

Senior Services of Polk County March 2024

Monday			Tuesday			Wednesday			Thursday			Friday			Friday Flex		
March 2024 SENIOR SERVICES OF POLK COUNTY 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 parentheses indicates the carbohydrates exchange. (1) = 15 Grams Top Number = Carbohydrates Bottom number = Calories = Meal contains pork Meal contains 800mg or more of sodium																	
												1 Portion CHO Cheesy Baked Ziti 1 cup 38.5 Tossed Salad 1/2 cup 1.7 Garlic Breadstick 1 each 15 Fresh Fruit 1 each 17.3 Chocolate Milk 1 each 30.6 Butter 103 1 each 0 Ranch Dressing 786 1 each 0.4			Portion CHO Asian Chicken Salad* 1.5 cups 6.9 <i>*Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressing</i> Wheat Crackers 2 packs 7.7 Fresh Seasonal Fruit 89 1 each 17.3 Honey Bun 785 1 each 26 Chocolate Milk 1 each 30.6		
												8 Portion CHO Potato Crusted Pollock 1 each 15 Diced Beets 1/2 cup 11.3 Green Peas 1/2 cup 12.9 Wheat Bread 1 slice 12 Carnival Cookie 1 each 23.8 Chocolate Milk 106 1 each 30.6 Butter 711 1 each 0 Tartar Sauce 1/2 oz 0.5			Portion CHO Chef Salad* 1.5 cups 5.6 <i>*Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Croutons 1 pack 5.1 Pasta Salad 1/2 cup 22 Fresh Seasonal Fruit 110 1 each 17.3 Brownie 989 1 each 27.1 Chocolate Milk 1 each 30.6 Ranch Salad Dressing 1 each 2.5		
												15 Portion CHO Tuna Tetrizzini 3/4 cup 17.6 Green Peas 1/2 cup 13 Garlic Breadstick 1 each 26.2 Warm Lemon Cake 1/2 cup 50.3 Chocolate Milk 128 1 each 30.6 Butter 836 1 each 0			Portion CHO Turkey & Swiss Cheese 2 oz/1 oz 1.5 Lettuce & Tomato 1/4 cup 1 Coleslaw 1/2 cup 10.1 Multi-Grain Bread (2) 2 slices 28 Fresh Seasonal Fruit 1 each 17.3 Fudge Round Cookie 92 1 each 23 Chocolate Milk 724 1 each 30.6 Mustard/Mayonnaise 1 each 0.3		
												22 Portion CHO Macaroni & Cheese 1 cup 43.5 Capri Vegetable Blend 1/2 cup 5.6 Wheat Bread 1 slice 12 Hot Spiced Apples 1/2 cup 18.6 Chocolate Milk 110 1 each 30.6 Butter 788 1 each 0			Portion CHO Southwest Chicken Salad 1.5 cups 11.8 <i>*Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Sauce</i> Wheat Crackers 2 packs 7.7 Fresh Seasonal Fruit 1 each 17.3 Oatmeal Creme Pie 91 1 each 21.1 Chocolate Milk 854 1 each 30.6 Ranch Salad Dressing 1 each 2.5		
												29 Portion CHO Pasta Primavera 1 cup 29.3 Brussels Sprouts 1/2 cup 8.3 Wheat Roll 1 each 13 Peach Crisp 1/2 cup 47.3 Chocolate Milk 128 1 each 30.6 Butter 758 1 each 0			Portion CHO Krab Salad 1/2 cup 20.4 Tossed Salad 1/2 cup 1.7 Wheat Crackers 2 packs 7.7 Fresh Seasonal Fruit 1 each 17.3 Rice Krispie Treat 96 1 each 17.7 Chocolate Milk 577 1 each 30.6 Salad Dressing 1 each 0.4		
												28 Portion CHO Fajita Chicken 1/2 cup 1.7 Spanish Rice 1/2 cup 19.3 Black Beans 1/2 cup 24 Flour Tortilla 1 each 17.8 Pineapple Tidbits 98 1/2 cup 23.6 Milk 624 1 each 11.3 Taco Sauce 1 each 1.8 Coconut Crème Pie 1 piece 15.7					
												21 Portion CHO Creole Beef 1 each 9.6 Rice 1/2 cup 22.7 Mixed Vegetables 1/2 cup 13.4 Multi Grain Bread 1 slice 14 Milk 71 1 each 11.3 Butter 588 1 each 0 Strawberry Rhubarb Pie 1 piece 69.5					
												20 Portion CHO Shredded Pork 3 oz 0 w/Orange Cranberry Sauce 1 oz 7.4 Mashed Potatoes 1/2 cup 14.8 Green Beans 1/2 cup 6.8 Garlic Breadstick 1 each 26.2 Fresh Seasonal Fruit 84 1 each 17.3 Milk/Margarine 554 1 each 11.3 Birthday Cake					
												19 Portion CHO Meatball Sandwich 3 each 14.6 Shredded Mozzarella 1/2 oz 0.8 Whole Kernel Corn 1/2 cup 21.3 California Vegetable Blend 1/2 cup 5.8 Hot Dog Bun 103 1 each 26 Oatmeal Raisin Cookie 813 1 each 22.9 Milk 1 each 11.3					
												18 Portion CHO Beef Tater Tot Casserole 3/4 cup 25.9 Sliced Carrots 1/2 cup 7.2 Wheat Bread 1 slice 12 Oatmeal Creme Pie 1 each 21.1 Milk 78 1 each 11.3 Butter 769 1 each 0					
												14 Portion CHO Baked Chicken Breast 1 each 0 w/Dijonnaise Sauce 1 oz 3.9 Rice 1/2 cup 22.7 Capri Vegetable Blend 1/2 cup 5.6 Dinner Roll 1 each 14.8 Fresh Seasonal Fruit 85 1 each 18.4 Milk 613 1 each 11.3 Butter 1 each 0 Boston Crème Pie 1 piece 45.6					
												13 Portion CHO Taco Chicken 3 oz 3.2 Lettuce & Tomato 1/4 cup 1 Shredded Cheese 1/2 oz 0.4 Pinto Beans 1/2 cup 28.3 Whole Kernel Corn 1/2 cup 21.3 Flour Tortilla 102 1 each 17.8 Rice Krispie Treat 830 1 each 11.3 Milk 1 each 11.3 Taco Sauce 1 each 1.8					
												12 Portion CHO Beef Meatloaf 3 oz 7.5 Mashed Potatoes 1/2 cup 14.8 Green Beans 1/2 cup 6.8 Multi Grain Bread 1 slice 14 Fresh Seasonal Fruit 1 each 17.3 Milk 72 1 each 11.3 Butter 544 1 each 0					
												11 Portion CHO BBQ Chicken 1/2 cup 13 Roasted Diced Potatoes 1/2 cup 11.3 Carrots 1/2 cup 7.2 Hamburger Bun 1 each 21.6 Fresh Seasonal Fruit 83 1 each 18.4 Milk 564 1 each 11.3					
												7 Portion CHO Baked Chicken Breast 1 each 0 w/Tomato Basil Sauce 1 oz 3.8 Whole Kernel Corn 1/2 cup 21.3 Baked Carrots 1/2 cup 12 Multi Grain Bread 1 slice 14 Milk 62 1 each 11.3 Butter 535 1 each 0 Blueberry Pie 1 piece 54.2					
												6 Portion CHO Hamburger Patty 1 each 2 Lettuce/Tomato/Onion 1/2 cup 4.5 Au Gratin Potatoes 1/2 cup 15.5 Tossed Salad 1/2 cup 1.8 Hamburger Bun 1 each 21.6 Fresh Seasonal Fruit 104 1 each 18.4 Milk 756 1 each 11.3					
												5 Portion CHO Baked Chicken Thigh 1 each 0 w/Creole Sauce 1 oz 4.4 Green Beans 1/2 cup 6.8 Tossed Salad 1/2 cup 1.8 Wheat Bread 1 slice 12 Hot Sliced Peaches 1 each 22.3 Milk 72 1 each 11.3 Butter 631 1 each 0 Ranch Dressing 1 each 0.4					
												4 Portion CHO Sliced Ham 3 oz 0.6 Mashed Potatoes 1/2 cup 14.8 Lima Beans 1/2 cup 16.2 Wheat Roll 1 each 13 Fresh Seasonal Fruit 1 each 17.3 Milk 73 1 each 11.3 Butter 533 1 each 0					

Entree contains >700 mg Sodium

CHO Denotes grams of Carbohydrate

Denotes pork in recipe

Cassidy Rivers Beavers, MS, RD, LD

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