

Polk County Menu September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Brat on a bun Ketchup and mustard Sauerkraut German potato salad 3 bean salad Warm fruit cobbler
4 Meal sites closed. Labor Day	5 Chicken chow mein White rice Chow mein noodles Carrot coins pears	6 Meal sites closed.	7 Manicotti w/meat sauce Layered salad Breadstick Warmed spiced apples	8 Hamburger gravy Mashed potatoes Green beans Frosted cake
11 Chicken wild rice casserole Diced beets Cornbread Peach crisp	12 Seasoned pork choppettes Cheese macaroni Steamed broccoli Whole wheat bread Applesauce cake	13 Meal sites closed.	14 Turkey ala king Biscuit Peas Warm spiced pears	15 Chicken salad on croissant Lettuce leaf Spinach mandarin salad Dressing Chilled pineapple
18 Spaghetti w/meat sauce Italian blend vegetables Breadstick Warm cinnamon applesauce	19 Swedish meatballs in gravy Mashed potatoes Mixed vegetables Whole wheat dinner roll Dessert bar	20 Meal sites closed.	21 Baked chicken breast Whipped potatoes Gravy California blend Tropical fruit salad	22 Meal sites closed. All Nutrition Program Staff Training
25 Tuna noodle casserole w/peas and carrots Breadstick Fruit	26 Baked ham Baby red potatoes Green bean casserole Whole wheat dinner roll Pudding	27 Meal sites closed.	28 Meatloaf Baked potato Sour cream Steamed cabbage Pineapple tidbits	29 Seasoned baked fish Augratin potatoes Peas Lemon bars