















## JUNE MENU

MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY FLEX	THURSDAY	FRIDAY	FRIDAY FLEX
<b>3</b> Baked Chicken Party Potatoes (1) Pea Salad (1) <b>83</b> Rosy <b>697</b> Applesauce (1) WW Dinner Roll (1) Skim Milk (.75)	<b>4</b> Beef Spanish Rice (1.5) <b>97</b> Black Beans <b>796</b> & Corn (1.25) Mixed Berries (.75) Choc Pudding (2) Skim Milk (.75)	<b>5</b> Turkey Tetrazzini (1.5) Mixed Veggies (1) Orange (1.5) Rye Bread (1) Strawberry Jello Skim Milk (.75) <b>93</b> <b>681</b>	Crunchy Noodle Salad  W/ Chicken (1) Orange (1.5) <b>72</b> WW Dinner <b>610</b> Roll (1) Strawberry Jello Skim Milk (.75)	<b>6</b> Chicken Supreme (.75) Spinach <b>66</b> Lettuce Salad <b>541</b> Ranch Dressing Banana (2) Skim Milk (.75)	<b>7</b> Tilapia Colcannon (2) Broccoli Melon Cucumber Salad WW Dinner <b>77</b> Roll (1) <b>576</b> Sugar Cookie (1) Choc Milk (1.5)	Chicken Caesar Wrap (2) <b>62</b> Broccoli <b>575</b> Melon Cucumber Salad Sugar Cookie (1) Choc Milk (1.5) 
<b>10</b> Tator Tot Casserole (1) Brussels Sprouts Peaches (1) Cinnamon Raisin- Bread Pudding (2) Skim Milk (.75) <b>85</b> <b>694</b>	<b>11</b> Chicken Pasta Bake (1.5) Harvard Beets (1) Corn (1) <b>92</b> Apple (1) <b>689</b> Skim Milk (.75) 	<b>12</b> Chef Salad w/ Ranch Dressing Baby Potatoes (2) Banana (2) <b>102</b> WW Dinner <b>670</b> Roll (1) Skim Milk (.75)	Liver and Onions Baby Potatoes (2) Salad w/Ranch Banana (2) <b>108</b> WW Dinner <b>691</b> Roll (1) Skim Milk (.75)	<b>13</b> Ham Balls  Mashed Potatoes (1)  Green Beans Orange (1.5) <b>84</b> WW Dinner <b>639</b> Roll (1) Skim Milk (.75)	<b>14</b> Tuna Salad WW Bun (1.75) Vegetable Barley Soup (1) Broccoli Salad (1) Craisins (1.5) Choc Milk (1.5) <b>88</b> <b>851</b>	Chop Chop  Salad (.5) Craisins (1.5) Bread Stick (1) Choc Milk (1.5) <b>61</b> <b>504</b>
<b>17</b> Chicken with Peppers and Onions Brown Rice (1.5) Carrots (.5) <b>97</b> Pears (1) <b>682</b> Cherry Crisp (2) Skim Milk (.75) 	<b>18</b> BBQ Pork Chop Diced  Potatoes (1)  Baked  Beans (1.5) Mandarin <b>90</b> Oranges (1) <b>611</b> Raisin Bread (1) Skim Milk (.75)	<b>19</b> Cali Burger WW Bun (1.75) Lett/Tom/Onion Coleslaw (.5) <b>110</b> Banana (2) <b>846</b> Birthday Cake (2) Skim Milk (.75) 	Chicken Wrap (1) Coleslaw (.5) <b>68</b> Banana (2) <b>554</b> Birthday Cake (2) Skim Milk (.75) 	<b>20</b> Meatloaf <b>120</b> Duchess <b>768</b> Potatoes (2) Green Beans Orange (1.5) WW Dinner Roll (1) Skim Milk (.75)	<b>21</b> Garden Pasta Alfredo (3) Brussels Sprouts Apple (1) Bread Stick (1) Pumpkin Bar (1) Choc Milk (1.5) <b>116</b> <b>731</b>	Honey Mustard- Ham Wrap (2) Cucumber Slices (.75) <b>82</b> Apple (1) <b>609</b> Pumpkin Bar (1) Choc Milk (1.5)
<b>24</b> Beef and Noodles (1) <b>95</b> Mashed <b>699</b> Potatoes (1) Valley Salad (1.75) Tropical Fruit (2) Choc. Chip Cookie (1.75) Skim Milk (.75)	<b>25</b> Honey Mustard- Chicken (.5) Bahama Veggies Lettuce Salad w/Ranch <b>102</b> Banana (2) <b>645</b> WW Dinner Roll (1) Tapioca Pudding (1.5) Skim Milk (.75)	<b>26</b> Beef Chili (1) Squash (1) <b>82</b> Grapes (1) <b>572</b> Cornbread (1.5) Honey (.5) Skim Milk (.75)	Tuna Pasta Salad (.75) <b>69</b> Grapes (1) <b>524</b> Cornbread (1.5) Honey (.5) Skim Milk (.75) 	<b>27</b> Shredded Pork WW Bun (1.75) Spinach <b>85</b> Raisins (1.5) <b>649</b> Skim Milk (.75) 	<b>28</b> Turkey Sandwich Wheat Bread (2) Broccoli Cheese Soup Mixed Veggies (1) Orange (1.5) Choc Milk (1.5) <b>80</b> <b>671</b>	<b>29</b> Harvest Chicken Salad (1.5) Orange (1.5) Wheat Bread (1) Choc Milk (1.5) <b>73</b> <b>504</b>

**Johnston Polk County Senior Center – 6300 Pioneer Parkway – Johnston IA- 50131- Call 515-251-3707**

**Lunch served daily at 12:00 noon. Except Fridays at 11:45.**

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