












MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OCTOBER 2020</b>				
<b>SENIOR SERVICES OF POLK COUNTY</b>				
<b>5</b> Goulash 30g Mixed Veggies 13g Apple 19g Bread Stick 15g <b>90</b> Skim Milk 12g <b>714</b>	<b>6</b> Italian Chicken 2g Cooked Cabbage 5g <b>78</b> Diced Potatoes 20g <b>609</b> Orange 25g WW Dinner Roll 14g Skim Milk 12g	<b>7</b> Egg Salad on Wheat 23g Baby Potatoes 37g Mixed Fruit 29g <b>124</b> Sugar Cookie 23g <b>743</b> Skim Milk 12g	<b>8</b> Swedish Meatballs 5g Mashed Potatoes 21g Banana 31g WW Dinner Roll 14g <b>84</b> Skim Milk 12g <b>727</b> Cherry Pie 44g 	<b>9</b> Ham Sandwich WW Bun 21g <b>101</b> Carrots 5g <b>533</b> Chips 16g  Orange Juice 14g Choc. Chip Cookie 26g Chocolate Milk 25g
<b>12</b> Beef Pizza Bake 29g Brussels Sprouts 7g Orange 25g Bread Stick 15g <b>89</b> Skim Milk 12g <b>788</b>	<b>13</b> Chicken Breast Copper Penny Salad 17g Peas 12g Craisins 24g <b>83</b> Raisin Bread 17g <b>630</b> Skim Milk 12g	<b>14</b> Cali Burger  WW Bun 21g Lett/Tom/Onion 5g Baked Beans 24g <b>124</b> Banana 31g <b>879</b> Birthday Cake 29g Skim Milk 12g	<b>15</b> Pork Ham Slice 1g Cheesy Hash Browns 18g Corn 19g <b>85</b> Apple 19g <b>663</b> WW Dinner Roll 14g Skim Milk 12g  Pecan Pie 56g	<b>16</b> Turkey and Cheese on Wheat Bread 23g Carrots 5g <b>108</b> Chips 16g <b>717</b> Apple Juice 14g Oat. Raisin Cookie 25g Chocolate Milk 25g 
<b>19</b> Sloppy Joe 8g WW Bun 21g Potato Salad 16g <b>112</b> Raisins 23g <b>772</b> Butterscotch Pudding 32g Skim Milk 12g	<b>20</b> Chicken in Country Gravy 2g Diced Potatoes 20g <b>92</b> Pea Salad 18g <b>622</b> Orange 25g WW Dinner Roll 14g Skim Milk 12g	<b>21</b> Tilapia Scandinavian Veggies 15g Lettuce Salad with Ranch 2g <b>74</b> Applesauce 15g <b>531</b> Snickerdoodle 30g Skim Milk 12g	<b>22</b> Meatloaf 6g Mashed Potatoes 21g Banana 31g <b>85</b> WW Dinner Roll 14g <b>567</b> Skim Milk 12g Boston Cream Pie 40g	<b>23</b> Italian Turkey Sand Wheat Bread 23g <b>103</b> Carrots 5g <b>628</b> Grape Juice 17g Chips 16g Rice Krispy Treat 17g Chocolate Milk 25g
<b>26</b> Tuna & Noodles 17g Corn 19g Craisins 24g WW Dinner Roll 14g <b>86</b> Skim Milk 12g <b>613</b>	<b>27</b> Pork Bratwurst 2g  WW Bun 21g Mixed Veggies 13g <b>91</b> Coleslaw 11g <b>855</b> Banana 31g Skim Milk 12g 	<b>28</b> Teriyaki Chicken 13g Brown Rice 25g <b>113</b> Lettuce Salad <b>693</b> with Italian 4g Mixed Fruit 29g Chocolate Pudding 30g Skim Milk 12g	<b>29</b> Shredded Beef Sand. WW Bun 21g <b>82</b> Mashed Potatoes 21g <b>576</b> Creamy Cucumbers 8g Apple 19g Skim Milk 12g Peach Pie 41g	<b>30</b> Ham Sandwich  on Rye Bread 15g Carrots 5g <b>104</b> Chips 16g <b>609</b> Applesauce 15g Cookie 28g  Chocolate Milk 25g

**OCTOBER 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.**