







MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY FLEX	THURSDAY	FRIDAY	FRIDAY FLEX
2 Closed for Labor Day	3 Baked Cod Carrots 7g Colcannon 30g 98 Apple 19g 668 Blueberry Muffin 30g Skim Milk 12g	4 BBQ Chicken 99 Breast 7g 812 Green Beans 6g Coleslaw 11g Tropical Fruit 29g WW Dinner Roll 14g Choc. Chip Bar 20g Skim Milk 12g	Chicken Breast 81 Green Beans 6g 709 Tropical Fruit 29g WW Dinner Roll 14g Choc. Chip Bar 20g Skim Milk 12g	5 Scalloped Ham 4g Mashed Potatoes 21g Peas 12g 93 Banana 31g 586 Wheat Bread 12g  Skim Milk 12g 	6 Cali Burger 5g 105 WW Bun 21g 696 Lett/Tom/Onion 5g Baked Beans 24g Orange 25g Chocolate Milk 25g	Barcelona 106 Wrap 32g 592 Baked Beans 24g Orange 25g Chocolate Milk 25g 
9 Cheeseburger Soup 11g Peas & Carrots 11g Raisins 22g Wheat Bread 12g Banana Bar 20g 88 Skim Milk 12g 812	10 Beef Hot Dog 5g WW Bun 21g Spinach 7g Kidney Bean Salad 23g 119 Orange 25g 681 Choc. Chip Cookie 26g  Skim Milk 12g	11 Chef Salad w/ 9g Ranch Dressing 2g Baby Potatoes 37g Banana 31g WW Dinner Roll 14g Skim Milk 12g 105 670	Liver and Onions 9g Baby Potatoes 37g Salad w/Ranch 2g Banana 31g WW Dinner Roll 14g Skim Milk 12g 105 691	12 Roasted Pork Loin 21g Mashed Potatoes 21g Germany Veg  Blend 15g Apple 19g WW Dinner Roll 14g Skim Milk 12g 102 614	13 Chicken Salad 8g over Lettuce 2g 2 WW Crackers 10g Broccoli Cheese 89 Soup 6g 649 Applesauce 15g Sugar Cookie 23g Chocolate Milk 25g	Seafood Salad 3g over Lettuce 2g 2 WW Crackers 10g Broccoli Cheese 84 Soup 6g 551 Applesauce 15g Sugar Cookie 23g Chocolate Milk 25g
16 Chicken Supreme 19g Green Beans 6g 78 Mandarin 588 Oranges 13g Cinnamon Raisin- Bread Pudding 28g Skim Milk 12g	17 Tilapia Mixed Veggies 13g Applesauce 15g Barley Bake 36g Rice Krispy Treat 17g Skim Milk 12g 93 669	18 Swiss Steak 7g Mashed Potatoes 21g Capri Veggies 6g 100 Orange 25g 773 Birthday Cake 29g Skim Milk 12g	Chicken Wrap 16g Capri Veggies 6g Orange 25g Birthday Cake 29g 88 Skim Milk 12g 608	19 Shredded Chicken Sandwich Hamburger Bun 21g Broccoli Normandy 7g Creamy Cucumbers 8g 79 Banana 31g 653 Skim Milk 12g	20 Turkey Ham and Bean Soup 29g 103 Spinach 7g 560 Apple 19g Cornbread 23g Chocolate Milk 25g	Chicken Caesar Salad 5g 64 Apple 19g 579 Bread Stick 15g Chocolate Milk 25g
23 Pasta with Italian Sausage 26g Winter Vegetable Mix 6g 73 Pineapple 14g 682 French Bread 15g Skim Milk 12g 	24 Chicken Noodle Soup 12g Corn 19g 115 Craisins 24g 792 WG Biscuit 27g Spice Bar 21g Skim Milk 12g	25 Beef Taco 3g Lettuce & Cheese 1g WW Tortilla 19g Black Beans 19g 100 Mixed Fruit 16g 758 Taco Sauce Snickerdoodle Cookie 30g Skim Milk 12g	Beef Taco Salad 5g w/Tortilla Chips 20g Mixed Fruit 16g Snickerdoodle 84 Cookie 30g 725 Skim Milk 12g	26 Turkey w/Gravy Mashed Potatoes 21g Brussels Sprouts 7g Banana 31g WW Dinner Roll 14g Skim Milk 12g 85 632	27 Loose Meat Sandwich WW Bun 21g 95 Seasoned 693 Potatoes 17g Carrots 7g Orange 25g Chocolate Milk 25g	Turkey & Cheese Sandwich 7g Wheat Bread 23g Seasoned Potatoes 17g 104 Carrots 7g 643 Orange 25g Chocolate Milk 25g
30 Meatloaf 6g Cheesy Mashed Potatoes 21g 84 Green Beans 6g 654 Orange 25g WW Dinner Roll 14g Skim Milk 12g	SEPTEMBER 2019 SENIOR SERVICES OF POLK COUNTY Menus, with the exception of the optional Wednesday and Friday Flex, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). 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 = carbohydrates Bottom number = calories  = meal contains pork  =meal contains 800 mg or more of sodium					