





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY FLEX
SEPTEMBER 2022 SENIOR SERVICES OF POLK COUNTY			1 Loose Meat Sandwich WW bun 21g Seasoned Potatoes 17g Green Beans 6g 83 Craisins 24g 692 Skim Milk 12g Apple Pie 44g	2 Chicken Alfredo 13g Peas 12g 90 Orange 25g 624 Bread Stick 15g Chocolate Milk 25g	Sweet Spinach Salad 11g 75 Orange 25g 603 WW Dinner Roll 14g Chocolate Milk 25g
5 Closed for Labor Day	6 Beef Hot Dog 5g 101 WW Bun 21g 602 Diced Potatoes 20g Pinto Beans 24g Apple 19g  Skim Milk 12g	7 Pasta with 97 Italian Sausage 26g 784 Glazed Carrots 11g Banana 31g Bread Stick 15g  Skim Milk 12g	8 Salisbury Steak 11g Mashed Potatoes 21g Valley Salad 27g 108 Raisins 23g 729 WW Dinner Roll 14g Skim Milk 12g Pumpkin Pie 47g	9 Tuna Salad with 97 Chopped Eggs 5g 772 Wheat Bread 23g Tom. & Zucc. Salad 9g Country Veggies 10g Orange 25g Chocolate Milk 25g	Turkey Wrap 30g Tomato & Zucchini Salad 9g 89 Orange 25g 554 Chocolate Milk 25g
12 Scalloped Potatoes with Ham 32g 91 Mixed Veggies 13g 584 Apple 19g WW Dinner Roll 14g Skim Milk 12g 	13 Teriyaki Chicken 13g Brown Rice 25g 88 Coleslaw 11g 578 Mixed Fruit 16g Graham Crackers 11g Skim Milk 12g	14 Chef Salad 9g 105 Ranch Dressing 2g 670 Baby Potatoes 37g Banana 31g WW Dinner Roll 14g Skim Milk 12g	15 BB Chicken 2g 88 WW Bun 21g 638 Part Potatoes 22g Marinated Cucumbers 5g Craisins 24g Skim Milk 12g Pecan Pie 56g	16 Beef Chili 17g 2 Crackers 10g 113 Corn 19g 684 Orange 25g Rice Krispy Treat 17g Chocolate Milk 25g	Tuna Pasta Salad 13g Orange 25g Rice Krispy Treat 17g Chocolate Milk 25g 80 529
19 Chicken & Noodles 23g Peas & Carrots 11g Orange 25g 86 Rye Bread 15g 671 Skim Milk 12g	20 Turkey Burger 98 WW bun 21g 745 Green Beans 6g Potato Salad 16g Grape Juice 17g Choc. Chip Cookies 26g Skim Milk 12g	21 Seafood Salad 2g Lettuce 2g 97 Diced Potatoes 20g 668 Banana 31g Crackers Birthday Cake 29g Skim Milk 12g	22 Meatloaf 6g Mashed Potatoes 21g Copper Penny Salad 17g Raisins 23g WW Dinner Roll 14g 95 Skim Milk 12g 642 Boston Cream Pie 40g	23 Potato Taco 86 Casserole 37g 884 Green Beans 6g Apple 19g Wheat Bread 12g Chocolate Milk 25g	Crunchy Noodle Salad 15g 73 Apple 19g 528 WW Dinner Roll 14g Chocolate Milk 25g
26 Honey Mustard Chicken 9g 99 Brown Rice 25g 649 Carrots 5g Three Bean salad 21g Orange 25g Skim Milk 12g	27 Tuna Tetrazzini 22g Harvard Beets 19g 107 Applesauce 15g 663 WW Dinner Roll 14g Oatmeal Raisin Cookie 25g Skim Milk 12g	28 Cali Burger 94 WW Bun 21g 717 Lett/Tom/Onion 5g Baked Beans 24g Banana 31g Skim Milk 12g	29 Swedish Meatballs 5g Mashed Potatoes 21g Lettuce Salad w/ Ranch 2g Craisins 24g 80 WW Dinner Roll 14g 730 Skim Milk 12g  Cherry Pie 44g	30 Italian Turkey Sandwich 118 Wheat Bread 23g 559 Veggie Barley Soup 22g Apple 19g Vanilla Pudding 29g Chocolate Milk 25g	Spinach Salad w/ Chicken 4g 62 Apple 19g 502 WW Dinner Roll 14g Chocolate Milk 25g

SEPTEMBER 2022 SENIOR SERVICES OF POLK COUNTY Menus with the exception of the option Friday Flex, 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*

Iowa License: 002127