

NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shredded Pork WW Bun 21g 88 Peas 12g 729 Orange 25g Granola Bar 17g Skim Milk 12g	3 Turkey Sandwich Wheat Bread 23g Baby Carrots 5g 88 Chips 16g 716 Applesauce 15g Rice Krispy Treat 17g Skim Milk 12g	4 Tilapia Coleslaw 11g 100 Banana 31g 694 Rye Bread 15g Chocolate Pudding 30g Skim Milk 12g	5 Chicken Supreme 12g Corn 19g 83 Lettuce Salad 631 with Ranch Dressing 2g Raisins 23g WW Dinner Roll 14g Skim Milk 12g Pecan Pie 56g	6 Beef Taco 3g WW Tortilla 19g Lettuce & Cheese 1g Taco Sauce Mixed Veggies 13g 97 Apple 19g 632 Snickerdoodle 30g Chocolate Milk 25g
9 Sausage Patty Cheesy Hash Browns 18g Corn 19g Orange 25g 101 WG Biscuit 27g 822 Skim Milk 12g	10 Turkey Burger WW Bun 21g Diced Potatoes 20g 79 Valley Salad 6g 684 Apple 19g Skim Milk 12g	11 Closed for Veteran's Day	12 Scalloped Ham 4g Mashed Potatoes 21g Peas 12g 96 Banana 31g 592 WW Dinner Roll 14g Skim Milk 12g Boston Cream Pie 40g	13 Turkey and Cheese on Wheat Bread 23g Carrots 5g 108 Chips 16g 717 Apple Juice 14g Oat. Raisin Cookie 25g Chocolate Milk 25g
16 Tuna & Noodles 17g Carrots 5g 85 Orange 25g 627 Tapioca Pudding 25g Skim Milk 12g	17 Honey Mustard Chicken 9g Diced Potatoes 20g Cooked Cabbage 5g 90 Mixed Fruit 29g 562 WW Dinner Roll 14g Skim Milk 12g	18 Cali Burger WW Bun 21g Lett/Tom/Onion 5g 124 Baked Beans 24g 879 Banana 31g Birthday Cake 29g Skim Milk 12g	19 Turkey & Gravy 10g Mashed Potatoes 21g Green Bean Casserole 8g Craisins 24g WW Dinner Roll 14g 90 Skim Milk 12g 634 Pumpkin Pie 47g	20 Ham Sandwich WW Bun 21g 101 Carrots 5g 533 Chips 16g Orange Juice 14g Choc. Chip Cookie 26g Chocolate Milk 25g
23 Meatloaf 6g Party Potatoes 22g 78 Green Beans 6g 603 Peaches 18g WW Dinner Roll 14g Skim Milk 12g	24 Chicken Pasta Bake 23g Peas & Carrots 11g Orange 25g 110 WG Biscuit 16g 836 Sugar Cookie 23g Skim Milk 12g	25 Tuna Salad Sandwich Wheat Bread 23g Baby Bakers 37g 122 Banana 31g 850 Granola Bar 17g Skim Milk 12g	26 Closed for Thanksgiving	27 Closed for Thanksgiving
30 Beef Hot Dog 5g 118 WW Bun 21g 850 Duchess Potatoes 32g Kidney Bean Salad 23g Orange 25g Skim Milk 12g	NOVEMBER 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 (pies excluded) Bottom number = calories = meal contains pork = meal contains 800 mg or more of sodium			

NOTE: MENUS ARE SUBJECT TO CHANGE