








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY FLEX
1 Chicken Supreme 12g Bahama Veggies 7g 116 Pears 18g 711 WW Dinner Roll 14g Graham Crackers 11g Skim Milk 12g	2 Chef Salad 9g 93 Ranch Dressing 2g 656 Baby Potatoes 37g Apple 19g WW Dinner roll 14g Skim Milk 12g	3 Tuna Tetrizzini 22g Carrots 7g 87 Banana 31g 587 Rye Bread 15g Skim Milk 12g	4 Loose Meat 95 Sandwich 2g 753 WW Bun 21g Seasoned Potatoes 17g Corn 19g Craisins 24g Skim Milk 12g Peach Pie 41g	5 Beefy Nachos 6g Tortilla Chips 20g Pinto Beans 24g 130 Orange 25g 817 Snickerdoodle 30g Chocolate Milk 25g	Southwestern Chicken Fajita Salad 27g 107 Orange 25g 619 Snickerdoodle 30g Chocolate Milk 25g
8 Chicken Pasta Bake 23g Harvard Beets 19g 90 Apple 19g 675 Raisin Bread 17g Skim Milk 12g	9 Tater Tot 74 Casserole 19g 610 Peas 12g Peaches 18g Wheat Bread 12g Skim Milk 12g	10 Orange Chicken 23g Brown Rice 25g 131 Coleslaw 11g 781 Banana 31g Birthday Cake 29g Skim Milk 12g	11 Meatloaf 6g Mashed Potatoes 21g Copper Penny Salad 17g Raisins 23g WW Dinner Roll 14g Skim Milk 12g 95 Pumpkin Pie 47g 642	12 Pork Bratwurst 2g WW Bun 21g Diced Potatoes 20g Peas & Carrots 11g Orange 25g Chocolate Milk 25g   104 848	Turkey & Cheese 111 Wrap 30g 654 Diced Potatoes 20g Peas & Carrots 11g Orange 25g Chocolate Milk 25g
15 BBQ Chicken 3g 96 WW Bun 21g 600 Sweet Potatoes 25g Green Beans 6g Tropical Fruit 29g Skim Milk 12g	16 Pasta with Italian Sausage 26g 89 Glazed Carrots 11g 763 Orange 25g Bread Stick 15g  Skim Milk 12g	17 Hot Dog or Hamburger on a Bun Potato Salad Baked Beans Orange or Apple Skim Milk Ice Cream Sandwich SENIOR FEST	18 Chicken w/Gravy 3g Mashed Potatoes 21g Pea Salad 18g 93 Craisins 24g 634 WW Dinner Roll 14g Skim Milk 12g Pecan Pie 56g	19 Scalloped Potatoes w/Ham 32g Mixed Veggies 13g Orange 25g WW Dinner Roll 14g Rice Krispy Treat 17g Chocolate Milk 25g   126 741	Honey Mustard 97 Chicken Wrap 17g 614 Mixed Veggies 13g Orange 25g Rice Krispy Treat 17g Chocolate Milk 25g
22 Beef Chili 17g Carrots 7g 88 Apple 19g 541 Crackers 10g Sugar Cookie 23g Skim Milk 12g	23 Chicken and Rice Casserole 28g Stewed Tomatoes 7g Grape Juice 17g 69 Lime Jello 5g 557 Skim Milk 12g	24 Cali Burger 94 WW Bun 21g 717 Lett/Tom/Onion 5g Baked Beans 24g Banana 31g Skim Milk 12g	25 Swedish Meatballs 5g Mashed Potatoes 21g Marinated Cucumbers 6g Raisins 23g 81 WW Dinner Roll 14g 728 Skim Milk 12g Apple Pie 44g 	26 Tuna Salad 1g 127 Wheat Bread 23g 737 Cali Blend Veggies 7g Diced Potatoes 20g Orange 25g Choc. Chip Cookie 26g Chocolate Milk 25g	Liver & Onions 9g Diced Potatoes 20g Orange 25g Choc. Chip Cookie 26g WW Dinner Roll 14g Chocolate Milk 25g 119 649
29 Closed for the Holiday	30 Chicken and 99 Noodles 23g 701 Mashed Potatoes 21g Lettuce Salad 2g Ranch Dressing 2g WW Dinner Roll 14g Skim Milk 12g	31 Meatball Sub 5g WW Bun 21g Shredded Cheese 1g Italian Veggie 83 Blend 12g 759 Banana 31g Skim Milk 12g 	MAY 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



=meal contains pork



=meal contains 800 mg or more of sodium

Signature: *Melanie Wirth MBA, RDN, LDN*

Iowa License: 002127