






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 2022 SENIOR SERVICES OF POLK COUNTY		1 Chicken Fajita w/Peppers & Onions 7g WW Tortilla 9g Black Beans & Corn 21g Banana 31g 110 Snickerdoodle 30g 691 Skim Milk 12g	2 Salisbury Steak 11g Mashed Potatoes 21g Valley Salad 27g 108 Raisins 23g 729 WW Dinner Roll 14g Skim Milk 12g Boston Cream Pie 40g	3 Tuna Salad with Chopped Eggs 5g Wheat Bread 23g Tomato & Cucumber Salad 10g 102 Diced Potatoes 20g 790 Apple 19g Chocolate Milk 25g
6 Sweet & Sour Chicken 18g Brown Rice 18g 98 Coleslaw 11g 616 Orange 25g Fortune Cookie 7g Skim Milk 12g	7 Goulash 30g Mixed Veggies 13g Apple 19g Bread Stick 15g 90 Skim Milk 12g 714	8 Spinach Salad w/Chicken & Cheese 4g Italian Dressing 4g Baby Bakers 37g 102 Banana 31g 716 WW Dinner Roll 14g Skim Milk 12g	9 Shredded Pork WW Bun 21g Party Potatoes 22g 98 Pea Salad 18g 814 Craisins 24g Skim Milk 12g  Strawberry Rhubarb Pie 50g	10 Beef Spanish Rice 28g Pinto Beans 24g 95 Mixed Fruit 16g 793 Pumpkin Bar 16g Chocolate Milk 25g
13 Shepard's Pie 23g Corn 19g 90 Apple 19g 736 Raisin Bread 17g Skim Milk 12g	14 Beef Hot Dog 5g 118 WW Bun 21g 850 Duchess Potatoes 32g Kidney Ben Salad 23g Orange 25g Skim Milk 12g 	15 Seafood Salad 2g Lettuce 2g Diced Potatoes 20g Banana 31g 97 Crackers 668 Birthday Cake 29g Skim Milk 12g	16 Chicken Supreme 12g Green Beans 6g Raisins 23g WW Dinner Roll 14g Skim Milk 12g 67 Pecan Pie 56g 546	17 Turkey Sandwich Wheat Bread 23g Carrots 5g 101 Chips 16g 634 Applesauce 15g Granola Bar 17g Chocolate Milk 25g
20 Tuna Tetrastini 22g Harvard Beets 19g Peaches 18g 86 Rye Bread 15g 563 Skim Milk 12g	21 Turkey Burger WW Bun 21g 80 Potato Salad 16g 758 Apple Juice 14g Rice Krispy Treat 17g Skim Milk 12g	22 Beef Taco 3g WW Tortilla 9g Cheese & Lettuce 1g Mexicali Corn 15g Banana 31g 71 Taco Sauce 601 Skim Milk 12g	23 Meatloaf 6g Mashed Potatoes 21g Copper Penny Salad 17g Craisins 24g 95 WW Dinner Roll 14g 641 Skim Milk 12g Blueberry Pie 51g	24 Sausage Patty Scalloped Potatoes 25g Green Beans 6g  Orange 25g Goldfish 16g 97 Chocolate Milk 25g 726
27 Italian Chicken 2g Diced Potatoes 20g Peas 12g 105 Apple 19g 685 WW Dinner Roll 14g Choc. Chip Cookie 26g Skim Milk 12g	28 Pasta with Meat Sauce 20g 84 Glazed Carrots 11g 726 Orange 25g Bread Stick 15g Skim Milk 12g 	29 Cali Burger 94 WW Bun 21g 717 Lett/Tom/Onion 5g Baked Beans 24g Banana 31g Skim Milk 12g	30 Pork Loin 17g 109 Mashed Potatoes 21g 696 Three Bean Salad 21g Raisins 23g WW Dinner Roll 14g Skim Milk 12g Pumpkin Pie 47g 	

JUNE 2022 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

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