











MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY FLEX	THURSDAY	FRIDAY	FRIDAY FLEX
1 Black Bean Soup w/Pulled Pork (1.25) WW Crackers  97 Carrots (.5) 691 Orange (1.5) Choc. Pudding (2) Skim Milk (.75)	2 Italian Chicken Brussels Sprouts Pasta Salad (.75) Applesauce (1) WW Dinner Roll (1) Skim Milk (.75) 67 576	3 Breakfast Bak (1.5) Pickled Beets (.75) Banana (2) WG Biscuit (1.5) Sugar Cookie (1) 104 Skim Milk (.75) 804	Strawberry Yogurt Bagel (2) with Cream Cheese String Cheese Banana (2) Sugar Cookie (1) 95 Skim Milk (.75) 680	4 Sloppy Joe WW Bun (1.75) Cooked Cabbage Potatoes O'brien (1) Craisins (1.5) 107 Skim Milk (.75) 758	5 Tuna Tetrazzini (1.5) Spinach Apple (1) WW Dinner Roll (1) Spice Bar (1) 95 Choc. Milk (1.5) 634	Italian Wrap w/ (2) Turkey Ham, Turkey Pepperoni, Turkey Salami Spinach 90 Apple (1) 532 Spice Bar (1)
8 Meat Sauce with Pasta (2.25) Green Beans w/Almonds Pineapple (1) 85 Bread Stick (1) 708 Skim Milk (.75)	9 Turkey Burger WW Bun (1.75) 79 Country Veg. 686 Blend (.5) Baked Beans (1.5) Berry Blend (.75) Skim Milk (.75)	10 Chef Salad w/ Ranch Dressing Baby Potatoes (2) Banana (2) WW Dinner Roll (1) Skim Milk (.75) 100 660	Liver and Onions Baby Potatoes (2) Salad w/Ranch Banana (2) WW Dinner Roll (1) Skim Milk (.75) 106 681	11 Salisbury Steak Mashed Potatoes(1) Peas (.75) Apple (1) WW Dinner Roll (1) Skim Milk (.75) 91 740	12 Egg Salad on Wheat Bread (2) Tomato/Zucchini Salad (.5) Vegetable Barley Soup (1) 86 Raisins (1.5) 630 Choc. Milk (1.5)	Chicken Salad Wrap (2) Tomato & Zucchini Salad (.5) Raisins (1.5) 80 Choc.Milk(1.5) 616
15 Pork Ham Slice Scalloped Potatoes 1.5 Spinach Mandarin Oranges(1.0) Banana Bar (1.25) 79 Skim Milk (.75) 556  	16 Vegetarian Chili Squash (1) Tropical Fruit (2) WW Crackers 116 Choc. Chip 644 Cookie (1.75) Skim Milk (.75)	17 Tilapia Bahama Veggies Coleslaw (.5) 98 Orange (1.5) 681 WW Dinner Roll (1) Birthday Cake (2) Skim Milk (.75)	Chicken Wrap (1) Coleslaw (.5) 93 Orange (1.5) 654 Birthday Cake (2) Skim Milk (.75) 	18 Roasted Pork Loin (1)  Mashed Potatoes (1) Pea Salad(1) 115 Banana (2) 716 WW Dinner Roll (1) Skim Milk (.75)	19 Calico Beans (2) Potato Salad (1) Apple (1) Cornbread (1.5) Choc. Milk (1.5) 100 761	Tuna Salad Sandwich WW Bun (1.75) Cucumber Slices (.75) Baked Potato Chips 1.25 Apple (1) Choc Milk (1.5) 67 571
22 Sausage Pizza Bake (2)  Mixed Veggies (1) Copper Penny Salad (1) 106 Peaches (1) 861 French Bread (1.5) Skim Milk (.75)	23 Turkey Sandwich Wheat Bread (2) Broccoli Cheese Soup Peas (.75) 67 Mandarin 605 Oranges (1) Skim Milk (.75)	24 Cali Burger WW Bun (1.75) Lett/Tom/Onion Black Beans (1.25) Corn Salad (1) 95 Apple (1) 760 Skim Milk (.75)	Harvest Chicken Salad (1.5) Apple (1) WW Dinner Roll (1) Skim Milk (.75) 70 482	25 Meatloaf Cheesy Mashed Potatoes (1.25) Green Beans Banana (2) WW Dinner Roll (1) Skim Milk (.75) 91 654	26 Teriyaki Chicken (.75) Brown Rice (1.5) Emperor Veggies (.5) Lettuce Salad w/Ranch 95 Orange (1.5) 579 Fortune Cookie (.5) Choc. Milk (1.5)	Confetti Ham- 72 Pasta Salad (2) 546 Orange (1.5) Fortune Cookie (.5) Choc. Milk (1.5)  
29 Hearty Italian Vegetable Beef Soup (1.5) Broccoli Mixed Fruit (1) Bread Stick (1) Pumpkin Bar (1) 88 Skim Milk (.75) 708	30 Bratwurst WW Bun (1.75) Vegetable Barley-Soup (1)  94 Squash (1) 831 Orange (1.5) Skim Milk (.75) 	APRIL MENU JOHNSTON/POLK COUNTY SENIOR CENTER 6300 Pioneer Parkway Johnston IA 50131 Call 515-251-3707 for Reservations <i>(Lunch served daily at 12:00 noon, except for Friday, at 11:45a.m.)</i>				

Menus, with the exception of the optional Wednesday and 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 Pig = meal contains pork/salt shaker = meal contains 800 mg or more