



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY FLEX
FEBRUARY 2024 SENIOR SERVICES OF POLK COUNTY			1 Turkey Ham & Scalloped Potatoes 13g Green Peas 13g Garlic Breadstick 15g 63 Milk 11g 536 Coconut Crème Pie 16g	2 Liver & Onions 10g Mashed Potatoes 15g Capri Vegetable Blend 6g Dinner Roll 15g 128 Warm Lemon Cake 50g 792 Chocolate Milk 31g	Chef Salad 6g Croutons 5g Pasta Salad 22g Fresh Seasonal Fruit 17g Brownie 27g 110 Chocolate Milk 31g 989 Ranch Salad Dressing 3g
5 Chicken Fettuccini Alfredo 29g 84 Sliced Carrots 7g 650 Garlic Bread Stick 15g Oatmeal Cream Pie 21g Milk 11g	6 Polish Sausage w/ Sauerkraut 6g Whole Kernel Corn 21g California Veg. Blend 6g 92 Hot Dog Bun 30g 728 Fresh Seasonal Fruit 17g Milk 11g	7 Turkey w/Poultry Gravy 1g Mashed Potatoes 15g Green Beans 7g 56 Turtle Cookie 22g 548 Milk 11g	8 Sweet & Sour Chicken 25g 86 Rice 23g 572 Mixed Vegetables 14g Multi Grain Bread 14g Milk 11g Apple Pie 46g	9 Potato Crusted Pollock 27g 94 682 Macaroni & Cheese 10g Capri Vegetable Blend 6g Dinner Roll 15g Hot Spiced Apples 19g Chocolate Milk 31g Tartar Sauce 1g	Egg Salad 8g Lettuce & Tomato 2g 104 Coleslaw 10g 767 Multi Grain Bread 14g Fresh Seasonal Fruit 17g Fudge Round Cookie 23g Chocolate Milk 31g
12 Beef Chili 17g Whole Kernel Corn 21g Coleslaw 10g 82 Cornbread 23g 671 Milk 11g	13 Salisbury Beef 6g Baby Red Potatoes 14g Green Peas 13g Multi Grain Bread 14g 82 Carnival Cookie 24g 717 Milk 11g	14 BBQ Chicken 16g Baked Beans 32g California Veg. Blend 6g Hamburger Bun 22g Fresh Seasonal Fruit 17g Milk 11g 104 613	15 Taco Beef 3g Lettuce & Tomato 1g Shredded Cheese 0g Spanish Rice 19g Black Beans 26g 80 Flour Tortilla 18g 764 Milk 11g Taco Sauce 2g Banana Cream Pie 50g	16 Tuna Noodle Casserole 27g 136 Wheat Roll 13g 872 Peach Crisp 47g Fresh Seasonal Fruit 17g Chocolate Milk 31g	Berry Almond Chicken Salad 16g 98 Wheat Crackers 8g 797 Fresh Seasonal Fruit 17g Oatmeal Crème Pie 21g Chocolate Milk 31g Balsamic Dressing 0g
19 Closed For the Holiday	20 Swedish Meatballs 10g w/Egg Noodles 20g Sliced Carrots 7g 97 Cornbread 23g 821 Chocolate Chip Cookie 26g Milk 11g	21 Shredded Chicken w/Peppers & Onions 2g Roasted Red Potatoes 11g Whole Kernel Corn 21g Flour Tortilla 3g Fresh Seasonal Fruit 17g Milk 11g 66 Taco Sauce 2g 543 Birthday Cake	22 Sloppy Joe 7g Scalloped Potatoes 16g Green Peas 13g Hamburger Bun 22g Milk 11g 69 Cherry Pie 65g 556	23 10 Grain Pollock 21g Macaroni & Cheese 10g Stewed Tomatoes 8g Multi Grain Bread 14g Fig Bar 30g 113 Chocolate Milk 31g 788 Tartar Sauce 1g	Chicken Salad 5g Corn Salad 25g 110 Naan Bread 15g 777 Fresh Seasonal Fruit 17g Rice Krispy Treat 18g Chocolate Milk 31g
26 Baked Chicken Breast 0g Apple Cider Mustard Sauce 4g Mashed Potatoes 15g Mixed Vegetables 13g Multi Grain Bread 12g Fig Bar 30g 86 Milk 11g 647	27 Turkey Ham & Broccoli Rice Casserole 39g Tossed Salad 2g Fruit Cocktail 22g Cornbread 23g Fudge Round Cookie 23g Milk 11g 119 Ranch Dressing 0g 801	28 Goulash 42g Glazed Carrots 12g Green Beans 7g Garlic Breadstick 15g Fresh Seasonal Fruit 17g Milk 11g 105 728	29 Herb Roasted Pork 1g w/ Pork Gravy 4g 66 Mashed Potatoes 15g 546 Whole Kernel Corn 21g Multi Grain Bread 14g Milk 11g Lemon Meringue Pie 47g	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	