











MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2021 SENIOR SERVICES OF POLK COUNTY				1 Italian Turkey Sandwich Wheat Bread 23g Carrots 5g 103 Grape Juice 17g 628 Chips 16g Rice Krispy Treat 17g Chocolate Milk 25g
4 Scalloped Potatoes w/ Ham 32g Broccoli 5g 88 Orange 25g 551 WW Dinner Roll 14g Skim Milk 12g  	5 Beef Taco Salad 2g Lettuce 2g Shredded Cheese 1g Black Beans 19g 75 Apple 19g 685 Tortilla Chips 20g Taco Sauce Skim Milk 12g	6 Tilapia Diced Potatoes 20g Pea Salad 18g 98 Banana 31g 658 Raisin Bread 17g Skim Milk 12g	7 Meatloaf 6g Mashed Potatoes 21g Corn 19g 97 Craisins 23g 653 WW Dinner Roll 14g Skim Milk 12g Peach Pie 41g	8 Turkey Sandwich Wheat Bread 23g Carrots 5g 101 Chips 16g 634 Applesauce 15g Granola Bar 17g Chocolate Milk 25g
11 Goulash 30g Mixed Veggies 13g Apple 19g 90 Bread Stick 15g 714 Skim Milk 12g	12 Tuna Salad 1g Lettuce Salad 2g Baby Bakers 37g 77 Orange 25g 573 Crackers Skim Milk 12g	13 BBQ Meatballs 3g WW Bun 21g Green Beans 6g 89 Potato Salad 16g 722 Banana 31g Skim Milk 12g	14 Italian Chicken 2g Diced Potatoes 20g Peas 12g 83 Raisins 23g 625 WW Dinner Roll 14g Skim Milk 12g Pecan Pie 56g	15 Pork Bratwurst 2g WW Bun 21g  Mixed Veggies 13g Coleslaw 11g 86 Pineapple 14g 789 Choc Milk 25g 
18 Teriyaki Chicken 13g Brown Rice 25g Broccoli 5g Apple 19g 90 Goldfish 16g 552 Skim Milk 12g	19 BBQ Pork Mac 26g Country Veggies 10g Mixed Fruit 16g Raisin Bread 17g 82 Skim Milk 12g 725 	20 Cali Burger  WW Bun 21g Lett/Tom/Onion 5g Baked Beans 24g 124 Banana 31g 879 Birthday Cake 29g Skim Milk 12g	21 Chicken & Noodles 23g Mashed Potatoes 21g Craisins 23g 94 WW Dinner Roll 14g 685 Skim Milk 12g Boston Cream Pie 40g	22 Seafood Salad 2g Lettuce Salad 2g Seasoned Potatoes 17g Orange 25g WW Dinner Roll 14g 85 Chocolate Milk 25g 549
25 Chicken Breast WW Bun 21g Duchess Potatoes 32g Apple 19g Vanilla Pudding 29g 114 Skim Milk 12g 809	26 Pasta with Meat Sauce 20g Peas and Carrots 11g Orange 25g French Bread 16g 84 Skim Milk 12g 711	27 Breakfast Casserole 23g Spinach 7g 100 Banana 31g 719 Biscuit 27g Skim Milk 12g	28 Sloppy Joe 8g WW Bun 21g Diced Potatoes 20g Corn 19g 102 Raisins 23g 729 Skim Milk 12g Apple Pie 44g	29 Ham Sandwich  Wheat Bread 23g Carrots 5g 100 Chips 16g 581 Orange Juice 14g Granola Bar 17g  Chocolate Milk 25g

OCTOBER 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**