







AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Pork Mac 26g Mixed Veggies 13g  Lettuce Salad w/Ranch 2g Raisins 22g 98 Sugar Cookie 23g 792 Skim Milk 12g	4 Beef Pepper Steak 19g Brown Rice 25g Capri Veggies 6g 119 Orange 25g 749 Butterscotch Pudding 32g Skim Milk 12g	5 Chicken Breast Copper Penny Salad 17g Corn 19g 97 Banana 31g 680 Raisin Bread 17g Skim Milk 12g	6 Salisbury Steak 11g Mashed Potatoes 21g Green Beans 6g 84 Apple 19g 702 WW Dinner Roll 14g Skim Milk 12g	7 Chicken Salad 7g WW Bun 21g Diced Potatoes 17g Peas 12g 100 Pears 18g 659 Chocolate Milk 25g
10 Pork Ham Slice 1g Cheesy Hashbrowns 18g Bahama Veggies 7g 68 Pineapple 14g 580 WW Dinner Roll 14g Skim Milk 12g 	11 Beef Hot Dog 5g  WW Bun 21g Duchess Potatoes 32g Kidney Bean Salad 23g Orange 25g 118 Skim Milk 12g 850	12 Egg Salad 4g with Lettuce Salad & Tomato Baby Potatoes 37g 98 Banana 31g 649 WW Dinner Roll 14g Skim Milk 12g	13 Swedish Meatballs 5g Mashed Potatoes 21g Broccoli 5g 76 Apple 19g 704 WW Dinner Roll 14g Skim Milk 12g	14 Turkey Burger 1g WW Bun 21g 112 Carrots 7g 755 Potato Salad 16g Mixed Fruit 16g Choc. Chip Cookie 26g Chocolate Milk 25g
17 Chicken & Noodles 23g Peas and Carrots 11g Craisins 24g Rye Bread 15g 85 Skim Milk 12g 674	18 Ham Sandwich  Wheat Bread 23g Diced Potatoes 17g 101 Green Beans 6g 564 Peaches 18g Oat. Raisin Cookie 25g Skim Milk 12g	19 Cali Burger 105 WW Bun 21g 800 Lett/Tom/Onion 5g Valley Salad 6g Banana 31g Birthday Cake 29g Skim Milk 12g	20 Chicken with Peppers and Onions 7g Brown Rice 25g 82 Corn 19g 531 Apple 19g Skim Milk 12g	21 Beef Meatballs in Gravy 3g Mashed Red Potatoes 21g Peas 12g 100 Orange 25g 715 WW Dinner Roll 14g Chocolate Milk 25g
24 Beef Taco 3g WW Tortilla 19g Lettuce & Cheese 1g Taco Sauce 97 Mixed Veggies 13g 632 Apple 19g Snickerdoodle 30g Skim Milk 12g	25 BBQ Chicken 7g WW Bun 21g Carrots 7g 81 Coleslaw 11g 574 Raisins 22g Skim Milk 12g	26 Tuna Tetrizzini 24g Harvard Beets 19g Corn 19g 111 Orange 25g 690 WW Dinner Roll 14g Skim Milk 12g	27 Meatloaf 6g Mashed Potatoes 21g Green Beans 6g 91 Banana 31g 599 WW Dinner Roll 14g Skim Milk 12g	28 Tilapia Scandinavian Veggies 15g Lettuce Salad with Italian 4g 80 Applesauce 15g 579 Rice Krispy Treat 17g Chocolate Milk 25g
31 Goulash 30g Glazed Carrots 11g 94 Orange 25g 717 Bread Stick 15g Skim Milk 12g	AUGUST PIES Aug. 6 Peach 41g Aug. 13 Blueberry 51g Aug. 20 Pecan 56g Aug. 27 Cherry 44g	AUGUST 2020 SENIOR SERVICES OF POLK COUNTY Menus 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 = carbohydrates Bottom number = calories  = meal contains pork  = meal contains 800 mg or more of sodium		

NOTE: MENUS ARE SUBJECT TO CHANGE