

Senior Services of Polk County September 2024

Monday			Tuesday			Wednesday			Thursday			Friday			Friday Flex																				
Closed																																			
2			3			4			5			6			6																				
			Roasted Turkey w/Poultry Gravy Mashed Potatoes Broccoli w/Cheese Dinner Roll Blondie Milk Butter			Potato Crusted Pollock Rice Tossed Salad Multi Grain Bread Applesauce Milk Butter Tartar Sauce Salad Dressing			Sloppy Joe Scalloped Potatoes Green Peas Hamburger Bun Fresh Seasonal Fruit Milk Boston Crème Pie			1/2 cup 6.8 1/2 cup 16 1/2 cup 12.9 1 each 30 1 each 18.6 1 each 11.3			Chicken w/Onions & Peppers Whole Red Potatoes Whole Kernel Corn Hot Dog Bun Fresh Seasonal Fruit Chocolate Milk			1/2 cup 1.5 1/2 cup 15.3 1/2 cup 21.3 1 each 30 1 each 18.6 1 each 30.6			Tuna Salad Cucumber Tomato Salad Wheat Bread Fresh Seasonal Fruit Rice Krispie Treat Chocolate Milk			1/2 cup 6.1 1/2 cup 5.1 2 slices 24 1 each 17.3 1 each 17.7 1 each 30.6											
			614 77			559 81			668 96			659 117			628 102																				
9			10			11			12			13			13																				
Tuna Noodle Au Gratin Brussels Sprouts Wheat Roll Peach Crisp Milk Butter			Swedish Meatballs Egg Noodles Cabbage Cornbread Hot Spiced Pears Milk Butter			Bourbon Chicken Whole Kernel Corn Coleslaw Wheat Bread Carrot Raisin Cake Milk Butter			Pork Loin w/Brown Gravy Baby Red Potatoes Green Peas Multi-Grain Bread Applesauce Milk Butter Strawberry Rhubarb Pie			3 oz 0 1 oz 1.4 1/2 cup 13.6 1/2 cup 12.9 1 slice 14 1/2 cup 16.6 1 each 11.3 1 each 0 1 slice 58.9			Beef Taco Spanish Rice Fiesta Vegetable Blend Flour Tortilla Fresh Seasonal Fruit Chocolate Milk Taco Sauce			3 oz 3.2 1/2 cup 19.3 1/2 cup 10.4 1 each 17.8 1 each 18.6 1 each 30.6 1 each 1.8			Southwest Chicken Salad <i>*Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Sauce</i> Fresh Seasonal Fruit Oatmeal Creme Pie Chocolate Milk Ranch Dressing			1.5 cups 11.8 1 each 1 1 each 1 1 each 1											
743 102			714 93			695 102			596 70			647 100			859 92																				
16			17			18			19			20			20																				
Honey Mustard Chicken Baked Beans California Vegetable Blend Hamburger Bun Fresh Seasonal Fruit Milk			Shepherd's Pie Green Beans Garlic Breadstick Fresh Seasonal Fruit Milk Butter			Apple Glazed Pork Macaroni & Cheese Green Peas Multi Grain Bread Fresh Seasonal Fruit Milk Butter Birthday Cake			BBQ Chicken Roasted Red Potatoes Whole Kernel Corn Hamburger Bun Pineapple Tidbits Milk Coconut Crème Pie			1/2 cup 16 1/2 cup 11.3 1/2 cup 21.3 1 each 30 1/2 cup 23.6 1 each 11.3 1 slice 15.7			Turkey A La King Garden Vegetable Blend Biscuit Apple Crisp Chocolate Milk Butter			3/4 cup 15 1/2 cup 11.6 1 each 28.9 1/2 cup 23.5 1 each 30.6 1 each 0			Chef Salad* <i>*Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Pasta Salad Fresh Seasonal Fruit Brownie Chocolate Milk Ranch Salad Dressing			1.5 cups 5.6 1/2 cup 22 1 each 17.3 1 piece 27.1 1 each 30.6 1 each 2.5											
683 97			647 72			710 74			650 66			849 110			965 106																				
23			24			25			26			27			27																				
Hamburger Patty w/Country Gravy Buttermilk Mashed Potatoes Mixed Vegetables Multi Grain Bread Fig Bar Milk Butter			Baked Chicken w/Supreme Sauce Green Beans Tossed Salad Garlic Bread Fresh Seasonal Fruit Milk Butter Salad Dressing			Smoked Sausage Whole Kernel Corn Coleslaw Hot Dog Bun Oreo Brownie Milk			Salisbury Beef w/Brown Gravy Mashed Potatoes Brussels Sprouts Multi Grain Bread Fresh Seasonal Fruit Milk Butter Apple Pie			1 each 2 2 oz 4.9 1/2 cup 13.8 1/2 cup 13.4 1 slice 12.3 1 each 30.1 1 each 11.3 1 each 0			1 each 0 1 oz 2.8 1/2 cup 7 1/2 cup 1.7 1 piece 15.8 1 each 18.6 1 each 11.3 1 each 0 1 each 1.7			1 each 4 1/2 cup 21.3 1/2 cup 10 1 each 26 1 piece 27.7 1 each 11.3			1 each 5 1 oz 1.4 1/2 cup 14.8 1/2 cup 9.5 1 slice 14 1 each 18.6 1 each 11.3 1 each 0 1 slice 45.8			Sausage Patty Roasted Potatoes Cinnamon Roll Fresh Seasonal Fruit Chocolate Milk Butter			2 oz 0.8 1/2 cup 13 1 each 18 1 each 18.6 1 each 30.6 1 each 0			Berry Almond Chicken Salad <i>*Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries</i> Wheat Crackers Fresh Seasonal Fruit Oatmeal Creme Pie Chocolate Milk Balsamic Dressing			1.5 cups 15.7 1/2 cup 7.7 1 each 17.3 1 each 21.1 1 each 11.3 1 each 5.4		
730 88			554 57			839 100			624 75			614 81			802 99																				
30			10/1			10/2			10/3			10/4			10/4																				
Beef Fiesta Mac & Cheese Green Peas Whole Wheat Bread Carnival Cookie Milk Butter			Shredded Pork w/BBQ Sauce Au Gratin Potatoes Baked Beans Hamburger Bun Strawberry Cake Milk			Baked Chicken Breast w/Poultry Gravy Mashed Potatoes Garden Vegetable Blend Wheat Roll Pineapple Tidbits Milk Butter			Beef & Bow Tie Casserole Whole Kernel Corn Sliced Carrots Multi Grain Bread Fresh Seasonal Fruit Milk Butter Banana Cream Pie			3/4 cup 21.4 1/2 cup 21.3 1/2 cup 7.5 1 slice 14 1 each 18.6 1 each 11.3 1 each 0 1 slice 50.4			Parmesan Chicken Green Beans Tossed Salad Garlic Breadstick Fresh Seasonal Fruit Chocolate Milk Salad Dressing			1 piece 17.7 1/2 cup 6.8 1/2 cup 1.7 1 each 1.5 1 each 18.6 1 each 30.6 1 each 1.7			Egg Salad Lettuce & Tomato Carrot Raisin Salad Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Chocolate Milk			1/2 cup 7.5 1/2 cup 2.1 1/2 cup 14.7 2 slices 28 1 each 17.3 1 each 23 1 each 11.3											

! Entree contains >700 mg Sodium
CHO Denotes grams of Carbohydrate
De... pork in recipe

Menus, with the exception of the optional Friday Flex, have verified to meet the 1/3 of the dietary reference intake (DRI'S)

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

Elise A. Compston RD, LD

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