





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY FLEX
Beef Stew 13g Germany Veg. Blend 15g Orange 25g <b>91</b> Wheat Bread 12g <b>635</b> Sugar Cookie 23g Skim Milk 12g	<b>1</b> Chicken Fajitas with Peppers & Onions 7g WW Tortilla 9g <b>101</b> Pinto Beans 24g <b>688</b> Apple 19g Snickerdoodle 30g Skim Milk 12g	<b>2</b> Turkey Tetrazzini 22g Harvard Beets 19g Cinn. Applesauce 18g Rye Bread 15g <b>86</b> Skim Milk 12g <b>584</b>	<b>3</b> Swedish Meatballs 5g Mashed Potatoes 21g Lettuce Salad with Ranch 2g <b>80</b> Craisins 24g <b>730</b> WW Dinner Roll 14g Skim Milk 12g Strawberry Rhubarb Pie 50g	<b>4</b> Seafood Salad 3g w/Lettuce 2g Carrots 7g <b>107</b> Banana 31g <b>672</b> Wheat Bread 12g Apple Crisp 27g Chocolate Milk 25g	Turkey Wrap 30g Carrots 7g Banana 31g Chocolate Milk 25g <b>93</b> <b>551</b>
<b>7</b> Chicken & Rice Casserole 28g Stewed Tomatoes 7g Apple 19g <b>82</b> Pumpkin Bar 16g <b>622</b> Skim Milk 12g	<b>8</b> Shepherd's Pie 23g Peas 12g <b>87</b> Orange 25g <b>719</b> WW Dinner Roll 14g Skim Milk 12g	<b>9</b> Sausage Patty Scalloped Potatoes 25g Green Beans 6g <b>90</b> Banana 31g <b>747</b> Goldfish 16g  Skim Milk 12g	<b>10</b> Meatloaf 6g Mashed Potatoes 21g Copper Penny <b>95</b> Salad 17g <b>642</b> Raisins 23g WW Dinner Roll 14g Skim Milk 12g Lemon Meringue Pie 54g	<b>11</b> <b>CLOSED FOR HOLIDAY</b>	
<b>14</b> Paste w/ Italian Sausage 26g <b>80</b> Glazed Carrots 11g <b>725</b> Breadstick 15g Mixed Fruit 16g Skim Milk 12g	<b>15</b> Cali Burger <b>88</b> WW Bun 21g <b>696</b> Lett/Tom/Onion 5g Baked Beans 24g Orange 25g Skim Milk 12g 	<b>16</b> Tuna Salad 1g Lettuce 2g <b>127</b> Baby Bakers 37g <b>831</b> Banana 31g WW Dinner Roll 14g Birthday Cake 29g Skim Milk 12g	<b>17</b> Turkey & Gravy 10g Mashed Potatoes 21g Green Bean Casserole 8g Craisins 24g WW Dinner Roll 14g Skim Milk 12g <b>90</b> Pumpkin Pie 47g <b>634</b>	<b>18</b> Ham Sandwich Wheat Bread 23g Mixed Veggies 13g Sweet Potatoes 25g Apple 19g Chocolate Milk 25g <b>105</b> <b>580</b> 	Chicken Caesar Salad 7g Apple 19g WW Dinner Roll 14g Chocolate Milk 25g <b>65</b> <b>551</b>
<b>21</b> Beef Stew 13g Germany Veg. Blend 15g Orange 25g <b>100</b> Wheat Bread 12g <b>673</b> Sugar Cookie 23g Skim Milk 12g	<b>22</b> Turkey Burger <b>69</b> WW Bun 21g <b>645</b> Lettuce Salad with Ranch 4g Pickled Beets 12g Apple 19g Skim Milk 12g	<b>23</b> Teriyaki Chicken 13g Brown Rice 25g <b>103</b> Coleslaw 11g <b>637</b> Banana 31g Graham Crackers 11g Skim Milk 12g	<b>24</b> <b>CLOSED FOR HOLIDAY</b>	<b>25</b> <b>CLOSED FOR HOLIDAY</b>	
<b>28</b> Beef Hot Dog 5g <b>118</b> WW Bun 21g <b>850</b> Duchess Potatoes 32g Kidney Bean Salad 23g Orange 25g  Skim Milk 12g	<b>29</b> Chicken and Noodles 23g <b>102</b> Peas & Carrots 11g <b>704</b> Apple 19g WW Dinner Roll 14g Sugar Cookie 23g Skim Milk 12g	<b>30</b> Beef Chili 17g Green Beans 6g <b>89</b> Banana 31g <b>598</b> Cornbread 23g Skim Milk 12g	<b>NOVEMBER 2022 SENIOR SERVICES OF POLK COUNTY</b>		

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 800 mg or more of sodium

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