

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY FLEX
3 Goulash 30g Mixed Veggies 13g Orange 25g 97 Raisin Bread 17g 717 Skim Milk 12g	4 Beef Taco 3g 69 WW Tortilla 9g 591 Cheese & Lettuce 1g Mexicali Corn 15g Tropical Fruit 29g Taco Sauce Skim Milk 12g	5 Chicken Pasta Bake 23g Spinach 23g 90 Banana 31g 693 Raisin Bread 17g Skim Milk 12g	6 Shredded Pork 95 WW Bun 21g 753 Diced Potatoes 20g Pea Salad 18g Craisins 24g  Skim Milk 12g Peach Pie 41g	7 Chef Salad with 106 Ranch Dressing 2g 656 Baby Potatoes 37g Apple 19g WW Dinner Roll 14g Chocolate Milk 25g	Liver & Onions 9g Baby Potatoes 37g Salad w/Ranch 2g 118 Apple 19g 623 WW Dinner Roll 14g Chocolate Milk 25g
10 Italian Chicken 2g Red Potatoes 20g 78 Peas 12g 604 Pears 18g WW Dinner Roll 14g Skim Milk 12g	11 Sweet & Sour Chicken 19g 103 Brown Rice 25g 618 Coleslaw 11g Apple 19g Graham Crackers 17g Skim Milk 12g	12 Cali Burger 5g 98 WW Bun 21g 718 Lett/Tom/Onion 5g Baked Beans 24g Banana 31g Skim Milk 12g	13 Meatloaf 6g Mashed Potatoes 21g Copper Penny 95 Salad 17g 642 Raisins 23g WW Dinner Roll 14g Skim Milk 12g Boston Cream Pie 40g	14 Meatball Sub 5g 83 WW Bun 21g 710 Shredded Cheese 1g Italian Veggie  Blend 12g Apple 19g Chocolate Milk 25g	Chicken Caesar Salad 6g Italian Veggie 77 Blend 12g 531 Apple 19g Chocolate Milk 25g
17 Tuna & Noodles 17g Harvard Beets 19g 99 Pineapple 14g 608 WW Dinner Roll 14g Sugar Cookie 23g Skim Milk 12g	18 Beefy Nachos 6g Tortilla Chips 30g 127 Pinto Beans 24g 817 Orange 25g Snickerdoodle 30g Skim Milk 12g	19 Chicken Supreme 12g Corn 19g 107 Lettuce Salad with 760 Ranch 2g Banana 31g Birthday Cake 31g  Skim Milk 12g	20 Salisbury Steak 11g Mashed Potatoes 21g Valley Salad 27g 108 Raisins 23g 729 WW Dinner Roll 14g Skim Milk 12g Pecan Pie 56g	21 Turkey Sandwich Wheat Bread 23g Broccoli Cheese Soup 6g 80 Crackers 630 Carrots 7g Apple 19g Chocolate Milk 25g	Honey Mustard Chicken Wrap 17g Broccoli Cheese 74 Soup 6g 570 Crackers Carrots 7g Apple 19g Chocolate Milk 25g
24 Tater Tot Casserole 19g 108 Pinto Beans 24g 781 Orange 25g WW Dinner Roll 14g Choc. Chip Cookie 26g Skim Milk 12g	25 Pasta with 77 Meat Sauce 20g 698 Glazed Carrots 11g Apple 19g Bread Stick 15g  Skim Milk 12g	26 Chicken Stew 23g Country Blend 13g Banana 31g 106 WG Biscuit 27g 782 Skim Milk 12g	27 Sausage Pizza Bake 29g 87 Green Beans 6g 785 Craisins 24g Bread Stick 15g Skim Milk 12g  Blueberry Pie 51g	28 Tuna Salad 121 Wheat Bread 23g 800 Diced Potatoes 20g Peas & Carrots 11g Grape Juice 17g Oat. Raisin Cookie 25g Chocolate Milk 25g	Chicken Wrap 16g Diced Potatoes 20g Grape Juice 17g Oat. Raisin Cookie 25g Chocolate Milk 25g 103 602
31 Chicken Breast in Country Gravy 3g Mashed Potatoes 21g Marinated Cucumbers 5g Fresh Pear 32g 86 Wheat Bread 12g 555 Skim Milk 12g	OCTOBER 2022 SENIOR SERVICES OF POLK COUNTY Menus, with the exception of the optional Friday Flex, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). All menus are subject to change. The number of parentheses indicates the carbohydrate exchange. (1) = 15 grams Top number = carbohydrates Bottom number = calories  = meal contains pork  = meal contains 800 mg or more of sodium				

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

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