

# Senior Services of Polk County

## May 2024

Monday			Tuesday			Wednesday			Thursday			Friday			Friday Flex					
May 2024 Polk County Senior Services Menus. With the exception of the optional Friday Flex, all have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). All menus are subject to change. The number in the parentheses indicates the carbohydrate exchange. 1 = (15) grams. Top Number = Carbohydrates, Bottom Number = Calories																				
						<b>Pulled BBQ Pork</b> 1 Portion CHO 3 oz 22 <b>Macaroni &amp; Cheese</b> 1/2 cup 22 1/2 cup 9.9 <b>Corn O'Brien</b> 1/2 cup 21.9 <b>Whole Wheat Bread</b> 1 slice 12 <b>Fresh Seasonal Fruit</b> 1 each 18.4 <b>Milk</b> 95 1 each 11.3 <b>Butter</b> 563 1 each 0			<b>Swedish Meatballs</b> 2 Portion CHO 3 each 9.9 <b>Mashed Potatoes</b> 1/2 cup 14.8 1/2 cup 6.8 <b>Green Beans</b> 1/2 cup 12.9 <b>Wheat Roll</b> 1 each 13 <b>Milk</b> 56 1 each 11.3 <b>Butter</b> 536 1 each 0			<b>Tuna Noodle Au Gratin</b> 3 Portion CHO 3/4 cup 22 <b>Diced Beets</b> 1/2 cup 11.3 <b>Capri Vegetable Blend</b> 1/2 cup 7.1 <b>Whole Wheat Bread</b> 1 slice 12 <b>Coconut Cake</b> 1 piece 28.3 <b>Chocolate Milk</b> 111 1 each 30.6 <b>Butter</b> 709 1 each 0			<b>Berry Almond Chicken Salad</b> 3 Portion CHO 1.5 cups 15.7 <small>*Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries</small>					
<b>Country Fried Steak</b> 6 Portion CHO 1 piece 16 <b>Country Gravy</b> 1 oz 2.5 <b>Mashed Potatoes</b> 1/2 cup 14.8 <b>Garden Vegetable Blend</b> 1/2 cup 11.6 <b>Multi-Grain Bread</b> 1 slice 14 <b>Oreo Brownie</b> 1 piece 27.7 <b>Milk</b> 98 1 each 11.3 <b>Butter</b> 787 1 each 0			<b>BBQ Chicken Thigh</b> 7 Portion CHO 1 piece 16 <b>Baked Pinto Beans</b> 1/2 cup 31.5 <b>Whole Kernel Corn</b> 1/2 cup 21.3 <b>Wheat Roll</b> 1 each 13 <b>Applesauce</b> 1/2 cup 16.6 <b>Milk</b> 110 1 each 11.3 <b>Butter</b> 818 1 each 0			<b>Shredded Pork w/Apple</b> 8 Portion CHO 3 oz 0 <b>Salsa</b> 1 oz 2.1 <b>Buttered Rice</b> 1/2 cup 22.7 <b>Green Beans</b> 1/2 cup 7 <b>Multi-Grain Bread</b> 1 slice 14 <b>Tropical Fruit</b> 1/2 cup 34.7 <b>Milk</b> 92 1 each 11.3 <b>Butter</b> 604 1 each 0			<b>Hamburger Patty</b> 9 Portion CHO 1 each 2 <b>Lettuce, Tomato, Onion</b> 1/2 cup 4.5 <b>Oven Roasted Potatoes</b> 1/2 cup 11.7 <b>Wheat Hamburger Bun</b> 1 each 21.6 <b>Milk</b> 51 1 each 11.3 <b>Mayonnaise</b> 511 1 each 0 <b>Boston Crème Pie</b> 1 slice 45.6			<b>Chicken Fettuccini Alfredo</b> 10 Portion CHO 3/4 cup 29.3 <b>Green Peas</b> 1/2 cup 12.9 <b>Tossed Salad</b> 1/2 cup 1.7 <b>Garlic Breadstick</b> 1 each 15 <b>Fresh Seasonal Fruit</b> 1 each 17.3 <b>Chocolate Milk</b> 107 1 each 30.6 <b>Salad Dressing</b> 669 1 each 0.8			<b>Tuna Salad</b> 10 Portion CHO 1/2 cup 6.1 <b>Cucumber Tomato Salad</b> 1/2 cup 5.1 <b>Wheat Bread</b> 2 slices 24 <b>Fresh Seasonal Fruit</b> 1 each 17.3 <b>Rice Krispie Treat</b> 101 1 each 17.7 <b>Chocolate Milk</b> 623 1 each 30.6					
<b>Creole Steak</b> 13 Portion CHO 1 each 8.1 <b>Whole Kernel Corn</b> 1/2 cup 21.3 <b>Brussels Sprouts</b> 1/2 cup 8.3 <b>Whole Wheat Bread</b> 1 slice 12 <b>Fresh Fruit</b> 1 each 18.6 <b>Milk</b> 80 1 each 11.3 <b>Butter</b> 599 1 each 0			<b>Lemon Pepper Chicken</b> 14 Portion CHO 1 each 3.2 <b>Green Beans</b> 1/2 cup 7 <b>Tossed Salad</b> 1/2 cup 1.7 <b>Multi-Grain Bread</b> 1 slice 14 <b>Carnival Cookie</b> 1 each 23.8 <b>Fresh Seasonal Fruit</b> 1 each 11.3 <b>Salad Dressing</b> 61 1 each 0.8 <b>Butter</b> 548 1 each 0			<b>Senior Fest Meal</b> 15 Portion CHO <b>Hot Dog or Hamburger</b> 1 each 3 <b>Baked Pinto Beans</b> 1/2 cup 31.5 <b>Potato Salad</b> 1/2 cup 27.3 <b>Bun</b> 1 each 26 <b>Fresh Seasonal Fruit</b> 1 each 17.3 <b>Ice Cream Sandwich</b> 148 1 each 36.9 <b>Milk</b> 1037 1 each 11.3			<b>Chicken w/Picante Sauce</b> 22 Portion CHO 1 each 4.8 <b>Rice</b> 1/2 cup 22.7 <b>California Vegetable Blend</b> 1/2 cup 5.8 <b>Multi Grain Bread</b> 1 slice 14 <b>Pineapple Tidbits</b> 1/2 cup 23.6 <b>Milk</b> 82 1 each 11.3 <b>Butter</b> 533 1 each 0 <b>Birth Day Cake</b> 1 piece 25.6			<b>Chicken Tetrazzini</b> 16 Portion CHO 3/4 cup 25 <b>Green Peas</b> 1/2 cup 12.9 <b>Tossed Salad</b> 1/2 cup 1.7 <b>Garlic Breadstick</b> 1 each 15 <b>Milk</b> 11.3 1 each 11.3 <b>Butter</b> 45 1 each 0 <b>Salad Dressing</b> 592 1 each 0.8 <b>Strawberry Rhubarb Pie</b> 1 slice 58.9			<b>Homemade Meatloaf</b> 17 Portion CHO 3 oz 7.5 <b>Brown Gravy</b> 1 oz 1.4 <b>Mashed Potatoes</b> 1/2 cup 14.8 <b>Sliced Carrots</b> 1/2 cup 7.2 <b>Wheat Roll</b> 1 each 13 <b>Fresh Seasonal Fruit</b> 1 each 18.4 <b>Chocolate Milk</b> 93 1 each 30.6 <b>Butter</b> 615 1 each 0			<b>Southwest Chicken Salad</b> 17 Portion CHO 1.5 cups 11.8 <small>*Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Sauce</small>		
<b>Beef Patty w/Mushroom Gravy</b> 20 Portion CHO 1 each 4.5 <b>Buttered Egg Noodles</b> 1/2 cup 20.2 <b>Green Peas</b> 1/2 cup 12.9 <b>Wheat Bread</b> 1 slice 12 <b>Cherry Gelatin</b> 1/2 cup 25.4 <b>Milk</b> 86 1 each 11.3 <b>Butter</b> 702 1 each 0			<b>Orange Cranberry Pork</b> 21 Portion CHO 3 oz 7.4 <b>Oven Roasted Potatoes</b> 1/2 cup 13 <b>Harvard Beets</b> 1/2 cup 7 <b>Multi-Grain Bread</b> 1 slice 14 <b>Lemon Bar</b> 1 each 21.4 <b>Milk</b> 74 1 each 11.3 <b>Butter</b> 623 1 each 0			<b>Chicken w/Picante Sauce</b> 22 Portion CHO 1 each 4.8 <b>Rice</b> 1/2 cup 22.7 <b>California Vegetable Blend</b> 1/2 cup 5.8 <b>Multi Grain Bread</b> 1 slice 14 <b>Pineapple Tidbits</b> 1/2 cup 23.6 <b>Milk</b> 82 1 each 11.3 <b>Butter</b> 533 1 each 0 <b>Birth Day Cake</b> 1 piece 25.6			<b>Rotary Crusted Pollock</b> 23 Portion CHO 1 each 15 <b>Mashed Potatoes</b> 1/2 cup 14.8 <b>Broccoli</b> 1/2 cup 4 <b>Combread</b> 1 piece 22.5 <b>Fresh Seasonal Fruit</b> 1 each 11.3 <b>Butter</b> 68 1 each 0 <b>Chocolate Milk</b> 534 1 each 30.6 <b>Butter</b> 824 1 each 0			<b>Tater Tot Casserole</b> 24 Portion CHO 3/4 cup 24.1 <b>Whole Kernel Corn</b> 1/2 cup 21.3 <b>Sliced Carrots</b> 1/2 cup 7.2 <b>Whole Wheat Bread</b> 1 slice 12 <b>Fresh Seasonal Fruit</b> 1 each 17.3 <b>Chocolate Milk</b> 113 1 each 30.6 <b>Butter</b> 824 1 each 0			<b>Turkey &amp; Swiss Cheese</b> 24 Portion CHO 2 oz/1 cup 1.5 <b>Lettuce &amp; Tomato</b> 1/4 cup 1 <b>Coleslaw</b> 1/2 cup 10.1 <b>Multi-Grain Bread</b> 2 slices 28 <b>Fresh Seasonal Fruit</b> 1 each 17.3 <b>Fudge Round Cookie</b> 92 1 each 23 <b>Chocolate Milk</b> 724 1 each 30.6 <b>Mustard/Mayonnaise</b> 84 1 each 0.3					
<b>Closed</b> 27 Portion CHO			<b>Chick w/Onions &amp; Peppers</b> 28 Portion CHO 1 each 3.5 <b>Country Potatoes</b> 1/2 cup 19.7 <b>Green Peas</b> 1/2 cup 12.9 <b>Wheat Roll</b> 1 each 13 <b>Fresh Fruit</b> 1 each 18.6 <b>Milk</b> 79 1 each 11.3 <b>Butter</b> 538 1 each 0			<b>Pork Carnitas</b> 29 Portion CHO 3 oz 0.9 <b>Mexican Rice</b> 1/2 cup 21.8 <b>Fiesta Vegetable Blend</b> 1/2 cup 10.3 <b>Flour Tortilla</b> 1 each 17.8 <b>Fig Bar</b> 92 1 each 30.1 <b>Butter</b> 602 1 each 11.3			<b>Salisbury Beef w/Gravy</b> 30 Portion CHO 1 each 6.4 <b>Mashed Potatoes</b> 1/2 cup 14.8 <b>Glazed Carrots</b> 1/2 cup 12 <b>Multi Grain Bread</b> 1 slice 14 <b>Milk</b> 59 1 each 11.3 <b>Butter</b> 540 1 each 0 <b>Apple Pie</b> 1 slice 45.8			<b>Honey Baked Chicken</b> 31 Portion CHO 1 each 13.4 <b>Baked Pinto Beans</b> 1/2 cup 31.5 <b>Baby Red Potatoes</b> 1/2 cup 13.6 <b>Wheat Roll</b> 1 each 13 <b>Fresh Fruit</b> 1 each 18.6 <b>Chocolate Milk</b> 121 1 each 30.6 <b>Butter</b> 749 1 each 0			<b>Berry Almond Chicken Salad</b> 31 Portion CHO 1.5 cups 15.7 <small>*Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries</small>					

Entree contains >700 mg Sodium

CHO Denotes grams of Carbohydrate

Denotes pork in recipe

*Cassidy Rivers Beavers* MS, RD, LD

Cassidy Rivers Beavers, MS, RD, LD