

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 & 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

July 2021



 <h2 style="font-size: 4em; margin: 0;">Center Closed</h2>					<p>CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES CORN ORANGE JUICE AMBROSIA</p> <p style="text-align: right;">5</p>	<p>SPINACH LASAGNA CARROTS ZUCCHINI ORANGE PINEAPPLE JUICE FRUIT COCKTAIL</p> <p style="text-align: right;">6</p>	<p>MEATLOAF & TOMATO SAUCE GREEN BEANS CARROTS WHOLE WHEAT BREAD OATMEAL COOKIES ORANGE JUICE</p> <p style="text-align: right;">7</p>	<p>CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN TAPIOCA PUDDING ORANGE JUICE</p> <p style="text-align: right;">8</p>	<p>HONEY MUSTARD HAM SWEET POTATOES FRENCH CUT GREEN BEANS APPLE SAUCE WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">9</p>
<p>MACARONI AND CHEESE SPINACH CORN POUND CAKE ORANGE JUICE</p> <p style="text-align: right;">12</p>	<p>SALISBURY STEAK WITH GRAVY CARROTS PEAS OATMEAL COOKIES WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">13</p>	<p>TURKEY ENCHILADA CASSEROLE GREEN BEANS* PEAS* CARROTS WHEAT BREAD FRESH FRUIT ORANGE JUICE</p> <p style="text-align: right;">14</p>	<p>TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING ORANGE JUICE</p> <p style="text-align: right;">15</p>	<p>BBQ PORK RIBLET MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS ORANGE JUICE</p> <p style="text-align: right;">16</p>					
<p>CHICKEN FAJITAS WITH PEPPERS & ONIONS BROCCOLI HOT APPLE BETTY CHOCOLATE CHIP COOKIES WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">19</p>	<p>SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES OATMEAL COOKIES WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">20</p>	<p>CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN POUND CAKE WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">21</p>	<p>FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI ORANGE JUICE CHOCOLATE CHIP COOKIES ORANGE JUICE</p> <p style="text-align: right;">22</p>	<p>SPINACH LASAGNA CARROTS ZUCCHINI MIXED FRUIT ORANGE JUICE</p> <p style="text-align: right;">23</p>					
<p>BEEF STROGANOFF WITH EGG NOODLES CARROTS PEAS VANILLA PUDDING ORANGE JUICE</p> <p style="text-align: right;">26</p>	<p>CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS APPLESAUCE CHOCOLATE CHIP COOKIES ORANGE JUICE</p> <p style="text-align: right;">27</p>	<p>MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE ORANGE JUICE</p> <p style="text-align: right;">28</p>	<p>SPINACH LASAGNA CARROTS ZUCCHINI GRAHAM CRACKERS MELON</p> <p style="text-align: right;">29</p>	<p>SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES TAPIOCA PUDDING</p> <p style="text-align: right;">30</p>					

*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OFFERED AT EACH MEAL