










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JULY 2021 SENIOR SERVICES OF POLK COUNTY</b>			<b>1 Sloppy Joe 8g</b> WW Bun 21g Peas and Carrots 11g Diced Potatoes 17g Raisins 23g <b>94</b> Skim Milk 12g <b>705</b> Pecan Pie 56g	<b>2 Turkey Sandwich</b> Wheat Bread 23g Carrots 5g <b>101</b> Chips 16g <b>634</b> Applesauce 15g Granola Bar 17g Chocolate Milk 25g
<b>5 Closed for 4th of July</b>	<b>6 Chicken &amp; Noodles 23g</b> Bahama Veggies 7g Orange 25g Bread Pudding 17g <b>83</b> Skim Milk 12g <b>656</b>	<b>7 Cali Burger</b> WW Bun 21g Lett/Tom/Onion 5g <b>94</b> Baked Beans 24g <b>717</b> Banana 31g Skim Milk 12g	<b>8 Swedish Meatballs 5g</b> Mashed Potatoes 21g Lettuce Salad <b>80</b> with Ranch 2g <b>730</b> Craisins 24g WW Dinner Roll 14g  Skim Milk 12g Boston Cream Pie 40g	<b>9 Tuna Salad 1g</b> Wheat Bread 23g Carrots 5g <b>89</b> Apple 19g <b>629</b> Goldfish 16g Chocolate Milk 25g
<b>12 Pork Ham Slice 1g</b> Scalloped Potatoes 25g Mixed Veggies 13g <b>81</b> Wheat Bread 12g <b>540</b> Cinnamon Applesauce 17g Skim Milk 12g  	<b>13 Shepherd's Pie 23g</b> Green Beans 6g <b>75</b> Apple 19g <b>651</b> WW Dinner Roll 14g Skim Milk 12g	<b>14 Chef Salad w/ 9g</b> Ranch Dressing 2g <b>105</b> Baby Bakers 37g <b>670</b> Banana 31g WW Dinner Roll 14g Skim Milk 12g	<b>15 Salisbury Steak 11g</b> Mashed Potatoes 21g Pea Salad 18g <b>100</b> Raisins 23g <b>805</b> WW Dinner Roll 14g Skim Milk 12g Cherry Pie 44g	<b>16 Tuna Tetrizzini 22g</b> Harvard Beets 19g Orange 25g <b>106</b> Rye Bread 15g <b>595</b> Chocolate Milk 25g
<b>19 Sweet &amp; Sour</b> Chicken 18g Brown Rice 25g <b>92</b> Coleslaw 11g <b>588</b> Apple 19g Fortune Cookie 7g Skim Milk 12g	<b>20 Beef Hot Dog 5g</b> WW Bun 21g <b>97</b> Spinach 7g <b>613</b> Three Bean Salad 21g Banana 31g Skim Milk 12g 	<b>21 Chicken Supreme 12g</b> Country Veggies 10g Orange 25g <b>88</b> Birthday Cake 29g <b>661</b> Skim Milk 12g	<b>22 Meatloaf 6g</b> Mashed Potatoes 21g Corn 19g <b>97</b> Craisins 24g <b>653</b> WW Dinner Roll 14g Skim Milk 12g Pumpkin Pie 47g	<b>23 Ham Sandwich</b> Wheat Bread 23g <b>100</b> Carrots 5g <b>583</b> Chips 16g Orange Juice 14g  Rice Krispy Treat 17g Chocolate Milk 25g 
<b>26 Italian Chicken 2g</b> Cooked Cabbage 5g <b>78</b> Diced Potatoes 20g <b>609</b> Orange 25g WW Dinner Roll 14g Skim Milk 12g	<b>27 Meatballs in Gravy 3g</b> Mashed Potatoes 21g Pineapple Tidbits 14g <b>90</b> WW Dinner Roll 14g <b>671</b> Choc. Chip Cookie 26g Skim Milk 12g	<b>28 Pulled Pork 94</b> WW Bun 21g <b>714</b> Peas 12g Copper Penny Salad 17g Banana 31g Skim Milk 12g 	<b>29 Beef Pizza Bake 29g</b> Lettuce Salad with Ranch 2g <b>84</b> Raisins 23g <b>754</b> Bread Stick 15g Skim Milk 12g Apple Pie 44g	<b>30 Egg Salad Sandwich 4g</b> WW Bun 21g <b>115</b> Baby Bakers 37g <b>754</b> Tomato and Zucchini Salad 9g Apple 19g Chocolate Milk 25g

**JULY 2021 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 (pies excluded)**

 = meal contains pork

 = meal contains 800 mg or more of sodium

**NOTE: Menus are subject to change**