


# Friendly Fork Menu - August 2021

\*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
BBQ Pulled Pork on Bun, Red Beans and Rice, Spinach Salad and Mandarin Oranges with Balsamic Dressing, Apricot Crisp, Milk 1%	Calories 1203 kcal	Fried Chicken Thigh, Macaroni and Cheese, Apple Coleslaw, Pumpkin Roll, Butter, Fresh Pineapple, Crunchy Fruit Snack*, Milk 1%	Calories 991 kcal	Beef Stew, Buttermilk Biscuit, Butter, Honey, Southwest Coleslaw, Watermelon, Milk 1%	Calories 944 kcal	Pork Stir-Fry, Soy Sauce, Parslied Brown Rice, Mandarin Oranges and Pineapple Tidbits, Chocolate Zucchini Muffin, Butter, Nut Cup*, Milk 1%	Calories 812 kcal	Marinara Meatball Sandwich, Italian Rotini Salad, Mandarin Oranges and Banana Salad, Blueberry Crisp, Milk 1%	Calories 1145 kcal
	Carbs 147 gm		Carbs 129 gm		Carbs 100 gm		Carbs 92 gm		Carbs 181 gm
	Fiber 11 gm		Fiber 10 gm		Fiber 10 gm		Fiber 11 gm		Fiber 15 gm
	Protein 71 gm		Protein 43 gm		Protein 43 gm		Protein 43 gm		Protein 40 gm
	Fat 39 gm		Fat 37 gm		Fat 44 gm		Fat 34 gm		Fat 29 gm
Sodium 942 mg	Sodium 975 mg	Sodium 669 mg	Sodium 980 mg	Sodium 1169 mg					
9		10		11		12		13	
Roast Turkey- Gravy, Mashed Potatoes- Gravy, Broccoli-Carrots, Banana, Nut Cup*, Milk 1%	Calories 727 kcal	Beef Burgundy over Parslied Rice, Peas and Onions, Caesar Salad, Fruity Nut Granola Bar*. Milk 1%	Calories 878 kcal	Chicken Pot Pie over Buttermilk Biscuit, Green Beans with Red Peppers, Pineapple-Banana Waldorf Salad, Brownie, Milk 1%	Calories 1055 kcal	Chicken Fajita on Wheat Tortilla, Sour Cream, Pico De Gallo, Refried Beans, Spanish Rice, Mango Crisp, Milk 1%	Calories 981 kcal	Turkey Wrap with Bacon, Ginger-Lime-Cilantro Grilled Sweet Potatoes, Pear-Cranberry-Cabbage Slaw, Watermelon, Milk 1%	Calories 764 kcal
	Carbs 83 gm		Carbs 134 gm		Carbs 148 gm		Carbs 131 gm		Carbs 129 gm
	Fiber 11 gm		Fiber 14 gm		Fiber 12 gm		Fiber 13 gm		Fiber 10 gm
	Protein 44 gm		Protein 40 gm		Protein 40 gm		Protein 48 gm		Protein 31 gm
	Fat 29 gm		Fat 23 gm		Fat 37 gm		Fat 30 gm		Fat 18 gm
Sodium 866 mg	Sodium 587 mg	Sodium 1197 mg	Sodium 1121 mg	Sodium 1253 mg					
16		17		18		19		20	
Meatballs with Gravy over Mashed Potatoes, Peas and Carrots, Pumpkin Roll, Butter, Fresh Strawberries and Bananas, Milk 1%	Calories 786 kcal	Chicken Noodle Casserole, Mixed Vegetables, Wheat Roll, Butter, Orange, Rocky Road Pudding*, Milk 1%	Calories 899 kcal	Taco Casserole, Sour Cream, Salsa, Spanish Brown Rice, Pepi Corn, Mango Crisp, Milk 1%	Calories 1036 kcal	White Fish with Citrus Tomatillo Salsa, Creamy Rice Pilaf*, Lemon Wedge, Pumpkin Roll, Butter, Three Bean Salad, Melon Mix, Milk 1%	Calories 730 kcal	Lasagna, Tossed Salad with Garbanzo Beans, Italian Dressing, Breadstick, Butter, Crunchy Fruit Snack*, Milk 1%	Calories 966 kcal
	Carbs 86 gm		Carbs 112 gm		Carbs 131 gm		Carbs 82 gm		Carbs 108 gm
	Fiber 12 gm		Fiber 14 gm		Fiber 13 gm		Fiber 11 gm		Fiber 10 gm
	Protein 30 gm		Protein 42 gm		Protein 41 gm		Protein 44 gm		Protein 53 gm
	Fat 38 gm		Fat 33 gm		Fat 43 gm		Fat 28 gm		Fat 38 gm
Sodium 796 mg	Sodium 763 mg	Sodium 922 mg	Sodium 690 mg	Sodium 1051 mg					
23		24		25		26		27	
Ginger Pot Roast, Roasted Red Potatoes, Brussel Sprouts with Malt Vinegar, Wheat Roll, Butter, Fresh Pear, Milk 1%	Calories 773 kcal	Krautburger, Hot German Potato Salad, Grapes-Melon-Banana Salad, Spicy Brown Mustard, Peach Cobbler, Milk 1%	Calories 939 kcal	Roast Beef with Brown Gravy, Mashed Potato, Gravy, Peas, Carrots and Red Peppers, Wheat Roll, Butter, Orange Wedges, Tapioca Pudding, Milk 1%	Calories 820 kcal	Chicken Broccoli Rice Casserole, Green Beans with Garlic and Almonds, Outasight Salad, Chocolate Zucchini Muffin, Butter, Milk 1%	Calories 757 kcal	Navy Bean Soup, Wheat Crackers, 1/2 Chicken Salad on Wheat Bread, Lettuce-Tomato, Broccoli-Cauliflower Salad, Nut Cup*, Milk 1%	Calories 766 kcal
	Carbs 96 gm		Carbs 121 gm		Carbs 102 gm		Carbs 73 gm		Carbs 80 gm
	Fiber 16 gm		Fiber 11 gm		Fiber 10 gm		Fiber 11 gm		Fiber 11 gm
	Protein 44 gm		Protein 48 gm		Protein 47 gm		Protein 46 gm		Protein 38 gm
	Fat 26 gm		Fat 30 gm		Fat 25 gm		Fat 34 gm		Fat 35 gm
Sodium 791 mg	Sodium 1019 mg	Sodium 742 mg	Sodium 919 mg	Sodium 1053 mg					
30		31		<p align="center"><b>August 3rd is National Watermelon Day</b></p>  <p>Watermelon is originally from southern Africa. It is related to cantaloupe, zucchini, pumpkin, and cucumbers. It is mostly water (90%), which makes it useful to stay hydrated and contains antioxidants.</p>				<p><b>Need to order or cancel?</b> Please call the designated meal site or the Nutrition Hotline (970-400-6955) by 11 a.m. the business day prior to the meal.</p>	
Chicken and Dumplings, Mixed Vegetables, Garlic Spinach with Almonds*, Ambrosia Salad, Sugar Cookie, Milk 1%	Calories 894 kcal	Split Pea Soup, Wheat Crackers, Tuna Salad on Flat Bread, Lettuce-Tomato, Spicy Cucumber Watermelon Salad, Banana Bar*, Milk 1%	Calories 1101 kcal						
	Carbs 107 gm		Carbs 106 gm	Carbs 107 gm	Carbs 106 gm				
	Fiber 11 gm		Fiber 13 gm	Fiber 11 gm	Fiber 11 gm				
	Protein 47 gm		Protein 58 gm	Protein 47 gm	Protein 46 gm				
	Fat 34 gm		Fat 50 gm	Fat 34 gm	Fat 34 gm				
Sodium 1154 mg	Sodium 1137 mg	Sodium 742 mg	Sodium 919 mg						