

Senior Services of Polk County October 2024

Monday			Tuesday			Wednesday			Thursday			Friday			Friday Flex		
7						9			10			11			11		
Beef Taco	3 oz	3.2	Shredded Pork	3 oz	0	Chicken Noodle Soup	1 cup	9.3	Sloppy Joe	1/2 cup	6.8	Liver & Onions	1 each	9.5	Chef Salad*	1.5 cup	
Shredded Cheese	1/2 oz	0.4	BBQ Sauce	1 oz	12	Corn Casserole	1/2 cup	27.9	Macaroni & Cheese	1/2 cup	21.3	Mashed Potatoes	1/2 cup	14.8	*Turkey, Ham, Egg, Cheddar		
Lettuce & Tomato	1/4 cup	1	Green Beans	1/2 cup	7	Whole Wheat Bread	1 slice	12	Tossed Salad	1/2 cup	1.7	Harvard Beets	1/2 cup	19.7	Cheese, Tomato, Mixed		
Mexican Rice	1/2 cup	21.8	Coleslaw	1/2 cup	10	Brownie	1 piece	27.1	Wheat Hamburger Bun	1 each	30	Whole Wheat Bread	1 slice	12	Greens, and Carrots		
Bush's Black Beans	1/2 cup	24	Hamburger Bun	1 each	21.6	Milk	1 each	11.3	Strawberry Fruited Gelatin	1/2 cup	27.9	Banana	1 each	27	Pasta Salad	1/2 cup	
Flour Tortilla	1 each	17.8	Oatmeal Raisin Cookie	1 each	22.9	Butter	1 each	0	Milk	1 each	11.3	Chocolate Milk	1 each	30.6	Applesauce	1/2 cup	
Applesauce	1/2 cup	16.6	Milk	1 each	11.3				Salad Dressing	1 each		Butter	1 each	0	Chocolate Milk	1 each	
Milk	1 each	11.3													Ranch Salad Dressing	1 each	
Taco Sauce	1 each	96							Blueberry Pie	1 slice							
		713			620			618			691			652			810
		96			85			88			99			113			124
14			15			16			17			18			18		
Chicken Cacciatore	1/2 cup	3.3	Glazed Ham	3 ounce	3.5	Swedish Meatballs	3 each	9.9	Beef Meatloaf	3 oz	7.5	Chicken Tikka	1/2 cup	5	Cranberry Chicken Salad	1/2 cup	
Penne Pasta	1/2 cup	21.2	Cut Yams	1/2 cup	25.1	Mashed Potatoes	1/2 cup	14.8	Brown Gravy	1 oz	1.4	Buttered Rice	1/2 cup	22.7	Tossed Salad	1 cup	
Green Beans	1/2 cup	6.8	Tossed Salad	1/2 cup	1.7	Broccoli	1/2 cup	4	Baked Potato	1 each	21.3	Green Peas	1/2 cup	13	Wheat Roll	1 each	
Whole Wheat Bread	1 slice	12	Cornbread	1 piece	22.5	Whole Wheat Bread	1 slice	12	Brussels Sprouts	1/2 cup	8.3	Naan Dippers	3 each	15.1	Fresh Grapes	18 each	
Butterscotch Pudding	1/2 cup	27.1	Cinnamon Applesauce	1/2 cup	16.7	Chocolate Chip Cookie	1 each	25.9	Whole Wheat Bread	1 slice	12	Orange	1 each	11.2	Chocolate Milk	1 each	
Milk	1 each	11.3	Milk	1 each	11.3	Milk	1 each	11.3	Raspberrry Fruited Gelatin	1/2 cup	30	Chocolate Milk	1 each	30.6			
Butter	1 each	0	Salad Dressing	1 each	0	Butter	1 each	0	Milk	1 each	11.3						
		591	Butter	1 each	0				Sour Cream	1 each	0						
		82			552			691	Butter	1 each	0						612
					81			78	Apple Pie	1 slice							83
21			22			23			24			25			25		
Beef w/Mushroom Gravy	1 each	4.5	Goulash	3/4 cup	42.1	Chicken Taco	3 oz	3.2	Hamburger	1 each	2	Tuna Noodle Au Gratin	1 cup	24.7	Krab Salad	1/2 cup	
Mashed Potatoes	1/2 cup	14.8	Glazed Carrots	1/2 cup	12	Lettuce & Tomato	1/4 cup	1	Lettuce/Tomato/Onion	1/2 cup	2.8	Green Beans	1/2 cup	6.8	Tossed Salad	1 cup	
Green Peas	1/2 cup	12.9	Whole Wheat Bread	1 slice	12	Cilantro Lime Rice	1/2 cup	22.8	Roasted Red Potatoes	1/2 cup	11.3	Tossed Salad	1/2 cup	1.8	Wheat Crackers	2 pkt	
Whole Wheat Bread	1 slice	12	Hot Spiced Pears	1/2 cup	23.9	Fiesta Vegetable Blend	1/2 cup	8.4	Wheat Hamburger Bun	1 each	30	Whole Wheat Bread	1 slice	12	Cinnamon Applesauce	1/2 cup	
Applesauce	1/2 cup	16.6	Milk	1 each	11.3	Flour Tortilla	1 each	17.8	Banana	1 each	27	Orange Fruited Gelatin	1/2 cup	27.9	Chocolate Milk	1 each	
Milk	1 each	11.3	Butter	1 each	0	Apple	1 each	17.5	Milk	1 each	11.3	Chocolate Milk	1 each	30.6	Chocolate Milk	1 each	
Butter	1 each	0				Milk	1 each	11.3	Butter	1 each	0	Butter	1 each	0	Ranch Salad Dressing	1 each	
		591			667	Taco Sauce	1 each		Ketchup/Mustard	1 each		Salad Dressing	1 each	3			
		72			101	Birthday Cake	1 piece		Pecan Pie	1 slice							619
																	83
28			29			30			31								
Meatball Soup	3/4 cup	18.3	Pesto Chicken	1/2 cup	8.9	Salisbury Beef	1 each	5	Baked Chicken	1 each	0						
Scalloped Potatoes	1/2 cup	16	Parslied Rotini	1/2 cup	21.2	Brown Gravy	1 oz	1.4	Poultry Gravy	1 oz	1.4						
Whole Wheat Bread	1 slice	12	Green Peas	1/2 cup	12.9	Roasted Red Potatoes	1/2 cup	11.3	Rice Pilaf	1/2 cup	27.1						
Hot Pineapple Tidbits	1/2 cup	25.9	Garlic Texas Bread	1 each	15.8	Green Beans	1/2 cup	7	Harvard Beets	1/2 cup	19.7						
Milk	1 each	11.3	Brownie	1 piece	27.1	Whole Wheat Bread	1 slice	12	Whole Wheat Bread	1 slice	12						
Butter	1 each	0	Milk	1 each	11.3	Orange	1/2 cup	11.2	Milk	1 each	11.3						
		653	Butter	1 each	0	Milk	1 each	11.3	Butter	1 each	0						
		84				Butter	1 each	0									
									Cherry Pie	1 slice							

Entree contains >700 mg Sodium

CHO Denotes grams of Carbohydrate

Denotes pork in recipe

Menus, with the exception of the optional Friday Flex, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). All menus are subject to change. The number following the food item is the amount in grams of carbohydrates the food item contains. Top Number = Calories Bottom Number = Carbohydrates

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