

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

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.