

# JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Honey Mustard Chicken 9g Diced Potatoes 20g Mixed Veggies 13g <b>94</b> Orange 25g <b>599</b> WW Dinner Roll 14g Skim Milk 12g	<b>4</b> Shepherd's Pie 23g Green Beans 6g Diced Pears 18g Rye Bread 15g <b>75</b> Skim Milk 12g <b>657</b>	<b>5</b> BBQ Meatballs 1g WW Bun 21g <b>94</b> Corn 19g <b>801</b> Three Bean Salad 21g Apple 19g Skim Milk 12g	<b>6</b> Chicken w/Gravy 3g Mashed Potatoes 21g Pea Salad 18g <b>91</b> Raisins 23g <b>613</b> WW Dinner Roll 14g Skim Milk 12g Cherry Pie 44g	<b>7</b> Turkey Sandwich Wheat Bread 23g Carrots 5g <b>101</b> Chips 16g <b>634</b> Applesauce 15g Granola Bar 17g Chocolate Milk 25g
<b>10</b> Tater Tot Casserole 19g Country Blend Veg. 10g Orange 25g Bread Pudding 17g <b>84</b> Skim Milk 12g <b>660</b>	<b>11</b> Pasta with Italian Sausage 26g Germany Veg. Blend 15g Pineapple 14g Bread Stick 15g <b>83</b> Skim Milk 12g <b>724</b>	<b>12</b> Tuna Salad Sandwich Wheat Bread 23g Baby Bakers 37g <b>108</b> Lettuce Salad <b>743</b> with Ranch 2g Banana 31g Skim Milk 12g	<b>13</b> Meatloaf 6g Mashed Potatoes 21g Copper Penny Salad 17g Craisins 24g WW Dinner Roll 14g <b>95</b> Skim Milk 12g <b>642</b> Boston Cream Pie 40g	<b>14</b> PB & J Uncrustable 32g Carrots 5g Chips 16g <b>116</b> Apple 19g <b>708</b> Strawberry Yogurt 19g Chocolate Milk 25g
<b>17</b>  <b>CLOSED FOR                      MARTIN LUTHER                      KING, JR. DAY</b>	<b>18</b> Beef Hot Dog 5g WW Bun 21g Duchess Potatoes 32g Kidney Bean Salad 23g Orange 25g <b>118</b> Skim Milk 12g <b>850</b>	<b>19</b> Beef Taco Salad 4g With Cheese Banana 31g Tortilla Chips 20g <b>96</b> Taco sauce <b>722</b> Birthday Cake 29g Skim Milk 12g	<b>20</b> Scalloped Potatoes with Ham 32g <b>93</b> Peas 12g <b>579</b> Raisins 23g WW Dinner Roll 14g Skim Milk 12g Pumkin Pie 47g	<b>21</b> Chicken Supreme 12g Corn 19g <b>116</b> Apple 19g <b>682</b> Rye Bread 15g Choc. Chip Cookie 26g Chocolate Milk 25g
<b>24</b> Sweet & Sour Chicken 18g Brown Rice 25g <b>98</b> Coleslaw 11g <b>616</b> Orange 25g Fortune Cookie 7g Skim Milk 12g	<b>25</b> Tuna & Noodles 17g Mixed Veggies 13g Apple 19g Bread Stick 15g <b>78</b> Skim Milk 12g <b>604</b>	<b>26</b> Cali Burger WW Bun 21g Lett/Tom/Onion 5g Baked Beans 24g <b>94</b> Banana 31g <b>717</b> Skim Milk 12g	<b>27</b> Beef Pizza Bake 29g Green Beans 6g <b>87</b> Craisins 24g <b>753</b> French Bread 16g Skim Milk 12g Blueberry Pie 51g	<b>28</b> Ham Sandwich Wheat Bread 23g Carrots 5g <b>100</b> Chips 16g <b>581</b> Orange Juice 14g Granola Bar 17g Chocolate Milk 25g
<b>31</b> Beef Pasta Bake 23g Peas & Carrots 11g <b>108</b> Orange 25g <b>833</b> WW Dinner Roll 14g Sugar Cookie 23g Skim Milk 12g	<b>JANUARY 2022 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>			