

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2020				
SENIOR SERVICES OF POLK COUNTY				
5 Goulash 30g Mixed Veggies 13g Apple 19g Bread Stick 15g 90 Skim Milk 12g 714	6 Italian Chicken 2g Cooked Cabbage 5g 78 Diced Potatoes 20g 609 Orange 25g WW Dinner Roll 14g Skim Milk 12g	7 Egg Salad on Wheat 23g Baby Potatoes 37g Mixed Fruit 29g 124 Sugar Cookie 23g 743 Skim Milk 12g	8 Swedish Meatballs 5g Mashed Potatoes 21g Banana 31g WW Dinner Roll 14g 84 Skim Milk 12g 727 Cherry Pie 44g 	9 Ham Sandwich WW Bun 21g 101 Carrots 5g 533 Chips 16g  Orange Juice 14g Choc. Chip Cookie 26g Chocolate Milk 25g
12 Beef Pizza Bake 29g Brussels Sprouts 7g Orange 25g Bread Stick 15g 89 Skim Milk 12g 788	13 Chicken Breast Copper Penny Salad 17g Peas 12g Craisins 24g 83 Raisin Bread 17g 630 Skim Milk 12g	14 Cali Burger  WW Bun 21g Lett/Tom/Onion 5g Baked Beans 24g 124 Banana 31g 879 Birthday Cake 29g Skim Milk 12g	15 Pork Ham Slice 1g Cheesy Hash Browns 18g Corn 19g 85 Apple 19g 663 WW Dinner Roll 14g Skim Milk 12g  Pecan Pie 56g	16 Turkey and Cheese on Wheat Bread 23g Carrots 5g 108 Chips 16g 717 Apple Juice 14g Oat. Raisin Cookie 25g Chocolate Milk 25g 
19 Sloppy Joe 8g WW Bun 21g Potato Salad 16g 112 Raisins 23g 772 Butterscotch Pudding 32g Skim Milk 12g	20 Chicken in Country Gravy 2g Diced Potatoes 20g 92 Pea Salad 18g 622 Orange 25g WW Dinner Roll 14g Skim Milk 12g	21 Tilapia Scandinavian Veggies 15g Lettuce Salad with Ranch 2g 74 Applesauce 15g 531 Snickerdoodle 30g Skim Milk 12g	22 Meatloaf 6g Mashed Potatoes 21g Banana 31g 85 WW Dinner Roll 14g 567 Skim Milk 12g Boston Cream Pie 40g	23 Italian Turkey Sand Wheat Bread 23g 103 Carrots 5g 628 Grape Juice 17g Chips 16g Rice Krispy Treat 17g Chocolate Milk 25g
26 Tuna & Noodles 17g Corn 19g Craisins 24g WW Dinner Roll 14g 86 Skim Milk 12g 613	27 Pork Bratwurst 2g  WW Bun 21g Mixed Veggies 13g 91 Coleslaw 11g 855 Banana 31g Skim Milk 12g 	28 Teriyaki Chicken 13g Brown Rice 25g 113 Lettuce Salad 693 with Italian 4g Mixed Fruit 29g Chocolate Pudding 30g Skim Milk 12g	29 Shredded Beef Sand. WW Bun 21g 82 Mashed Potatoes 21g 576 Creamy Cucumbers 8g Apple 19g Skim Milk 12g Peach Pie 41g	30 Ham Sandwich  on Rye Bread 15g Carrots 5g 104 Chips 16g 609 Applesauce 15g Cookie 28g  Chocolate Milk 25g

OCTOBER 2020 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



= meal contains pork



= meal contains 800 mg or more of sodium

NOTE: All menus are subject to change.