

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)



Age Well

Orange County's partner in aging

Home Delivered Menu

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

DONATION: \$9.00

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPTEMBER 2022

 **Labor Day**

1		2	
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
30			

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPTEMBER 2022

ORANGE JUICE
TOASTED OATS
YOGURT
LOW FAT MILK

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

1

2

 **Labor Day**

5

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

6

WAFFLES
SYRUP
MARGARINE (2)
LOW FAT MILK

7

FRESH FRUIT
FRENCH TOAST
SYRUP
MARGARINE (2)
LOW FAT MILK

8

ORANGE JUICE
RAISIN BRAN
FRUITED YOGURT
LOW FAT MILK

9

ORANGE JUICE
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

12

FRESH FRUIT
TOASTED OATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

13

PEACHES
SCRAMBLED EGGS
BREAD FOR TOAST
JELLY
MARGARINE
LOW FAT MILK

14

FRESH ORANGE
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

15

ORANGE JUICE
RAISIN BRAN
FRUITED YOGURT
LOW FAT MILK

16

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

19

ORANGE JUICE
BANANA
BRAN FLAKES
BREAD FOR TOAST (1)
MARGARINE (1)
LOW FAT MILK

20

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

21

PEACHES
FRENCH TOAST
SYRUP
MARGARINE (2)
LOW FAT MILK

22

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

23

FRESH FRUIT
SCRAMBLED EGGS
BREAD FOR TOAST (2)
JELLY
MARGARINE (2)
LOW FAT MILK

26

ORANGE JUICE
FROSTED MINI-WHEATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

27

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

28

APPLESAUCE
RAISIN BRAN
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

29

WAFFLES
SYRUP
MARGARINE (2)
LOW FAT MILK

30