

OUR MENUS, PER MEAL,
 AVERAGE 500-700
 CALORIES, AND LESS THAN 900
 MG OF SODIUM, EXCLUDING
 SPECIAL EVENT MEALS
 (CONDIMENTS NOT INCLUDED)
 * MEALS WITH MORE THAN
 1000 MG OF SODIUM



Grab n Go Menu

KATIE O'MARA, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$5.50
 COST - 60 YEARS OR YOUNGER: \$7.50

AWSS RESERVES THE RIGHT TO MAKE
 SUBSTITUTES WITHOUT NOTICE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	BEEF STROGANOFF WITH EGG NOODLES CARROTS PEAS VANILLA PUDDING ORANGE JUICE <p style="text-align: right;">1</p>	CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS APPLESAUCE CHOCOLATE CHIP COOKIES ORANGE JUICE <p style="text-align: right;">2</p>	MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE ORANGE JUICE <p style="text-align: right;">3</p>	SPINACH LASAGNA CARROTS ZUCCHINI GRAHAM CRACKERS MELON <p style="text-align: right;">4</p>
PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING WHEAT BREAD ORANGE JUICE <p style="text-align: right;">7</p>	TURKEY ALA KING PEAS CARROTS SUGAR COOKIES APPLESAUCE ORANGE JUICE <p style="text-align: right;">8</p>	BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA WHEAT BREAD PINEAPPLE ORANGE JUICE <p style="text-align: right;">9</p>	MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES FRESH FRUIT ORANGE JUICE <p style="text-align: right;">10</p>	BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT ORANGE JUICE <p style="text-align: right;">11</p>
MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND PEARS WHEAT BREAD ORANGE JUICE <p style="text-align: right;">14</p>	CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES CHOCOLATE PUDDING ORANGE JUICE <p style="text-align: right;">15</p>	SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES ORANGE JUICE <p style="text-align: right;">16</p>	BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES ORANGE JUICE <p style="text-align: right;">17</p>	MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT ORANGE JUICE <p style="text-align: right;">18</p>
TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING ORANGE JUICE <p style="text-align: right;">21</p>	TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT CHOCOLATE CHIP COOKIES ORANGE JUICE <p style="text-align: right;">22</p>	CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY WHEAT BREAD ORANGE PINEAPPLE JUICE <p style="text-align: right;">23</p>	ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE CHOCOLATE PUDDING <p style="text-align: right;">24</p>	PORK IN SAVORY HARVEST SAUCE BROWN RICE PEAS POUND CAKE ORANGE PINEAPPLE JUICE <p style="text-align: right;">25</p>
FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE ORANGE JUICE <p style="text-align: right;">28</p>	CHEESE CANNALONI GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL ORANGE JUICE <p style="text-align: right;">29</p>	CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES ORANGE JUICE <p style="text-align: right;">30</p>	<h1>June 2021</h1>	

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY **PORK = PORK

1% MILK OFFERED AT EACH MEAL