

# Senior Services of Polk County

## April 2024

Monday			Tuesday			Wednesday			Thursday			Friday			Friday Flex								
1	Portion	CHO	2	Portion	CHO	3	Portion	CHO	4	Portion	CHO	5	Portion	CHO	5	Portion	CHO						
<b>Cranberry Chicken Thigh</b>	1 piece	19	<b>Pizza Bake</b>	3/4 cup	16.4	<b>BBQ Pork Rib Patty</b>	1 each	5.1	<b>Turkey Ham Potato Casserole</b>	3/4 cup	9	<b>Hot Dog</b>	1 each	3	<b>Egg Salad</b>	1/2 cup	7.5						
Oven Roasted Potatoes	1/2 cup	11.3	Green Peas	1/2 cup	12.9	Whole Red Potatoes	1/2 cup	15.1				Baked Pinto Beans	1/2 cup	31.5	Lettuce & Tomato	1/2 cup	2.1						
Capri Vegetable Blend	1/2 cup	7.1	Tossed Salad	1/2 cup	1.7	Sliced Carrots	1/2 cup	7.2	Corn w/Onions & Peppers	1/2 cup	21.9	Coleslaw	1/2 cup	10.1	Carrot Raisin Salad	1/2 cup	14.7						
Wheat Bread	1 slice	12	Garlic Breadstick	1 each	15	Hot Dog Bun	1 each	26	Brussels Sprouts	1/2 cup	8.3	Hot Dog Bun	1 each	26	Multi-Grain Bread	2 slices	28						
Graham Crackers	1 packet	10.9	Pineapple Tidbits	1/2 cup	23.6	Fresh Seasonal Fruit	83	1 each	18.4	Wheat Roll	71	Carnival Cookie	125	1 each	23.8	Fresh Seasonal Fruit	1 each	17.3					
Milk	72	1 each	Milk	81	1 each	Milk	610	1 each	11.3	Milk	534	Chocolate Milk	955	1 each	30.6	Fudge Round Cookie	123	1 each	23				
Butter	703	1 each	Butter	696	1 each	Butter		1 each	0	Butter		Chocolate Milk		1 each	30.6	Chocolate Milk	848	1 each	30.6				
Salad Dressing		1 each	Salad Dressing		0.4	Salad Dressing		1 each	0.4	Apple Pie		Apple Pie		1 slice	45.8	Apple Pie		1 slice	45.8				
<b>Baked Chicken w/Dill Sauce</b>	1 each	4.4	<b>Sausage w/Onions &amp; Peppers</b>	1 each	5.6	<b>BBQ Chicken Thigh</b>	1 piece	16	<b>Turkey Poultry Gravy</b>	3 oz	1.5	<b>Liver &amp; Onions</b>	1 each	9.5	<b>Chef Salad*</b>	1.5 cups	5.6						
Whole Kernel Corn	1/2 cup	21.3	Tiny Whole Potatoes	1/2 cup	17.9	Oven Roasted Potatoes	1/2 cup	13	Mashed Potatoes	1/2 cup	14.8	Rice	1/2 cup	22.7	<i>*Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i>								
Tossed Salad	1/2 cup	1.7	Green Peas	1/2 cup	13	Seasoned Green Beans	1/2 cup	7	Three Bean Salad	1/2 cup	27.4	Broccoli	1/2 cup	4	Pasta Salad	1/2 cup	22						
Whole Wheat Bread	1 slice	12	Whole Wheat Bread	1 slice	12	Multi-Grain Bread	1 slice	14	Raisins	1/2 cup	56.1	Cornbread	1 piece	22.5	Fresh Seasonal Fruit	1 each	17.3						
Fresh Seasonal Fruit	1 each	17.3	Fresh Fruit	1 each	18.6	Cinnamon Cake	1 piece	28.1	Milk	113	1 each	Fresh Seasonal Fruit	1 each	17.3	Chocolate Milk	107	1 each	30.6					
Milk	70	1 each	Milk	76	1 each	Milk	89	1 each	11.3	Butter	734	1 each	0	Butter	668	1 each	0	Brownie	105	1 piece	27.1		
Butter	554	1 each	Butter	670	1 each	Butter	740	1 each	0	Banana Cream Pie		1 slice	50.4	Chocolate Milk	960	1 each	30.6	Chocolate Milk	960	1 each	30.6		
Salad Dressing		1 each	Salad Dressing		0.4	Salad Dressing		1 each	0.4	Banana Cream Pie		1 slice	50.4	Ranch Salad Dressing		1 each	2.5	Ranch Salad Dressing		1 each	2.5		
<b>Almond Dijon Chicken</b>	1 each	18.4	<b>Beef Taco</b>	3 oz	3.2	<b>Baked Chicken Breast</b>	1 each	0	<b>Beef Meatloaf</b>	3 oz	7.5	<b>Sausage Patty (2)</b>	2 oz	0.8	<b>Honey Mustard Chicken Salad</b>	1/2 cup	19.3						
Mashed Potatoes	1/2 cup	14.8	Lettuce & Tomato	1/4 cup	1	Poultry Gravy	2 oz	2.9	Tomato Gravy	1 oz	2.7	Hashbrown Casserole	1/2 cup	18.7	Corn Salad	1/2 cup	24.5						
Green Peas	1/2 cup	12.9	Shredded Cheese	1/2 oz	0.4	Mashed Potatoes	1/2 cup	14.8	Baked Pinto Beans	1/2 cup	32.6	Cinnamon Roll	1 each	18	Wheat Bread	2 slices	24						
Wheat Bread	1 slice	12	Mexican Rice	1/2 cup	21.8	Glazed Carrots	1/2 cup	12	Baby Red Potatoes	1/2 cup	13.6	Fresh Seasonal Fruit	87	1 each	18.4	Fresh Seasonal Fruit	1 each	17.3					
Fruited Gelatin	1/2 cup	32	Fiesta Vegetable Blend	1/2 cup	10.3	Multi Grain Bread	1 slice	14	Roll	1 each	13	Chocolate Milk	675	1 each	30.6	Rice Krispie Treat	113	1 each	17.7				
Milk	102	1 each	Flour Tortilla	1 each	17.8	Strawberry Applesauce	1/2 cup	21.6	Milk	81	1 each	11.3	Chocolate Milk	852	1 each	30.6	Chocolate Milk	852	1 each	30.6			
Butter	592	1 each	Fig Bar	96	1 each	Milk	77	1 each	11.3	Butter	618	1 each	0	Chocolate Milk		1 each	30.6	Butter		1 each	0		
			Milk	719	1 each	Butter	577	1 each	0	Cherry Pie		1 slice	64.9	Cherry Pie		1 slice	64.9	Cherry Pie		1 slice	64.9		
						<b>Birthday Cake</b>	1 piece	30.6	<b>Cherry Pie</b>	1 slice	64.9	<b>Cherry Pie</b>	1 slice	64.9	<b>Cherry Pie</b>	1 slice	64.9	<b>Cherry Pie</b>	1 slice	64.9	<b>Cherry Pie</b>	1 slice	64.9
<b>BBQ Meatballs</b>	3 each	24	<b>Goulash</b>	1 cup	25.2	<b>Apple Glazed Pork</b>	3 oz	8	<b>Hamburger Patty</b>	1 each	2	<b>Fish Sandwich</b>	1 each	20	<b>Chicken Caesar Salad*</b>	1.5 cups	8.8						
Whole Red Potatoes	1/2 cup	15.3	Glazed Carrots	1/2 cup	12	Mashed Potatoes	1/2 cup	14.8	Lettuce, Tomato, Onion	1/2 cup	4.5	Macaroni & Cheese	1/2 cup	9.5	<i>*Chicken, Mixed Salad Greens, Parmesan</i>								
Green Beans	1/2 cup	7	Green Peas	1/2 cup	13	Mixed Vegetables	1/2 cup	13.5	Italian Roasted Potatoes	1/2 cup	11.7	Green Beans	1/2 cup	6.8	Croutons	1 packet	5.1						
Hot Dog Bun	1 each	26	Garlic Breadstick	1 each	15	Whole Wheat Bread	1 slice	12	Baked Beans	1/2 cup	37.8	Wheat Hamburger Bun	1 each	21.6	Fresh Seasonal Fruit	1 each	17.3						
Fresh Seasonal Fruit	101	1 each	Oatmeal Raisin Cookie	99	1 each	Fresh Seasonal Fruit	1 each	17.3	Wheat Hamburger Bun	89	1 each	Brownie	116	1 piece	27.1	Oatmeal Creme Pie	84	1 each	21.1				
Milk	662	1 each	Milk	854	1 each	Milk	77	1 each	11.3	Milk	696	1 each	11.3	Chocolate Milk	825	1 each	30.6	Chocolate Milk	1019	1 each	30.6		
						Butter	663	1 each	0	Lemon Meringue Pie		1 slice	47.1	Caesar Dressing		1 each	1	Caesar Dressing		1 each	1		
<b>Salisbury Beef</b>	1 each	5	<b>Honey Mustard Chicken</b>	1 each	8.4																		
Brown Gravy	1 oz	1.4	White Rice	1/2 cup	22.7																		
O'Brien Hashbrowns	1/2 cup	5.5	Herbed Green Peas	1/2 cup	13.1																		
Glazed Carrots	1/2 cup	12	Wheat Roll	1 each	13																		
Whole Wheat Bread	1 slice	12	Raspberry Cheesecake Pudding	1/2 cup	22																		
Fig Bar	77	1 each	Milk	91	1 each																		
Milk	673	1 each	Butter	679	1 each																		
Butter		1 each			0																		

Entree contains >700 mg Sodium

CHO Denotes grams of Carbohydrate

Denotes pork in recipe

April 2024 SENIOR SERVICES OF POLK COUNTY MENUES, with the exception of the optional Friday Flex, Have been Verified

to meet the 1/3 of the Dietary Reference Intake (DRIs). All Menues are subject to Change.

The number of the parentheses indicates the Carbohydrate exchange. (1) = 15 grams.

Top number = carbohydrates Bottom Number = calories

= Meal Contains Pork = Meal contains 800mg or more of sodium

Cassidy Rivers Beavers, MS, RD, LD

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