










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY FLEX
<b>MARCH 2023 SENIOR SERVICES OF POLK COUNTY</b>		<b>1</b> Chicken Salad 8g Wheat Bread 23g Broccoli Normandy 7g Green Beans 6g <b>88</b> Banana 31g <b>685</b> Skim Milk 12g	<b>2</b> Swedish Meatballs 5g Mashed Potatoes 21g Three Bean Salad 21g Raisins 23g WW Dinner Roll 14g Skim Milk 12g <b>96</b> Peach Pie 41g <b>830</b> 	<b>3</b> Egg Salad 4g <b>106</b> WW Bun 21g <b>662</b> Diced Potatoes 20g Creamed Peas 17g Apple 19g Chocolate Milk 25g	Salmon Patty 2g <b>96</b> WW Bun 21g <b>773</b> Diced Potatoes 20g Creamed Peas 17g Apple 19g Chocolate Milk 25g 
<b>6</b> Chicken Tetrizzini 22g Spinach 7g <b>82</b> Orange 25g <b>639</b> Bread Stick 15g Skim Milk 12g	<b>7</b> Meatball Sub 5g <b>66</b> WW Bun 21g <b>692</b> Shredded Cheese 1g Italian Veggie Blend 12g Pineapple 14g  Skim Milk 12g	<b>8</b> Teryaki Chicken 13g Brown Rice 25g <b>103</b> Coleslaw 11g <b>637</b> Banana 31g Graham Crackers 11g Skim Milk 12g	<b>9</b> Meatloaf 6g Mashed Potatoes 21g Copper Penny Salas 17g Craisins 24g WW Dinner Roll 14g <b>95</b> Skim Milk 12g <b>642</b> Chocolate Cream Pie 50g	<b>10</b> Tuna & Noodles 17g Harvard Beets 19g <b>117</b> Apple 19g <b>625</b> WW Dinner Roll 14g Sugar Cookie 23g Chocolate Milk 25g	Harvest Chicken Salad 25g <b>106</b> Apple 19g <b>551</b> WW Dinner Roll 14g Sugar Cookie 23g Chocolate Milk 25g
<b>13</b> BBQ Chicken Sandwich 2g <b>93</b> WW Bun 21g <b>623</b> Cabbage 14g Corn 19g Orange 25g Skim Milk 12g	<b>14</b> Pasta with <b>80</b> Italian Sausage 26g <b>725</b> Glazed Carrots 11g Mixed Fruit 16g Bread Stick 15g Skim Milk 12g 	<b>15</b> Beef Chili 17g Green Beans 6g <b>105</b> Banana 31g <b>667</b> 2 Crackers 10g Birthday Cake 29g Skim Milk 12g	<b>16</b> Chicken w/ Gravy 3g Mashed Potatoes 21g Pea Salad 18g <b>91</b> Raisins 23g <b>614</b> WW Dinner Roll 14g Skim Milk 12g Pecan Pie 56g	<b>17</b> Baked Cod <b>93</b> Brown Rice 25g <b>605</b> Broccoli Normandy 7g Apple 19g Rice Krispy Treat 17g Chocolate Milk 25g	Chicken Wrap 16g Broccoli <b>84</b> Normandy 7g <b>576</b> Apple 19g Rice Krispy Treat 17g Chocolate Milk 25g
<b>20</b> Scalloped Potatoes With Ham 32g <b>97</b> Mixed Veggies 13g <b>613</b> Orange 25g WW Dinner Roll 14g Skim Milk 12g  	<b>21</b> Chicken Stew 23g Country Veggies 10g Peaches 18g <b>75</b> Wheat Bread 12g <b>649</b> Skim Milk 12g	<b>22</b> Cali Burger <b>94</b> WW Bun 21g <b>717</b> Lett/Tom/Onion 5g Baked Beans 24g Banana 31g Skim Milk 12g	<b>23</b> Chicken Supreme 12g Lettuce Salad 2g <b>66</b> With Ranch 2g <b>554</b> Craisins 24g WW Dinner Roll 14g Skim Milk 14g Cherry Pie 44g	<b>24</b> Tuna Salad 1g <b>113</b> White Bread 23g <b>794</b> Peas & Carrots 11g Seasoned Potatoes 17g Apple 19g Oat. Raisin Cookie 17g Chocolate Milk 25g	Ham & Cheese Wrap 30g <b>108</b> Seasoned <b>701</b> Potatoes 17g Apple 19g Oat. Raisin Cookie 17g Chocolate Milk 25g
<b>27</b> BBQ Pork Mac 26g Green Beans 6g <b>86</b> Orange 25g <b>749</b> Raisin Bread 17g Skim Milk 12g 	<b>28</b> Tater Tot <b>81</b> Casserole 19g <b>659</b> Pinto Beans 24g Apple Juice 14g Wheat Bread 12g Skim Milk 12g	<b>29</b> Chicken Noodle Soup 12g <b>105</b> Carrots 7g <b>721</b> Banana 31g WG Biscuit 27g Goldfish 16g Skim Milk 12g	<b>30</b> Beef Taco Burger 3g WW Bun 21g Cheese & Lettuce 1g Mexicali corn 15g Raisins 23g <b>75</b> Taco Sauce <b>634</b> Skim Milk 12g Apple Pie 44g	<b>31</b> Seafood Salad 3g With Lettuce 2g <b>100</b> Baby Bakers 37g <b>604</b> Apple 19g WW Dinner Roll 14g Chocolate Milk 25g	Garden Salad with Chicken 8g <b>103</b> Baby Bakers 37g <b>666</b> Apple 19g WW Dinner Roll 14g Chocolate Milk 25g

MARCH 2023 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 Top number = carbohydrates Bottom number = calories  = meal contains pork  = meal contains 800 mg or more of sodium

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