








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sweet and Sour Chicken 18g 98 Brown Rice 25g 616 Coleslaw 11g Orange 25g Fortune Cookie 7g Skim Milk 12g	2 Meatballs in Gravy 3g Diced Potatoes 20g Green Beans 6g 84 Tropical Fruit 29g 684 WW Dinner Roll 14g Skim Milk 12g	3 Chicken Supreme 12g Corn 19g 88 Apple 19g 682 Rye Bread 15g Choc. Chip Cookie 26g Skim Milk 12g	4 Scalloped Ham 4g Mashed Potatoes 21g Peas 12g 87 Raisins 23g 556 WW Dinner Roll 14g Skim Milk 12g 	5 Turkey Sandwich Wheat Bread 23g Carrots 5g 101 Chips 16g 634 Applesauce 15g Granola Bar 17g Chocolate Milk 25g
8 Shredded Pork  WW Bun 21g Cheesy Mashed 89 Potatoes 21g 780 Peaches 18g Rice Krispy Treat 17g Skim Milk 12g	9 Shepherd's Pie 23g Green Beans 6g 75 Apple 19g 651 WW Dinner Roll 14g Skim Milk 12g	10 Chicken Fajita with Peppers & Onions 7g WW Tortilla 9g 112 Pinto Beans 24g 737 Banana 31g Snickerdoodle 29g Skim Milk 12g	11 Closed for Veterans Day	12 Turkey Burger WW Bun 21g Bahama Veggies 7g Potato Salad 16g 94 Orange 25g 710 Chocolate Milk 25g
15 Honey Mustard Chicken 9g Diced Potatoes 20g 88 Mixed Veggies 13g 571 Apple 19g WW Dinner Roll 14g Skim Milk 12g	16 Cali Burger WW Bun 21g Lett/Tom/Onion 5g 88 Baked Beans 24g 696 Orange 25g Skim Milk 12g	17 Tuna Salad 1g Lettuce 2g Baby Bakers 37g 127 Banana 31g 831 WW Dinner Roll 14 Birthday Cake 29g Skim Milk 12g	18 Turkey & Gravy 10g Mashed Potatoes 21g Green Bean Casserole 8g Craisins 24g WW Dinner Roll 14g 90 Skim Milk 12g 634	19 Ham Sandwich Wheat Bread 23g 100 Carrots 5g 581 Chips 16g Orange Juice 14g  Granola Bar 17g Choc Milk 25g 
22 Meatloaf 6g Party Potatoes 22g Corn Salad 18g 92 Apple 19g 669 WW Dinner Roll 14g Skim Milk 12g	23 Chicken Pasta Bake 23g Harvard Beets 19g Orange 25g 95 WG Biscuit 16g 763 Skim Milk 12g	24 Italian Turkey Sandwich Wheat Bread 23g 90 Carrots 5g 615 Applesauce 15g Chips 16g Rice Krispy Treat 17g Skim Milk 12g	25 Closed for Thanksgiving	26 Closed for Thanksgiving
29 Beef Hot Dog 5g 118 WW Bun 21g 850 Duchess Potatoes 32g Kidney Bean Salad 23g  Orange 25g Skim Milk 12g	30 Tuna & Noodles 17g Peas and Carrots 11g Apple 19g 96 WW Dinner Roll 14g 629 Sugar Cookie 23g Skim Milk 12g	NOVEMBER 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

NOVEMBER 2021 SENIOR SERVICES OF POLK COUNTY