## Senior Services of Polk County May 2024

Mashed Potations         1/2 cup																				
May 2024 Polk County Senior Services Menus. With the exception of the optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the 13 of the free optional Fridsy Flex, how been werified to meet the free optional Fridsy Flex, how been werified to meet the free optional Fridsy Flex, how been werified to meet the free optional Fridsy Flex, how been werified to meet the free optional Fridsy Flex, how been werified to meet the free optional Fridsy Flex, how been werified to meet the free optional Fridsy Flex, how been werified to meet the free optional Fridsy Flex, how been werified to meet the free optional Flex flex flex flex flex flex flex flex f	Monday				Tuesday			Wednesday			Thursday			Friday			Friday Flex			
May 2024 Polk Courty Senior Services Menus. With the exception of the optional Friday Fiex, have been verified to meet the 1/3 of the method field to meet the method field to meet the 1/3 of the method field to meet the 1/3								1	Portion	CHO	1	2	Portion	CHO	3	Portion	CHO	3	Portion	CHO
May 2024 Polk Courty Senior Services Menus, With the exception of the optional Friday Flex, have been verified to measure subject to change.         Conc Option         12 conc         23         Gran Periphase Courty         Gar Vergetable Blend, 1 sen, 1 3         Concourts Measure Measure Second Fluit         Name, MeasureMeasureMeasure Periphase         Measure Periphase         Measure Periphase         Name, MeasureMeasureMeasure Periphase         Name, MeasureMeasureMeasureMeasure Periphase         Name, MeasureMeasureMeasure Periphase         Name, MeasureMeasureMeasureMeasureMeasure Periphase         Name, MeasureMeasureMeasureMeasureMeasure Periphase         Name, MeasureM								Pulled BBQ Pork 📒	3 oz	22	Swedish Meatballs		3 each	9.9	Tuna Noodle Au Gratin	3/4 cup	22	Berry Almond Chicken Salad	1.5 cups	15.7
bit         Distant         Price         Name         Price         Name         Price         Name         Price         Pr					Macaroni & Cheese	1/2 cup	9.5	Mashed Potatoes		1/2 cup	14.8	Diced Beets	1/2 cup	11.3	*Chicken, Mixed Salad Greens, Sliced					
Distant, Reference Intake (DR1s), All menus are subject to change. I = (15) grams. Top Number = Carbohydrate exchange. I = (15) grams. Top Number	May 2024 Polk County Senior Services Menus. With the exception of					Corn O'Brien	1/2 cup	21.9	Green Beans		1/2 cup	6.8	Capri Vegetable Blend	1/2 cup	7.1	Almonds, Dried Cranberries, Strawberries				
The number in the parentheses indicates the carbolydrates, Bottom Number = Carbolydrates, Bottom Numb						Whole Wheat Bread	1 slice	12	Wheat Roll		1 each	13	Whole Wheat Bread	1 slice	12	Wheat Crackers	2 packet	7.7		
1 = (15) grams. Top Number = Carbohydrates, Bottom Number = Ca								Fresh Seasonal Fruit	1 each	18.4	Milk 56		1 each	11.3	Coconut Cake	1 piece	28.3	Fresh Seasonal Fruit	1 each	17.3
6         Portion         ChO         797         I such 2         Balaamic Dressing         797         I such 2         I such 2 <thi 2<="" such="" th=""> <thi 2<<="" such="" td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><th>Milk 95</th><td>1 each</td><td>11.3</td><td>Butter 536</td><td>5</td><td>1 each</td><td>0</td><td>Chocolate Milk 111</td><td>1 each</td><td>30.6</td><td>Oatmeal Creme Pie</td><td>1 each</td><td>21.1</td></thi></thi>								Milk 95	1 each	11.3	Butter 536	5	1 each	0	Chocolate Milk 111	1 each	30.6	Oatmeal Creme Pie	1 each	21.1
Contry Fried Stack         Cell         7         Portion         Cito         8         Oracle Particle         1 table         54.2         Contry         1 table         54.2         Contro         1 table         24.2         Contry         1 table         24.2         Contry         1 table         24.2         Contro         1 table         24.2         Contry         24.2         Contry         24.2         Contry         24.2         Contry         24.2         Contry         24.2         Contry </td <td>1 = (15) gr</td> <td>ams. Top Nu</td> <td>mber =</td> <td>Carbo</td> <td>phydrates, Bottom Numbe</td> <td>r = Calor</td> <td>ries</td> <th>Butter 563</th> <td>1 each</td> <td>0</td> <td></td> <td></td> <td></td> <td></td> <td>Butter 709</td> <td>1 each</td> <td>0</td> <td>Chocolate Milk 98</td> <td>1 each</td> <td>30.6</td>	1 = (15) gr	ams. Top Nu	mber =	Carbo	phydrates, Bottom Numbe	r = Calor	ries	Butter 563	1 each	0					Butter 709	1 each	0	Chocolate Milk 98	1 each	30.6
6         Perton         CHO         7         Perton         CHO         Perton         Fight Perto																		Balsamic Dressing 797	1 each	5.4
County Free Steak         In each         11         15         15         State         Protein         15         23         Unit         12         23         Unas Bate/         12         23         Unas Bate/         12         23         Unas Bate/         12         23         Unas Bate/         12         12         13         State         13         State         13											Blueberry Pie									
County Gravy         1         2         2         Salar         1		6	Portion	CHO	7	Portion			Portion			9 1	Portion					10		
Varied         Utacup         11.8         Winder Kome Com         11/2 cup         12/2 cup	<b>Country Fried</b>	Steak	1 each		BBQ Chicken Thigh															
Garden Vegetable Blend         11s         Wine Roll         11s         <	Country Gravy																12.9		1/2 cup	
Multi-Grain Bread         14         Applesauce         1/2 rup         65         Multi-Grain Bread         113         Itech         13         Fresh Seasonal Fruit         1 ach         173         Ruck Krigpie Tradt         101         101         101 <th< td=""><td>Mashed Potato</td><td>ies</td><td>1/2 cup</td><td>14.8</td><td>Whole Kernel Corn</td><td>1/2 cup</td><td></td><th>Buttered Rice</th><td></td><td>22.7</td><td>Oven Roasted Potatoes</td><td></td><td>1/2 cup</td><td>11.7</td><td></td><td>1/2 cup</td><td>1.7</td><td></td><td>2 slices</td><td></td></th<>	Mashed Potato	ies	1/2 cup	14.8	Whole Kernel Corn	1/2 cup		Buttered Rice		22.7	Oven Roasted Potatoes		1/2 cup	11.7		1/2 cup	1.7		2 slices	
Orce Brownie         I piece         277         Mik.         113         Topocal Fruit         112         Topocal Fruit         112         Topocal Fruit         112         Topocal Fruit         112         Topocal Fruit         113         Topocal Fruit         113         Topocal Fruit         112         Topocal Fruit         113         Topocal Fruit         112         112         112         112         112         113         Topocal Fruit         112         112         113         112         112         113         112         112         113         112         113         112         113         112         113         112         113         112         113         112																				
Mate         Tesch         11.3         Butter         618         11.3         Inter         621         11.3         Inter         631         11.3         Inter         631         11.3         Inter         631         11.3         Inter         631         Portion         CHO         11.3         Portion         CHO         11.4         Portion         CHO         11.3         Portion         CHO         11.3         Portion         CHO         Southwest Chicken Tetrazzini         34 cap         2.5         Southwest Chicken Stald         11.6         Chicken Tetrazzini         34 cap         2.5         Southwest Chicken Stald         11.6         Chicken Tetrazzini         34 cap         2.5         Southwest Chicken Stald         11.6         Chicken Tetrazzini         34 cap         2.5         Borton-Chin         11.8         11.6         11.6         Chicken Tetrazzini         34 cap         2.5         Southwest Chicken Stald         11.8		ad														1 each				
Total         Total         Description         Description         Construction         Description         Construction         Description         Construction         C	Oreo Brownie		1 piece	27.7	Milk 110	1 each		Tropical Fruit	1/2 cup		Mayonnaise 511		1 each	0	Chocolate Milk 107	1 each	30.6	Chocolate Milk 623	1 each	30.6
Chrol         13         Pertion         CHO         Teach         32         Pertion         CHO         Cho         112         Durb         Teach         32         Pertion         Cho         Teach         32         Pertion         Cho         Teach         32         Pertion         Cho         Teach         32         Pertion         Cho         Teach         33         Cho         Teach         33         Cho         Teach         33         Cho         Teach         13         Cho         Teach         13         Cho         Teach         75         Souther State         Teach <td>Milk</td> <td>98</td> <td>1 each</td> <td>11.3</td> <td>Butter 818</td> <td>1 each</td> <td>0</td> <th>Milk 92</th> <td>1 each</td> <td>11.3</td> <td></td> <td></td> <td></td> <td></td> <td>Salad Dressing 669</td> <td>1 each</td> <td>0.8</td> <td></td> <td></td> <td></td>	Milk	98	1 each	11.3	Butter 818	1 each	0	Milk 92	1 each	11.3					Salad Dressing 669	1 each	0.8			
Choole Staak         I         1 <t< td=""><td>Butter</td><td></td><td></td><td></td><td></td><td></td><td></td><th>Butter 604</th><td></td><td></td><td>Boston Crème Pie</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Butter							Butter 604			Boston Crème Pie									
Whole Kernel Corm         112 cup         213 Green Beans         12 cup         7.7         or Hamburger         1 ach         2         Green Peas         112 cup         12 cup         13         14 cup         12 cup         13         14 cup         12 cup         13         14 cup         12 cup         14 cup         12 cup         13         14 cup		13	Portion	CHO		Portion	CHO		Portion							Portion	CHO			
Banases Sprouts       1/2 cup       8.3       Tossed Salad       1/2 cup       3.1       Tossed Salad       1/2 cup       3.1       Tossed Salad       1/2 cup       1.1       Mashed Protalnees       1/2 cup       1.1       Mashed							3.2		1 each							3 oz	7.5		1.5 cups	11.8
and/sets         space         1/2 cup         1/2 cup <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td>7</td><th></th><td></td><td></td><td></td><td></td><td></td><td>12.9</td><td></td><td></td><td></td><td></td><td></td><td></td></th<>							7							12.9						
Fresh Fruit         1 each         1 each <th1 each<="" th=""> <th1 each<="" th=""> <th1 eac<="" td=""><td></td><td></td><td></td><td></td><td></td><td>1/2 cup</td><td></td><th></th><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>14.8</td><td>Com, Black Beans, Picante Sauce</td><td></td><td></td></th1></th1></th1>						1/2 cup											14.8	Com, Black Beans, Picante Sauce		
Milk         80         1 each         11 a         Milk         1 each         11 a         Fresh Seasonal Fruit         1 each         17 a         Butter         45 b         1 each         0         Fresh Seasonal Fruit         1 each         0 a         Salad Dressing         61 each         0 ach         17 a         Butter         45 b         Salad Dressing         61 each         0 ach         17 a         Butter         11 ach         17 ach         Poto         12 ach         11 ach         17 ach         Poto         12 ach         17 ach         <		Bread	1 slice	12		1 slice	14	Potato Salad	1/2 cup				1 each	15		1/2 cup	7.2		2 packet	
Sutter         Size         Text         O         Salad Dressing         61 text         text         0.8 text         Chocolate Mik         93 text         text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text         0.8 text <td>Fresh Fruit</td> <td></td> <td>1 each</td> <td>18.6</td> <td></td> <td>1 each</td> <td>23.8</td> <th></th> <td>1 each</td> <td></td> <td>Milk</td> <td></td> <td>1 each</td> <td>11.3</td> <td></td> <td>1 each</td> <td>13</td> <td></td> <td>1 each</td> <td></td>	Fresh Fruit		1 each	18.6		1 each	23.8		1 each		Milk		1 each	11.3		1 each	13		1 each	
20         Destrict         548         1 each         103         Teach         113         Strawberry Rhubarb Pie         1 size         638         Butter         615         1 each         0         Panch Dressing         854         1 each         22         Portion         CHO         Panch Dressing         854         1 each         12         Portion         CHO         Panch Dressing         854         1 each         12         Portion         CHO         Panch Dressing         854         1 each         12         Panch Dressing         854         1 each         13         Mike         Potato Crusted Polices         12         0         Panch Dressing         854         1 each         13         Portion         CHO         Portion <td>Milk</td> <td></td> <td></td> <td></td> <td></td> <td>1 each</td> <td></td> <th></th> <td></td> <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td>1 each</td> <td></td> <td></td> <td></td> <td></td>	Milk					1 each								-		1 each				
200         Pertion         CHO         221         Perton         CHO         224         Perton         <	Butter	599	1 each	0																
Same / Party Multarboom Gravy       1 sack       4.5       Orange Cranberry Pork       3.32       7.4       Chicken wi/Picante Sauce       1 sack       4.5       Potato Crusted Poliock       1 sack								Milk 1037			Strawberry Rhubarb Pie									
Jutterd Egn Noodles         1/2 cup         20         Over Roasted Polatoes         1/2 cup         4.8         Whole Kener Com         1/2 cup         2.1         Constraint         1/2 cup         4.8         Whole Kener Com         1/2 cup         2.1         Constraint         1/2 cup         4.8         Whole Kener Com         1/2 cup         2.1         Constraint         1/2 cup         4.8         Whole Kener Com         1/2 cup         2.1         Lettwore & Tomato         1/4 cup         1.1         Constraint         1/2 cup         4.8         Whole Kener Com         1/2 cup         2.1         Lettwore & Tomato         1/2 cup         1.8         Whole Kener Com         1/2 cup         2.1         Lettwore & Tomato         1/2 cup         1.8         State         1/2 cup         4.8         Whole Kener Com         1/2 cup         1.7         Colestant         1/2 cup         1.8         Kener         1.1         Lettwore         1.2         Mult         State         2.3         Bit         2.3         Bit         2.3         Mult         Constate         1.3         Bit         2.3         Mult								22												
Green Peas         12 cup         13 cup         12 cup         13 cup         12 cup         13 cup         12 cup         12 cup         13 cup         12 cup         12 cup         13 cup         12 cup         13 cup         12 cup         13 cup         13 cup         12 cup         12 cup         13 cup         13 cup         12 cup         12 cup         13																				1.5
Minist Grain Bread         1 size         1 size <th1 size<="" th=""></th1>		loodles					13													1
Cherry Gelatin         1/2 cup         25.4         Lemon Bar         1 each         21.4         Pineapple Tidbits         1/2 cup         23.6         Milk         68         1 each         11.3         Fresh Seasonal Fruit         1 each         17.3         Fresh Seasonal Fruit<							7							-						
Milk         86         1 each         113         Milk         72         1 each         113         1 each         113         1 each         1         1 each         0         Chocolate Milk         113         1 each         0         Chocolate Milk         1 each         0         Chocolate Milk         1 each         0.3         Portion         CHO         Chocolate Milk         1 each																				
Butter         702         1 each         0         Butter         623         1 each         0         Butter         533         1 each         0         Butter         623         1 each         0         Butter         533         1 each         0         Butter         834         1 each         0         Chocolate         Milk         724         1 each         1 13           27         Portion         CHO         28         Portion         CHO         29         Portion         CHO         31         Sizeer         15.7         Issee         12.00         12.00         12.00         12.00         13         Sizeer         15.7																				
And the state         And the state         Birthday Cake         1 pices         25.6         Coconut Crème Pie         1 size         1 57         Northon         CHO         31         Portion         CHO         31         Portion         CHO         31         Portion         CHO         31         Portion         CHO         30         Portion         CHO         31         Portion											Butter 53	34	1 each	0						
27         Portion         CHO         28         Portion         CHO         29         Portion         CHO         30         Portion         CHO         31         Portion         CHO         Salisbury         1 = ach         6.4         Hores         Bated         Portion         CHO         Salisbury         1 = ach         6.4         Hores         Bated         Portion         CHO         Salisbury	Butter	702	1 each	0	Butter 623	1 each	0								Butter 824	1 each	0			
Closed         Chicken wi/Onions & Peppers         1 seck         5.5         Pork Carnitas         3 oz         0.9         Salisbury Beef wi/Gravy         1 esch         6.4         Honey Baked Chicken         1 esch         13.4         Berry Almond Chicken Salad         1 5.cup         15.cup			Death	0110		Deather	0110				Coconut Crème Pie	20				Deaths	0110			
Country Polatoes         1/2 cup         1/3         Massine And Polatoes         1/2 cup         1/4.8         Baked Pinto Beans         1/2 cup         3/1.5         Tokame Mark State Grames Stated           Green Peas         1/2 cup         1/2	0	2/	Portion	CHO							0-11-h									
Openend         Top	Closed																		1.5 cups	15.7
Wheat Roit         1 each         13         Flour Tortilla         92         1 each         17.8         Multi Grain Bread         1 store         14         Wheat Roit         1 each         13         Minest Crackers         2 packet         7.7           Friesh Fruit         1 each         18.6         Fig Bar         602         1 each         11.8         Minest Sp         1 each         11.3         Firesh Fruit         1 each         18.6         Firesh Seasonal Fruit         1 each         12.1           Milk         79         1 each         1         Butter         540         1 each         11.3         Firesh Fruit         1 each         0.6         Ocnocalet Milk         121         1 each         0.6         Ocnocalet Milk         79         1 each         1.1         Butter         74         Minest         73         1 each         1.1         Firesh Fruit         1 each         0.6         Ocnocalet Milk         74         1 each         0.6         Ocnocalet Milk         79         1 each         1.1         Butter         74         1 each         0.6         Ocnocalet Milk         77         1 each         1.2         Butter         74         1 each         0.6         Ocnocalet Milk         77         1 each																				
Fresh Fruit         1 each         18.6         Fig Bar         602         1 each         30.1         Milk         59         1 each         11.3         Fresh Fruit         1 each         18.6         Fresh Seasonal Fruit         1 each         17.3           Milk         79         1 each         11.3         1 each         11.3         Butter         540         1 each         0         Chocolate Milk         121         1 each         0.0         Chocolate Milk         797         1 each         30.6         Number Saa         30.6         Number Saa         30.6         Number Saa         10.6         10.6         10.6         10.6         10.6         10.6         10.6         10.6         10.6         10.6         10.6         10.6         10.6         10.6         10.6         10.6	1																	When all Over all and	anakat	77
Milk         79         1 each         11.3         Butter         540         1 each         0         Chocolate Milk         121         1 each         30.6         O atmeal Creme Pie         98         1 each         21.1           Butter         538         1 each         0         Apple Pie         1 size         45.8         1         1 each         0         Chocolate Milk         121         1 each         0         Chocolate Milk         797         1 each         21.1	1																			
Butter         538         1 each         0         Apple Pie         1 slice         45.8         Utter         749         1 each         0         Chocolate Milk         797         1 each         30.6         5.4								Fig Bar 602												
Apple Pie 1 sice 45.8 Balsami Design 1 each 5.4									i each	11.5	Butter 54	U	i each	U						
					Butter 538	i each	U		1		Apple Rie		1 olioo	45.0	Butter 749	reach	U			
gentree contains >//uu mg sooium CHO Denotes grams of Carbohydrate Denotes pork in recipe	L		172			1 1		l	1	L		_	1 SIICE	40.0	(				reach	0.4
			tains >700 mg Sodium		СНО	Denotes	grams of Carbohydrate					u-3 De	enotes p	ork in recipe						

Carried Bing Benners, MS. PD. LD

Cassidy Rivers Beavers, MS, RD, LD