






MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY FLEX	THURSDAY	FRIDAY
<i>SENIOR SERVICES OF POLK COUNTY: Menus, with the exception of the optional Wednesday Flex, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). All menus are subject to change. The number in parentheses indicates the carbohydrate exchange. (1)=15 grams Top number= carbohydrates, bottom number= calories</i>					
6 Pork Ham Slice Cheesy Texas Potatoes (1)  Broccoli Apple Juice (1) 81 Cinnamon Raisin 656 Bread Pudding (2)	7 Creamy Chicken and Noodle Soup(1) Carrots (.5) 114 Raisins (3) 776 Rosy Applesauce (1) WW Dinner Roll (1)	8 Chef Salad w/ Ranch Dressing Baby Potatoes (2) 101 Banana (2) 686 WW Dinner Roll (1)	Yogurt Bagel (2) with 112 Cream Cheese 739 String Cheese Mixed Fruit (1)	2 Pulled Pork WW Bun (1.75) 93 Spinach 707 Lettuce Salad with French Dressing Craisins (3)	3 Sausage Pizza 94 Bake (2) 796 Green Beans Copper Penny Salad(1) Pineapple Tidbits (1) Breadstick (1) Chocolate Milk (1.5)
13 Shepherd's Pie (1.5) Spinach Applesauce (1) 86 Cherry Almond 781 Crisp (2)	14 Beef Meatballs In Tomato Sauce Penne Pasta (2) Peas (.75) Peaches (1) 107 Trail Mix (2) 863	15 Italian Chicken Stewed Tomatoes Green Beans w/ Almonds 87 Banana (2) 666 Birthday Cake (2)	Hot Dog WW Bun (1.75) Stewed Tomatoes Green Beans 111 w/ Almonds 670 Banana(2) Birthday Cake (2)	16 Sloppy Joe WW Bun (1.75) 114 Cooked Cabbage 792 Diced Potatoes (1) Craisins (3) 	17 Tuna and Noodles(1) 83 Garlic Mashed 575 Potatoes (1) Broccoli Fresh Apple (1) WW Dinner Roll (1) Chocolate Milk (1.5)
20 CLOSED FOR PRESIDENTS' DAY 	21 Chicken Taco Burger Lettuce and Cheese WW Bun (1.75) 86 Mexicali Corn (1) 674 Stewed Tomatoes Fresh Orange (1.5) Taco Sauce	22 Baked Tilapia Creamed Spinach Pickled Beets (.75) Rice Pilaf (1.75) 68 Orange Juice (1) 522	Fruit and Cottage 44 Cheese (1.5) 496 Blueberry Muffin (1.75) Pickled Beets (.75)	23 Meatloaf Sweet Potatoes (2) Green Beans 100 Banana (2) 809 WW Dinner Roll (1)	24 Sausage w/Gravy 79 Breakfast Casserole 564 w/ Ham and Cheese (.75) Brussels Sprouts Raisins (3) WG Biscuit (1)  Chocolate Milk (1.5)
27 Beef Chili (1) Mixed Vegetables (1) Fresh Orange (1.5) 92 Cornbread (1.5) 639	28 Cali Burger WW Bun (1.75) 94 Lett/tom/onion 718 Baked Beans (1.5) Banana (2)	JOHNSTON/POLK COUNTY SENIOR CENTER 6300 Pioneer Parkway Johnston IA 50131C all 515-251-3707 <i>(Lunch Served Daily at 12:00 Noon.)</i> 			

 **FEBRUARY MENU** 