding calories and protein is that it directs tiny portions based directly upon over-inflation of calorie and protein values beyond their true numbers, excusing smaller portions thereby. As a result, the values fall below Guideline requirements for age and activity levels. Other issues which must be examined and addressed with the Board include: omitted items; inadequate substitutions; internal inconsistencies within the menu; and portion control/serving issues.

Accordingly, please consider the attached Charts J through U, which provide additional showings of inflated values, omitted items, discrepancies, substitution deficiencies, shortages, and totals of caloric and protein deficiencies affecting Daily Averages - in addition to the deficiencies already shown to exist in the previous letter/attachments. Please note Chart U, showing a shortage of Fiber and Vitamin C, as well as Calories and Protein.

Thank you for looking into these problems with the new menu and the detrimental affect the portion shortages are having upon the nutritional adequacy of the NDOC diet. I trust you will guide the Board of Prison Commissioners on how to remedy these clear deficiencies within the new menu, which appear to be affecting all NDOC institutions.

Sincerely,



ROBERT STOCKMEIER

Attachments: CHARTS J-U

CHART J

MORE EXAMPLES OF CALORIE INFLATION BETWEEN PRIOR MENU AND NEW MENU

* The old menu assigned 1 portion of Spaghetti Noodles at 203 calories. The same noodles, in the same portion size, now have 400 calories -- nearly double! *

→ Additionally, the old menu said the noodles contain 7.14 g. protein, yet the same portion now has 14 g. protein* again, doubled, per the new menu.

* The new menu says 5oz. of: baked chicken has 147 cal.; creole chicken has 219 cal.; bombay chicken has 256 cal.; and Mexican Spice chicken has 149 cal.

→ Yet, the old menu assigned but 60 calories to 5oz. of Teriyaki chicken.

QUESTION: How can putting a spice/sauce coating on a piece of chicken add 196 calories to it?

QUESTION: How can a unseasoned 5oz. baked chicken have 87 calories more than the same 5oz. baked chicken with Teriyaki sauce added?

* The old menu says that the same piece of chicken (leg/thigh) that we get under the new menu at 33 g. Protein per portion, only had 8.49 g. Protein. — The protein values of chicken on the bone have TRIPLED under the new menu.

* The old menu was correct, as 1 cup of noodles, cooked, has 212 calories and 7.6 g. protein. Corrine T. Netzer, The Complete Book of Food Counts (9th ed. 2012), 491. The new menu is unquestionably embellished.

CHART J, Page 2

* The old menu assigned to 1 Cup of Tortilla Chips for Lunch 127 calories and 2.03 g. Protein.

→ The new menu says the same portion, labeled as 1 ounce, has 140 calories and 7 grams Protein.

QUESTION: How does 13 more calories appear? But, even more worthy of questioning: How does the same portion of the same type of chip GAIN nearly 5 grams of Protein -- a 350% increase? with 23 servings per month, that's 299 calories and 65 g. Protein LESS than we get, per month.

* The old menu had the Oatmeal Cookies containing 127 calories and 1.83 g. Protein.

→ The new menu has the smaller Oatmeal Cookies, made with the same materials, increasing to 149 calories and 2.77 g. Protein!

Question: How does that work!?

→ Counting only the variances between the noodles and Tortilla Chips, some 496 calories and 65 g. Protein per month LESS are served than reported on the new menu.

CHART K

FOOD ITEMS OMITTED FROM LUNCH MENU FOOD SERVICE AT
LCC BETWEEN SEPTEMBER 8 THROUGH SEPTEMBER 13, 2019

(PROTEIN LOSSES)

Week/ Day	Item Omitted	Deficit Protein (g)	Substitute Given	Substitute Protein (g) (+)	Total Protein Deficit	Below 125g. Goal That Day?
2/2	Tortilla Chips	- 7	N/A	N/A	- 7	Yes - it was already below
2/4	Tortilla Chips	- 7	Peanut Butter	+ 3	- 4	Yes - it was already below
2/5	Swiss Cheese	- 8.10	N/A	N/A	- 8.10	YES
2/5	Tortilla Chips	- 7	N/A	N/A	- 7	YES
2/6	Carrot Stick	- 1.13	N/A	N/A	- 1.13	Yes - it was already below
2/6	Tortilla Chips	- 7	Peanut Butter	+ 3	- 4	Yes - it was already below
2/7	Tortilla Chips	- 7	Cookie	+ .83	- 6.17	Yes - it was already below

GRAND TOTAL
DEFICIT OF
PROTEIN

- 37.4 g.

- THAT'S 37.4 g. of Protein withheld in just 6 days, at Lunch only.
- The omissions and inadequate substitutes for lunch items in just this 6 day period brought the daily goal for Protein even lower than the deficit already existing for 5 of those days. Day 2/5, which had met the daily goal, fell below the goal due to these omissions.
- Substitutes were provided only 3 of 7 times for omitted items. Of those 3, NONE provided equivalent protein of withheld item.

CHART L

FOOD ITEMS OMITTED FROM LUNCH MENU FOOD SERVICE AT
LCC BETWEEN SEPTEMBER 8 THROUGH SEPTEMBER 13, 2019

(CALORIE LOSSES)

Week/ Day	Item Omitted	Deficit Calories	Substitute Given	Substitute Calories (+)	Total Caloric Deficit	BELOW 2,500 CALORIES THAT DAY?
2/2	Tortilla Chips	-140	N/A	N/A	-140	YES
2/4	Tortilla Chips	-140	Peanut Butter	+86	-54	NO
2/5	Swiss Cheese	-81	N/A	N/A	-81	YES
2/5	Tortilla Chips	-140	N/A	N/A	-140	
2/6	Carrot Stick	-50	N/A	N/A	-50	YES
2/6	Tortilla Chips	-140	Peanut Butter	+86	-54	
2/7	Tortilla Chips	-140	Cookie	+92	-48	YES

GRAND TOTAL
DEFICIT OF
CALORIES

-567

→ THAT'S 567 calories withheld in just 6 days, at
Lunch only.

→ The omissions and inadequate substitutes in just these 6 days
brought the daily caloric counts BELOW the 2,500 goal for
4 of those days!

→ Substitutes were provided only 3 of 7 times for omitted items.
Of those 3, NONE provided equivalent calories of withheld item.

CHART M

HOT CEREAL VALUE DISCREPANCIES

- The new menu attributes the following calories to 1 cup: Farina, 134 calories; and Oats, 241.33 calories (cooked).
- The actual, unembellished values of these items, 1 cup, are: Farina, 116 calories; and Oats, 145 calories (cooked). See Corinne T. Netzer, The Complete Book of Food Counts (9ed 2012), pp. 321, 496.

→ This chart shows the amount of calories the men's menu shorts on by simply embellishing just the values of Hot Breakfast Cereals*.

Week/ Day	Item	Portion Size	Menu Reported Calories	Items Actual (-) Existing Calories	Calorie Deficit (=)
1/2	Farina	3/4 Cup	101	87	-14
1/3	Oats	3/4 Cup	181	108.75	-72.25
1/5	Farina	1 Cup	134	116	-18
2/1	Oats	3/4 Cup	181	108.75	-72.25
2/6	Oats	3/4 Cup	181	116	-72.25
3/2	Farina	3/4 Cup	101	87	-14
3/3	Oats	3/4 Cup	181	108.75	-72.25
3/5	Oats	3/4 Cup	181	108.75	-72.25
4/1	Farina	1 Cup	134	116	-18
4/4	Oats	3/4 Cup	181	108.75	-72.25
4/7	Oats	3/4 Cup	181	108.75	-72.25

* There are 3 servings of grits per menu cycle, but I cannot ascertain the actual calorie value of cooked grits, so as to analyze shortages.

TOTAL CALORIES LESS
RECEIVED IN ONE MENU
CYCLE DUE TO HOT CEREAL
VARIANCES = 569.75

CHART N

VARIANCES IN SERVINGS OF IDENTICAL ROAST BEEF (Per Ounce) - TOP ROUND -

MEAL	REPORTED CALORIES/OZ	REPORTED PROTEIN/OZ
DINNER, WK 1, Day 1	59	10.68g.
DINNER, WK 2, Day 5	100	9.2g.
LUNCHES, EACH WEEK, Day 6	46.75	4.31g.

The same Roast Beef fluctuates 53.25 calories and 6.37g. protein for the same meat, per ounce.

→ What are the actual numbers, and how does the actual figure affect the average counts?

CHART O

VARIANCES IN SERVINGS OF CHICKEN LEG/THIGH

The menu reports four (4) different types of baked bone-in chicken leg/thigh. One is plain, while the other three (3) have no difference but mild seasonings. Yet, the caloric values vary far beyond a dab of seasoning:

DINNER WK/Day	TYPE OF SEASONING	REPORTED CALORIES PER 5OZ PIECE
3/2	NONE; Plain Baked	147
3/4	CREOLE SPICES	219
1/4	BOMBAY, Curry	256
4/2	MEXICAN Spices	149

- while Mexican spices may add 2 calories to plain chicken, the addition of curry/curry sauce to plain chicken would not add 109 extra. calories. See Corinne T. Netzer, The Complete Book of Food Counts (9 ed, 2012), at 294-296. (curry has 6 cal./tsp; a slather of curry sauce would be but negligible increase in calories).
- Likewise, Creole seasoning contains 25 cal./tsp, so could not add 72 extra calories to plain chicken. See id., at p. 290.

CHART P

CALORIC VARIANCES AMONG IDENTICAL SALADS

The menu reports three (3) lettuce-based salads which are identical in substance (lettuce, tomato and cucumber), yet contain different calorie counts for 1 cup of the same salad:

week/day	Name Given	Reported Calories/Cup
1/5, 1/6, 2/3, 3/1, 4/1, 3/5	Tossed Green Salad	6
1/1, 2/1, 3/3, 3/4, 3/6, 4/3, 4/7	Tossed Green Salad	7
2/5, 3/7, 4/5	Tossed Vegetable Salad	19
4/6	Lettuce & Tomato salad	23

→ How can the exact same salad have differences of up to 17 calories within a 1 cup serving?

CHART Q(1)

POTATO WEDGES ARE NOT ADEQUATELY SUBSTITUTED WITH TATER TOTS, IN EITHER VALUES OR PORTION SIZES

Six times per cycle the menu calls for 3.5 oz. of Potato Wedges (128 cal./2.33g. protein), and three times for a serving of 8 each (110 cal./2g. protein)

→ The math is uncertain, as a serving of 8 would see each wedge being 13.75 calories and .25g. Protein; yet, the 128 calories allotted to a 3.5 oz. serving does not divide evenly. * 128 calories would be 9.31 wedges ($128 \div 13.75 \text{ cal}$).

⊛ ALL WEDGES ARE SUBSTITUTED WITH TOTS, and have been since the previous menu began in 2009. Luckily, Tots are actually called for once in the new menu, Wk. 4, Day 2.
Tots = 175 Cal. / 1.17g. Protein for 3.5 oz.

⊛ The weight of a single Tot was determined by weighing 12 full Tots and averaging the weights: RESULTS - An average Tot = .18875 oz. 3.5 oz would be 18.54, or 19 each. A tot has 9.44 cal. each ($175 \div 18.54$), and .063 g. Protein each ($1.17 \div 18.54$). **

→ On 8 each days, 8 wedges would require:

12 Tots to substitute for the 110 calories ($110 \div 9.44$) (we get only 8 each)

BUT

would require 32 Tots to substitute for the 2g. Protein ($2 \div .063$) (we get 8 each)

→ On 3.5 oz. days, 3.5 oz in wedges would require:

19 Tots to equal 3.5 oz (.18875 into 3.5) (we only get 10-12)

AND

14 Tots to equal the 128 calories ($128 \div 9.44$) (we only get 10-12)

AND

37 Tots to equal the 2.33 g. Protein ($2.33 \div .063$) (Again, we only get 10-12)

On the 3 days of 8 wedges, the Tot substitutes see a deficit of:

34 calories and 1.5 g. protein each day $\times (3) =$ 102 cal. / 4.5 g. Protein

On the 6 days of 3.5 oz. wedges, the Tot substitutes see a deficit of:

24 cal (using 11 each Tot as medium) and 1.64 g. protein each day /
 $\times (3) =$ 144 cal. / 9.84 g. protein

SUMMARY: The substitution of wedges with Tots, creates a deficit on each 4-week cycle:

→ 246 calories LESS than wedges say we get, and

→ 11.34 g. Protein LESS than the menu claims we get for wedges.

* The failure of the numbers to equally add up for values between the 8 each and 3.5 oz. servings demonstrate an error in the menu itself.

** The numbers required place serious doubt on the accuracy of declared calories and protein within a 3.5 oz. of Tots.

CHART Q (2)

EXAMPLE OF SUBSTITUTION OF ITEM WITH ITEM OF UNEQUALLY LESS NUTRITIONAL VALUES

No chips came in to us so they were putting an extra piece of cheese each day, ~~Monday~~ ~~Tuesday~~ ~~Wednesday~~ ~~Thursday~~ ~~Friday~~ ~~Saturday~~ & Monday. Chips come in Monday afternoon.

Some ~~times~~ we are out of stuff & EVERY time I put in a sub. Some days the meal portion says 8 TAD or TOTS.

10.) RESPONDING STAFF SIGNATURE

[Signature]

DATE 8/28/19

I don't know what you are reading. Portions are NOT the same every time.

WE FOLLOW THE MENUS as long as we have the items. DOD - 3012 (REV. 7/01)

↑ At LCC, cheese slices are substituted for Tortilla chips at Lunch.

The Chips have 140 calories and 7g. Protein

BUT

The Cheese* has only 50 calories and 0g. Protein (90 cal / 7g. Prot. LESS)

→ This substitution does NOT equal what it replaces, which reduces the daily/monthly calories and protein even lower with each similar substitution.

→ Other substitutes, such as peanut butter or a cookie, neither provide comparable nutritional values. See CHART K, p.63.

* This is not actual cheese, but an oil-based substitution. See Chart Q(3)

CHART Q (3)

NUTRITION LOSSES OCCURRING DUE TO SUBSTITUTION OF LUNCH CHEESES AT LCC WITH OIL-BASED "SANDWICH FLAVORED SLICES"

Per the menu, we are served American Reduced Sodium Cheese (50 cal./0 g. Protein) 9 times, and Swiss Cheese, Low Sodium (81 cal./8.10 g. Protein) 11 times, Totaling 1,1341 Calories and 89.10 g. Protein as reported in the Monthly/Daily Totals.

We get NEITHER, but an oil-based substitute, value unknown, which will serve as substitutes indefinitely. See Letter of September 10, 2019, at pp. 5 and 21.

(1) With the value unknown for the Substitute, accurate reporting CANNOT be done on the total affect of this substituting upon the overall totals and its impact on lowering, even further, the values of Calories and Protein, while boosting the cholesterol and fat counts higher.

(2) Assuming, as example only, the substitute equalled the American Low Sodium cheese at 50 cal./0 g. Protein, its replacement of the SWISS CHEESE would LOWER the value totals by:

$$\rightarrow \underline{341} \text{ calories/month } (31 \times 11) (81 - 50 \text{ cal})$$

$$\rightarrow \underline{89.1} \text{ g. Protein/month } (8.10 \times 11) (8.10 - 0 \text{ cal})$$

★ FAKE CHEESE CONSISTING OF OILS CANNOT
SUBSTITUTE REAL CHEESE AND ITS VALUES

CHART R

EFFECT OF EGG + POTATO SHORTCHANGES AT BREAKFAST UPON DAILY AMOUNTS OF CALORIES AND PROTEIN

EXAMPLE #1
WEEK 2, DAY 5

1) 1 Fried Egg reported, with doubled values given for 2 each = 185 cal./12.53 g. Protein
(See Letter of September 10th, CHART D at pg. 10)

→ Actual values served: 92.5 cal./6.27 g. Protein

↳ SHORTAGES: 92.5 cal./6.27 g. Protein reported, not provided.

2) 8 Potato Wedges reported, at 110 cal./2 g. Protein - SUBSTITUTED with
8 Tater Tots having 75.52 cal./1.50 g. Protein

(See preceding Chart Q)

↳ SHORTAGES: 34.48 cal./1.50 g. Protein reported, not provided

TOTALS

Combined Calorie deficit = 126.98 calories reported, not given

Combined Protein deficit = 7.77 g. Protein reported, not given

EFFECT ON DAILY AVERAGES:

* Daily reported calories = 2569 cal. minus (-) 126.98 cal. deficit =
2442.02 cal. Actual Total for Wk. 2, Day 5
(Below 2,500 goal)

* Daily reported protein = 127 g. minus (-) 7.77 g. deficit =
119.23 g. Protein Actual Total for Wk. 2, Day 5
(Below 125 goal)

→ These also diminish the Monthly Daily Averages even lower.

CHART S

EFFECT OF EGG & POTATO SHORTCHANGES AT BREAKFAST UPON DAILY AMOUNTS OF CALORIES AND PROTEIN

EXAMPLE # 2 Week 1, Day 7

(1) 2 Fried Eggs reported, with doubled values given for 4 each = 370 cal. / 25.06 g. Protein
(See Letter of September 10th, CHART D at pg. 10)

→ Actual values fed: 1 Fried Egg: 92.5 cal. / 6.27 g. Protein

↳ SHORTAGES: 277.5 cal. / 18.79 g. Protein reported, not provided.

(2) 3.5 oz. Potato Wedges reported at 128 cal. / 2.33 g. Protein - SUBSTITUTED with
12 Tater Tots having 113.28 cal. / .76 g. Protein

(See Preceding Chart Q)

↳ SHORTAGES: 14.72 cal. / 1.57 g. Protein reported, not provided.

TOTALS

Combined Calorie Deficit = 292.22 calories reported, but not given

Combined Protein Deficit = 20.36 g. Protein reported, but not given

EFFECT ON DAILY AVERAGES:

* Daily reported Calories = 2756 cal. minus (-) 292.22 cal. deficit =
2463.78 cal. actually provided wk 1, Day 7
(Below 2500 goal)

* Daily reported Protein = 120 g. minus (-) 20.36 g. deficit =
99.64 g. Protein actually provided wk 1, Day 7
(Below 125 goal)

→ These also diminish the monthly Daily Averages even lower.

CHART T

★ TOTAL CALORIES AFFECTED BY SUPPLEMENTAL CHARTS

- Variances between old & new menus: - 496 cal. (Chart J, pg. 2)
- Omitted items Sep. 8-13, 2019 : - 567 cal (Chart L)
- Hot Cereal Discrepancies : - 569.75 cal. (Chart M)
- Tater Tot Substitutions : - 246 cal. (Chart Q(1))
- Cheese Substitutions, 2 days : - 180 cal. (Chart Q(2))
- Fake Cheese substitute for Cheese : - 341 cal. (Chart Q(3))

THE LIMITED EXAMPLES IN THE
SUPPLEMENTAL CHARTS ALONE SHOW
A DEFICIT IN CALORIES TOTALING

= - 2,379.75 calories per month/cycle

SEE LETTER OF SEPTEMBER 10TH, AT CHART G

★ TOTAL PROTEIN AFFECTED BY SUPPLEMENTAL CHARTS

- Variances between old and new menus: - 76 g. (Chart J)
- Omitted items Sep. 8-13, 2019 : - 37.4 g. (Chart K)
- Tater Tot Substitution : - 14.34 g. (Chart Q(1))
- Cheese Substitutions, 2 days : - 14. g (Chart Q(2))
- Fake Cheese Substitute for Cheese : - 89.1 g. (Chart Q(3))

THE LIMITED EXAMPLES IN THE
SUPPLEMENTAL CHARTS ALONE SHOW
A DEFICIT IN PROTEIN TOTALING

= - 230.84 g. Protein per month/cycle

→ Bringing the Daily Averages even further below the Goals of the Guidelines. There are, for example, 19-25 year olds, moderately active, within the NDDC who are now receiving LESS than 2300-2400 cal/day of the 2800 required by the Guidelines (See Dietary Guidelines, Appx. 2, p. 78)

CHART U

OTHER DEFICIENCIES IN THE NOUC MENU'S MAIN DIET ASIDE FROM CALORIES + PROTEIN

Comparing the menu's Totals spreadsheet with the Dietary Guidelines for Americans (2015-2020), App. 7, pp. 97-98, other deficiencies affecting the diet's Nutritional Adequacy exist:

FIBER : Menu has 22g/cycle Avg/Daily
Guidelines require 33.6 g. for men 19-30,
30.8 g. for men 31-50
28 g. for men 51+

For ALL men, 22g. in the menu are deficient

VITAMIN C : menu has 54 mg./cycle Avg/Daily
Guidelines require 90 mg for all men 19+

For ALL men, the 54 mg. in the menu are deficient by 36 mg.

ALSO, the menu reports Daily Avg. T-Fat at 112 g., which exceeds the goal of 84 g.

- SEAFOOD - Men over 18 need between 8 and 10 ounces of Seafood per week, and some nuts, seed and soy per week as a source of protein. (Guidelines, p. 51)
- The Menu provides but 2, 5 oz. Breaded Fish Patties (perhaps 1 to 2 ounces of actual fish per patty) - which is far LESS than the recommendation (i.e., an average of 2.5 ounces per week, in contrast to needed 8 to 10 per week)
 - The menu provides NO nuts, seeds or soy.

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