













## MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Shepherd's Pie 23g Green Beans 6g <b>75</b> Apple 19g <b>651</b> WW Dinner Roll 14g Skim Milk 12g	<b>4</b> Cali Burger WW Bun 21g Lett/Tom/Onion 5g <b>94</b> Baked Beans 24g <b>717</b> Banana 31g Skim Milk 12g	<b>5</b> Beefy Nachos 6g Tortilla Chips 20g Pinto Beans 24g <b>117</b> Orange 25g <b>816</b> Snickerdoodle 30g Skim Milk 12g	<b>6</b> Shredded Pork WW Bun 21g <b>86</b> Peas 12g <b>678</b> Copper Penny Salad 17g Raisins 23g Skim Milk 12g  Boston Cream Pie 40g	<b>7</b> Turkey Sandwich Wheat Bread 23g <b>101</b> Baby Carrots 5g <b>634</b> Chips 16g Applesauce 15g Granola Bar 17g Chocolate Milk 25g
<b>10</b> Teriyaki Chicken 13g Brown Rice 25g <b>110</b> Coleslaw 11g <b>712</b> Apple 19g Chocolate Pudding 30g Skim Milk 12g	<b>11</b> Loose Meat Sandwich 2g <b>96</b> WW Bun 21g <b>748</b> Seasoned Potatoes 17g Corn 19g Orange 25g Skim Milk 12g	<b>12</b> Chicken Supreme 12g Green Beans 6g <b>91</b> Banana 31g <b>653</b> WW Dinner Roll 14g Goldfish 16g Skim Milk 12g	<b>13</b> Swedish Meatballs 5g Mashed Potatoes 21g Lettuce Salad <b>80</b> Ranch 2g <b>730</b> Craisins 24g WW Dinner Roll 14g Skim Milk 12g  Apple Pie 44g	<b>14</b> Italian Turkey Sandwich Wheat Bread 23g Carrots 5g Grape Juice 17g <b>103</b> Chips 16g <b>628</b> Rice Krispy Treat 17g Chocolate Milk 25g
<b>17</b> Chicken & Noodles 23g Country Veggies 10g Apple 19g <b>104</b> Rye Bread 15g <b>680</b> Oat. Raisin Cookie 25g Skim Milk 12g	<b>18</b> Pasta with Italian Sausage 26g Glazed Carrots 11g Banana 31g <b>95</b> Bread Stick 15g <b>783</b> Skim Milk 12g 	<b>19</b> Tilapia Bahama Veggies 7g Orange 25g WW Dinner Roll 14g <b>94</b> Birthday Cake 29g <b>629</b> Skim Milk 12g	<b>20</b> BBQ Chicken 7g WW Bun 21g Root Vegetable Blend 14g Pea Salad 18g <b>95</b> Raisins 23g <b>611</b> Skim Milk 12g Pumpkin Pie 47g	<b>21</b> Turkey & Cheese Sand. Wheat Bread 23g Baby Carrots 5g <b>101</b> Chips 16g <b>690</b> Applesauce 15g  Granola Bar 17g Choc Milk 25g
<b>24</b> Chicken with Peppers & Onions 7g Brown Rice 25g Corn 19g <b>116</b> Orange 25g <b>711</b> Cinnamon Raisin- Bread Pudding 28g Skim Milk 12g	<b>25</b> Pork Bratwurst 2g WW Bun 21g  Mixed Veggies 13g  Lettuce Salad with Ranch 2g <b>81</b> Banana 31g <b>802</b> Skim Milk 12g 	<b>26</b> Egg Salad 4g over Lettuce <b>86</b> Baby Bakers 37g <b>570</b> Mixed Fruit 16g WW Dinner Roll 14g Skim Milk 12g	<b>27</b> Meatloaf 6g Mashed Potatoes 21g Green Beans 6g <b>84</b> Craisins 24g <b>582</b> WW Dinner Roll 14g Skim Milk 12g Cherry Pie 44g	<b>28</b> Ham Sandwich  Wheat Bread 23g  Carrots 5g <b>87</b> Chips 16g <b>583</b> Orange Juice 14g Rice Krispy Treat 17g Skim Milk 12g 
<b>31</b> <b>CLOSED</b>  <b>FOR MEMORIAL DAY</b>	<b>MAY 2021 SENIOR SERVICES OF POLK COUNTY</b> 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 (pies excluded)  = meal contains pork  = meal contains 800 mg or more of sodium  <b>NOTE: Menus are subject to change</b>			