Senior Services of Polk County
February 2024

Monday			Tuesday			Wednesday			Thursday			Friday			Friday Flex		
									1	Portion	CHO	2	Portion	CHO		Portion	CHO
									Turkey Ham & Scalloped Potatoes	1 cup	12.8	**Liver & Onions**	1 each	9.6	**Chef Salad***	1.5 cups	5.6
												Mashed Potatoes	1/2 cup	14.8	**Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots*		
									Green Peas	1/2 cup	13	Capri Vegetable Blend	1/2 cup	5.6			
									Garlic Breadstick	1 each	15	Dinner Roll	1 each	14.8	Croutons **110**	1 pack	5.1
									Milk	1 each	11.3	Warm Lemon Cake	1/2 cup	50.3	Pasta Salad **989**	1/2 cup	22
									Butter	1 each	0	Chocolate Milk	1 each	30.6	Fresh Seasonal Fruit	1 each	17.3
									Coconut Crème Pie	1 piece	15.7	Butter	1 each	0	Brownie	1 each	27.1
									63			**128**			Chocolate Milk	1 each	30.6
									536			**792**			Ranch Salad Dressing	1 each	2.5
5	Portion	CHO	6	Portion	CHO	7	Portion	CHO	8	Portion	CHO	9	Portion	CHO		Portion	CHO
Chicken Fettuccini Alfredo	3/4 cup	29.3	**Polish Sausage**	1 each	5.8	**Turkey**	3 oz	0	**Sweet & Sour Chicken**	1/2 cup	24.5	**Potato Crusted Pollock**	1 each	27..2	**Egg Salad**	1/2 cup	7.5
Sliced Carrots	1/2 cup	7.2	**w/ Sauerkraut**			**w/Poultry Gravy**	1 oz	1.4	Rice	1/2 cup	22.7	Macaroni & Cheese	1/2 cup	9.5	Lettuce & Tomato **104**	1/2 cup	2.1
Garlic Breadstick	1 each	15	Whole Kernel Corn	1/2 cup	21.3	Mashed Potatoes	1/2 cup	14.8	Mixed Vegetables	1/2 cup	13.5	Capri Vegetable Blend	1/2 cup	5.6	Coleslaw **767**	1/2 cup	10
Oatmeal Creme Pie	1 each	21.1	California Vegetable Blend	1/2 cup	5.8	Green Beans	1/2 cup	7	Multi Grain Bread	1 slice	14	Dinner Roll	1 each	14.8	Multi-Grain Bread	1 slice	14
Milk	1 each	11.3	Hot Dog Bun	1 each	30	Turtle Cookie	1 each	21.8	Milk **86**	1 each	11.3	Hot Spiced Apples	1/2 cup	18.6	Fresh Seasonal Fruit	1 each	17.3
Butter	1 each	0	Fresh Seasonal Fruit **92**	1 each	17.3	Milk **56**	1 each	11.3	Butter **572**	1 each	0	Chocolate Milk **94**	1 each	30.6	Fudge Round Cookie	1 each	23
84			Milk **728**	1 each	11.3	Butter **548**	1 each	0	**Apple Pie**	1 piece	45.8	Butter **682**	1 each	0	Chocolate Milk	1 each	30.6
650												Tartar Sauce	1/2 oz	0.5			
12	Portion	CHO	13	Portion	CHO	14	Portion	CHO	15	Portion	CHO	16	Portion	CHO		Portion	CHO
Beef Chili	1 cup	16.8	**Salisbury Beef**	1 each	6.4	**BBQ Chicken**	1/2 cup	16	**Taco Beef**	3 oz	3.2	**Tuna Noodle Casserole**	1 cup	27.4	**Berry Almond Chicken Salad**	1.5 cups	15.7
Whole Kernel Corn	1/2 cup	21.3	Baby Red Potatoes	1/2 cup	13.6	Baked Beans	1/2 cup	31.5	Lettuce & Tomato	1/4 cup	1	Wheat Roll	1 each	13	**Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries*		
Coleslaw	1/2 cup	10	Green Peas	1/2 cup	12.9	California Vegetable Blend	1/2 cup	5.8	Shredded Cheese	1/2 oz	0.4	Peach Crisp	1/2 cup	47.3			
Cornbread	1 piece	22.5	Multi Grain Bread	1 slice	14	Hamburger Bun	1 each	21.6	Spanish Rice	1/2 cup	19.3	Fresh Seasonal Fruit	1 each	17.3	Wheat Crackers	2 packs	7.7
Milk	1 each	11.3	Carnival Cookie	1 each	23.8	Fresh Seasonal Fruit	1 each	17.3	Black Beans	1/2 cup	26.2	Chocolate Milk	1 each	30.6	Fresh Seasonal Fruit	1 each	17.3
82			Milk	1 each	11.3	Milk	1 each	11.3	Flour Tortilla **80**	1 each	17.8	Butter	1 each	0	Oatmeal Creme Pie	1 each	21.1
671			Butter	1 each	0				Milk **764**	1 each	11.3	**136**			Chocolate Milk **98**	1 each	30.6
			82			**104**			Taco Sauce	1 each	1.8	**872**			Balsamic Dressing **797**	1 each	
			717			**613**			**Banana Cream Pie**	1 piece	50.4					1 each	
19			20	Portion	CHO	21	Portion	CHO	22	Portion	CHO	23	Portion	CHO		Portion	CHO
Closed			**Swedish Meatballs**	3 each	9.9	**Shredded Chicken**	1/2 cup	1.5	**Sloppy Joe**	1/2 cup	6.8	**10 Grain Pollock**	1 each	21	**Chicken Salad**	1/2 cup	4.7
			w/Egg Noodles	1/2 cup	20.2	**w/Peppers & Onions**			Scalloped Potatoes	1/2 cup	16	Macaroni & Cheese	1/2 cup	9.5	Corn Salad	1/2 cup	24.5
			Sliced Carrots	1/2 cup	7.2	Roasted Red Potatoes	1/2 cup	11.3	Green Peas	1/2 cup	12.9	Stewed Tomatoes	1/2 cup	7.9	Naan Bread	3 each	15.1
			Cornbread	1 piece	22.5	Whole Kernel Corn	1/2 cup	21.3	Hamburger Bun	1 each	21.6	Multi Grain Bread	1 slice	14	Fresh Seasonal Fruit	1 each	17.3
			Chocolate Chip Cookie	1 each	25.9	Flour Tortilla	1 each	3	Milk	1 each	11.3	Fig Bar	1 each	30.1	Rice Krispie Treat	1 each	17.7
			Milk	1 each	11.3	Fresh Seasonal Fruit	1 each	17.3	**Cherry Pie**	1 piece	64.9	Chocolate Milk	1 each	30.6	Chocolate Milk	1 each	30.6
			Butter	1 each	0	Milk **66**	1 each	11.3				Butter **113**	1 each	0			
			97			Taco Sauce **543**	1 each	1.8	**69**			Tartar Sauce **788**	1/2 oz	0.5	**110**		
			821			**Birthday Cake**			**556**						**777**		
26	Portion	CHO	27	Portion	CHO	28			29								
Baked Chicken Breast	1 each	0	**Turkey Ham & Broccoli Rice Casserole**	1 cup	38.5	**Goulash**	3/4 cup	42.1	**Herb Roasted Pork**	3 oz	1.1						
Apple Cider Mustard Sauce	1 oz	3.9				Glazed Carrots	1/2 cup	12	**w/Pork Gravy**	2 oz	3.8						
Mashed Potatoes	1/2 cup	14.8	Tossed Salad	1/2 cup	1.7	Green Beans	1/2 cup	6.8	Mashed Potatoes	1/2 cup	14.8						
Mixed Vegetables	1/2 cup	13.4	Fruit Cocktail	1/2 cup	21.8	Garlic Breadstick	1 each	15	Whole Kernel Corn	1/2 cup	21.3						
Multi Grain Bread	1 slice	12.3	Cornbread	1 piece	22.5	Fresh Seasonal Fruit	1 each	17.3	Multi Grain Bread	1 slice	14						
Fig Bar	1 each	30.1	Fudge Round Cookie	1 each	23	Milk	1 each	11.3	Milk **66**	1 each	11.3						
Milk **86**	1 each	11.3	Milk **119**	1 each	11.3	Butter	1 each	0	Butter **556**	1 each	0						
Butter **647**	1 each	0	Butter **801**	1 each	0	**105**			**Lemon Meringue Pie**	1 piece	47.1						
			Ranch Dressing	1 each	0.4	**728**											

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 of parentheses indicates the carbohydrate exchange. (1) = 15 grams

Top number = carbohydrates, Bottom number = calories

Meal contains pork

Meal contains 800mg or more of sodium

Entree contains >700 mg Sodium | **CHO** Denotes grams of Carbohydrate | Denotes pork in recipe

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