








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 2022 SENIOR SERVICES OF POLK COUNTY				1 Tuna Tetrazzini 22g Harvard Beets 19g 96 Rosy Applesauce 15g 550 Rye Bread 15g Chocolate Milk 25g
4 CLOSED FOR 4th OF JULY	5 Beef Hot Dog 5g 118 WW Bun 21g 850 Duchess Potatoes 32g Kidney Bean Salad 23g Orange 25g Skim Milk 12g 	6 Chicken & Noodles 23g Bahama Veggies 7g 90 Banana 31g 678 Bread Pudding 17g Skim Milk 12g	7 Swedish Meatballs 5g Mashed Potatoes 21g Lettuce Salad w/ Ranch 2g Crasins 24g 80 WW Dinner Roll 14g 730 Pecan Pie 56g 	8 Chicken Salad 8g 81 With Lettuce 563 Potatoes O'Brien 17g Apple 19g Wheat Bread 12g Chocolate Milk 25g
11 Tater Tot Casserole 19g Country Veggies 10g Peaches 18g 99 WW Dinner Roll 14g 664 Choc. Chip Cookie 26g Skim Milk 12g	12 Teriyaki Chicken 13g Brown rice 25g Coleslaw 11g 86 Apple 19g 559 Fortune Cookie 5g Skim Milk 12g	13 Chef Salad 9g w/ Ranch Dressing 2g Baby Bakers 37g 105 Banana 31g 670 WW Dinner Roll 14g Skim Milk 12g	14 Meatloaf 6g 94 Mashed Potatoes 21g 623 Copper Penny Salad 17g Raisins 23g WW Dinner Roll 14g Skim Milk 12g Apple Pie 44g	15 Beef Chili 17g 2 Crackers 10g 100 Green Beans 6g 613 Orange 25g Rice Krispy Treat 17g Chocolate Milk 25g
18 Scalloped Potatoes w/ Ham 32g 91 Mixed Veggies 13g 584 Apples 19g WW Dinner Roll 14g  Skim Milk 12g 	19 Beef Taco 3g 60 WW Tortilla 9g 569 Cheese & Lettuce 1g Black Beans 19g Mixed Fruit 16g Taco Sauce Skim Milk 12g	20 Chicken Alfredo 13g Corn 19g 120 Banana 31g 839 Bread Stick 15g Birthday Cake 19g Skim Milk 12g	21 Sloppy Joe 8g WW Bun 21g 96 Peas & Carrots 11g 726 Diced Potatoes 17g Craisins 24g Skim Milk 12g Pumpkin Pie 47g	22 Tuna Salad 1g Wheat Bread 23g Green Beans 6g 96 Orange 25g 642 Goldfish 16g Chocolate Milk 25g
25 Honey Mustard Chicken 9g 89 Carrots 5g 584 3 Bean Salad 21g Orange 25g WW Dinner Roll 14g Skim Milk 12g	26 BBQ Pork Mac 26g Country Veggies 10g Watermelon 11g 76 Raisin Bread 17g 705 Skim Milk 12g 	27 Cali Burger WW Bun 21g 94 Lett/Tom/Onion 5g 717 Baked Beans 24g Banana 31g Skim Milk 12g	28 Chicken w/Gravy 3g Mashed Potatoes 21g Pea Salad 18g 91 Raisins 23g 613 WW Dinner roll 14g Skim Milk 12g Cherry Pie 44g	29 Egg Salad Sandwich 4g WW Bun 21g 115 Baby Bakers 37g 754 Tomato & Zucchini Salad 9g Apple 19g Chocolate Milk 25g

JULY 2022 SENIOR SERVICES OF POLK COUNTY Menus have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). The number following the food item is the amount in grams of carbohydrates the food item contains. Top number = carbohydrates Bottom number = calories (pies excluded)  = meal contains pork  = meal contains 800 mg or more of sodium **NOTE: MENUS ARE SUBJECT TO CHANGE**

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