





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Orange Chicken 22g Brown Rice 25g <b>104</b> Green Beans 6g <b>588</b> Mixed Fruit 16g Sugar Cookie 23g Skim Milk 12g	<b>2</b> Goulash 30g Mixed Veggies 13g <b>90</b> Apple 19g <b>715</b> Bread Stick 15g Skim Milk 12g	<b>3</b> Tuna & Noodles 17g Bahama Veggies 7g <b>105</b> Banana 31g <b>636</b> WW Dinner Roll 14g Choc. Chip Cookie 26g Skim Milk 12g	<b>4</b> Chicken Sandwich WW bun 21g <b>68</b> Brocoli Normandy 7g <b>577</b> Lettuce Salad w/ Ranch 2g Craisins 24g Skim Milk 12g Peach Pie 41g	<b>5</b> Calico Beans 30g Carrots 5g <b>108</b> Orange 25g <b>758</b> Cornbread 23g Chocolate Milk 25g
<b>8</b> Italian chicken 2g Diced Potatoes 20g <b>68</b> Cooked Cabbage 5g <b>565</b> Rosy Applesauce 15g WW Dinner Roll 12g Skim Milk 12g	<b>9</b> Swiss Steak 7g Mashed Potatoes 21g <b>101</b> Three Bean Salad 21g <b>799</b> Orange 25g WW Dinner Roll 14g Skim Milk 12g	<b>10</b> Meatball Sub 5g WW Bun 21g <b>83</b> Shredded Cheese 1g <b>759</b> Italian Veggie Blend 12g Banana 31g  Skim Milk 12g	<b>11</b> Chicken Supreme 12g Peas 12g <b>73</b> Raisins 23g <b>584</b> WW Dinner Roll 14g Skim Milk 12g Blueberry Pie 51g	<b>12</b> Turkey Sandwich Wheat Bread 23g <b>104</b> Minestrone Soup 12g <b>598</b> Corn 19g Apple 19g Chocolate Milk 25g
<b>15</b> Beef Pasta Bake 23g Peas & Carrots 11g <b>85</b> Orange 25g <b>761</b> WW Dinner Roll 14g Skim Milk 12g	<b>16</b> Tilapia Harvard Beets 19g <b>80</b> Diced Pears 18g <b>587</b> WW Dinner Roll 14g Rice Krispy Treat 17g Skim Milk 12g	<b>17</b> Beef Taco Burger 3g WW Bun 21g Lettuce & Cheese 1g Taco Sauce <b>116</b> Corn 19g <b>857</b> Banana 31g Birthday Cake 29g Skim Milk 12g	<b>18</b> Turkey w/ Gravy 10g Mashed Potatoes 21g Valley Salad 5g <b>87</b> Craisins 24g <b>604</b> WW Dinner Roll 14g Pumpkin Pie 47g	<b>19</b> Turkey Ham & Bean Soup 30g <b>99</b> Mixed Veggies 13g <b>561</b> Apple 19g Wheat Bread 12g Chocolate Milk 25g 
<b>22</b> Chicken Fajitas w/ Peppers & Onions 7g WW Tortilla 9g <b>101</b> Pinto Beans 24g <b>688</b> Apple 19g Snickerdoodle 30g Skim Milk 12g	<b>23</b> Pasta with Meat Sauce 20g <b>86</b> Mixed Veggies 13g <b>751</b> Orange 25g Bread Stick 15g Skim Milk 12g	<b>24</b> Cali Burger WW Buns 21g <b>94</b> Lett/Tom/Onion 5g <b>717</b> Baked Beans 24g Banana 31g Skim Milk 12g	<b>25</b> Meatloaf 6g <b>94</b> Mashed Potatoes 21g <b>623</b> Copper Penny Salad 17g Raisins 23g WW Dinner Roll 14g Skim Milk 12g Strawberry Rhubarb Pie 50g	<b>26</b> Egg Salad 4g <b>100</b> Wheat Bread 23g <b>605</b> Diced Potatoes 20g Country Veggies 10g Peaches 18g Chocolate Milk 25g
<b>29</b> Shepherd's Pie 23g Corn 19g <b>90</b> Apple 19g <b>736</b> Raisin Bread 17g Skim Milk 12g	<b>30</b> Pork Bratwurst 2g <b>85</b> WW Bun 21g <b>832</b> Duchess Potatoes 32g Lettuce Salad w/ Ranch 2g Mixed Fruit 16g Skim Milk 12g  	<b>31</b> Tuna Salad 1g Lettuce Salad 2g <b>97</b> Carrots 5g <b>739</b> Banana 5g WW Dinner Roll 14g Chocolate Pudding 30g Skim Milk 12g	<h2>AUGUST 2022</h2> <h3>SENIOR SERVICES OF</h3> <h3>POLK COUNTY</h3>	

**AUGUST 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

Signature: *Melanie Wirth, MBA, RDN, LD*

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