

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEPTEMBER 2020</b>  <b>SENIOR SERVICES OF POLK COUNTY</b>	<b>1</b> Baked Cod Mixed Veggies 13g <b>85</b> Coleslaw 11g <b>671</b> Apple 19g Blueberry Muffin 30g Skim Milk 12g	<b>2</b> Honey Mustard- Chicken Breast 9g <b>96</b> Green Beans 6g <b>533</b> Tropical Fruit 29g WW Dinner Roll 14g Choc. Chip Cookie 26g Skim Milk 12g	<b>3</b> Scalloped Ham 4g Mashed Potatoes 21g Peas 12g <b>93</b> Banana 31g <b>586</b> Wheat Bread 12g Skim Milk 12g	<b>4</b> Turkey Sandwich Wheat Bread 23g Baby Carrots 5g <b>100</b> Chips 16g <b>762</b> Orange 25g Rice Krispy Treat 17g Chocolate Milk 25g
	<b>7</b> <b>Closed for Labor Day</b>	<b>8</b> Beef Hot Dog 5g WW Bun 21g Duchess Potatoes 32g Kidney Bean Salad 23g Orange 25g <b>118</b> Skim Milk 12g <b>850</b>	<b>9</b> Tuna Salad on Wheat 23g Baby Potatoes 37g <b>126</b> Banana 31g <b>795</b> Sugar Cookie 23g Skim Milk 12g	<b>10</b> Chicken Supreme 12g Corn 19g <b>83</b> Lettuce Salad <b>631</b> with Ranch Dressing 2g Raisins 23g WW Dinner Roll 14g Skim Milk 12g
<b>14</b> Pasta with Italian Sausage 26g Peas and Carrots 11g Apple 19g <b>84</b> French Bread 15g <b>719</b> Skim Milk 12g	<b>15</b> Chicken Breast Mixed Veggies 13g <b>85</b> Mixed Fruit 29g <b>608</b> WW Dinner Roll 14g Pumpkin Bar 16g Skim Milk 12g	<b>16</b> Swiss Steak 7g <b>114</b> Brown Rice 25g <b>862</b> Copper Penny Salad 17g Craisins 24g Birthday Cake 29g Skim Milk 12g	<b>17</b> Roasted Pork Loin 17g Mashed Potatoes 21g Peas 12g <b>109</b> Banana 31g <b>664</b> WW Dinner Roll 14g Skim Milk 12g	<b>18</b> Loose Meat Sandwich WW Bun 21g Seasoned Potatoes 17g Carrots 7g <b>95</b> Orange 25g <b>693</b> Chocolate Milk 25g
<b>21</b> Sausage Patty Cheesy Hash Browns 18g Corn 19g Orange 25g <b>101</b> Biscuit 27g <b>822</b> Skim Milk 12g	<b>22</b> Sweet and Sour Chicken 18g <b>100</b> Brown Rice 25g <b>635</b> Mixed Veggies 13g Craisins 24g Fortune Cookie 7g Skim Milk 12g	<b>23</b> Cali Burger 5g <b>99</b> WW Bun 21g <b>739</b> Lett/Tom/Onion 5g Baked Beans 24g Apple 19g Oatmeal Raisin Cookie 25g Skim Milk 12g	<b>24</b> Meatloaf 6g Mashed Potatoes 21g Green Beans 6g <b>91</b> Banana 31g <b>599</b> WW Dinner Roll 14g Skim Milk 12g	<b>25</b> Italian Turkey Sandwich Wheat Bread 23g Carrots 5g <b>103</b> Grape Juice 17g <b>628</b> Chips 16g Rice Krispy Treat 17g Chocolate Milk 25g
<b>28</b> Chicken Pasta Bake 23g Harvard Beets 19g Peas 12g <b>85</b> Apple 19g <b>656</b> Skim Milk 12g	<b>29</b> Shredded Pork WW Bun 21g <b>98</b> Pea Salad 18g <b>776</b> Mixed Fruit 29g Bread Pudding 17g Skim Milk 12g	<b>30</b> Hamburger Cabbage Casserole 12g Country Veggies 10g <b>102</b> Banana 31g <b>767</b> WW Dinner Roll 14g Sugar Cookie 23g Skim Milk 12g	<b>September Pies</b> <b>Sept. 3 Apple Pie 44g</b> <b>Sept. 10 Pecan Pie 56g</b> <b>Sept. 17 Pumpkin Pie 47g</b> <b>Sept. 24 Peach Pie 41g</b>	

**SEPTEMBER 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.**