



OCTOBER BREAKFAST



Tuesday – 10/4 Orange Juice Raisin Bran Cereal Whole Grain Bagel & Peanut Butter Fresh Fruit	Wednesday – 10/5 Cranberry Juice Oatmeal Wheat English Muffin Egg Patty & Cheddar Cheese Fresh Fruit	Thursday – 10/6 Apple Juice Turkey Sausage Patty & Swiss Cheese Whole Wheat Sandwich Thin Strawberry Craisins Graham Crackers
Tuesday – 10/11 Grape Juice Hard Boiled Egg Whole Wheat Honey Bun Pineapple Tidbits	Wednesday – 10/12 Orange Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit	Thursday – 10/13 Grape Juice String Cheese Waffles (2) & Pancake Syrup Raisins
Tuesday – 10/18 Orange Juice Raisin Bran Cereal Whole Wheat Honey Bun Hard Boiled Egg	Wednesday – 10/19 Apple Juice Oatmeal Turkey Sausage Biscuit Fresh Fruit	Thursday – 10/20 Grape Juice Cinnamon Squares Cereal Pineapple and Cottage Cheese Wheat English Muffin & Peanut Butter
Tuesday – 10/25 Grape Juice Oatmeal String Cheese Pancakes (2) & Pancake Syrup	Wednesday – 10/26 Orange Juice Cheese Omelet Fig Bar Strawberry Craisins	Thursday – 10/27 Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel & Peanut Butter Tropical Fruit



Cut Back on Added Sugars



Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.

Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.

Satisfy your sweet tooth

Indulge in a naturally sweet dessert-fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.

Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.

Pick lower sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed on its own juice or water.

Check the label

Added sugars are now prominently displayed on the Nutrition Facts label of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.

The benefits of healthy eating add up over time, bite by bite.

<https://www.myplate.gov/tip-sheet/cut-back-added-sugars>

Apple Sandwiches

Ingredients

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins



Directions

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread ½ teaspoon peanut butter on one side of each apple slice.
4. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
5. Continue with remaining apple slices.

Notes

- Vary your apple “sandwich” using different nut butters and dried fruits.
- Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.
- Try other nut or seed butters, such as almond, hazelnut or sunflower seed.
- Use other dried fruit pieces, such as cherries or cranberries.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-sandwiches>

L P A E U L C Y Z G U S Q S S
 P I C T I O N A R Y O I M C E
 N O M M A G K C A B V G S R I
 W Y Y K H Y X S M Z P L U A R
 S C S D Y M I W N B N W I B O
 M R N C O H P F Q M F Q W B G
 C O E B A T T L E S H I P L R
 A V N K Z S R U P A P A W E E
 N F X O C S O A W B H H C H T
 D E Y A P E Z R A X A O A T T
 Y H O K X O H V R Y O C K A A
 L L T F U K L C B Y H T Q J C
 A X S V S Y I Y X E O U X Q S
 N N A I I M T U S E Q B C Q J
 D K R Y Q F S S E S D T J V E



AREA AGENCY ON AGING
 NUTRITION PROGRAM



JOHNSON COUNTY
 KANSAS
 Aging & Human Services