

# Friendly Fork Menu - September 2021

\*Contains nuts

| Monday   |  | Tuesday   |   | Wednesday   |  | Thursday   |   | Friday   |  |  |   |  |  |  |  |  |   |
|--|--|---|---|---|--|--|---|--|--|--|---|--|--|--|--|--|---|
| <p><b>Need to order or cancel?</b><br/>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> |  |                 |   | <b>1</b>  |  | <b>2</b>   |   | <b>3</b>   |  |  |   |  |  |  |  |  |   |
|  |  |   |   | Salisbury Steak with Brown Gravy and Mushrooms, Mashed Potatoes with Gravy, Squash-Broccoli-Carrot Medley, Pumpkin Roll, Butter, Melon Salad, Milk 1% |  | Calories 806 kcal<br>Carbs 73 gm<br>Fiber 10 gm<br>Protein 48 gm<br>Fat 37 gm<br>Sodium 545 mg   | Grilled Chicken Breast on a Whole Wheat Bun, Lettuce/Tomato/Onion, Mayonnaise, Mustard, Creamy Potato Salad, 3 Bean Salad, Orange Wedges, Milk 1% |  | Calories 858 kcal<br>Carbs 90 gm<br>Fiber 11 gm<br>Protein 46 gm<br>Fat 39 gm<br>Sodium 1049 mg                      | Chicken Dill-Grape Salad*, Tomato Mint Cucumber Salad, Mixed Melon, Blueberry Crisp, Milk 1%   |   | Calories 1098 kcal<br>Carbs 124 gm<br>Fiber 11 gm<br>Protein 40 gm<br>Fat 51 gm<br>Sodium 614 mg                 |  |  |  |  |   |
|  |  |   |   | <b>6</b>  |  | <b>7</b>   |   | <b>8</b>   |  | <b>9</b>   |   | <b>10</b>  |  |  |  |  |   |
|  |  |   |   |  <p>Labor Day - No meals</p>  |  | Unstuffed Pepper Casserole, Spinach Garbanzo Salad with Raspberry Dressing, Pineapple Tidbits with Red Grapes, Wheat Roll, Butter, Nut Cup*, Milk 1% |   | Calories 996 kcal<br>Carbs 103 gm<br>Fiber 10 gm<br>Protein 52 gm<br>Fat 44 gm<br>Sodium 994 mg  | Meat Marinara Sauce over Wheat Pasta, Marinated Vegetable Salad, Cantaloupe-Raspberries, Wheat Roll, Butter, Milk 1% |  | Calories 782 kcal<br>Carbs 109 gm<br>Fiber 16 gm<br>Protein 40 gm<br>Fat 24 gm<br>Sodium 579 mg | Beef & Bean Chili, Wheat Crackers, Colorado Broccoli Salad, Almond Peach Slices*, Cinnamon Roll, Butter, Milk 1% |  | Calories 708 kcal<br>Carbs 89 gm<br>Fiber 12 gm<br>Protein 39 gm<br>Fat 23 gm<br>Sodium 794 mg | Roast Turkey with Gravy, Bread Dressing with Gravy, California Blend, Pumpkin Roll, Butter, Pineapple-Banana-Oranges, Snickerdoodle Brownie, Milk 1% |  | Calories 1027 kcal<br>Carbs 138 gm<br>Fiber 11 gm<br>Protein 48 gm<br>Fat 34 gm<br>Sodium 1159 mg |
|  |  |   |   |   |  | <b>13</b>  |   | <b>14</b>  |  | <b>15</b>  |   | <b>16</b>  |  | <b>17</b>  |  |  |   |
| Ginger Beef Pot Roast with Potato, Carrot and Onion, Steamed Cabbage, Rye Roll, Butter, Fresh Apple, Chocolate Chip Cookie, Milk 1%                                    |  | Calories 830 kcal<br>Carbs 99 gm<br>Fiber 11 gm<br>Protein 40 gm<br>Fat 32 gm<br>Sodium 1181 mg   | Chicken Pesto Wrap, Carrot Raisin Salad, Melon Mix, Fruity Nut Granola Bar*, Milk 1%  |   |  | Calories 1152 kcal<br>Carbs 128 gm<br>Fiber 12 gm<br>Protein 39 gm<br>Fat 57 gm<br>Sodium 1081 mg  | Chicken and Noodles, Apple Coleslaw, Mixed Vegetables, Melon Salad, Dill Roll, Butter, White Chocolate Macadamia Cookie*, Milk 1%                 |  | Calories 829 kcal<br>Carbs 98 gm<br>Fiber 11 gm<br>Protein 37 gm<br>Fat 34 gm<br>Sodium 711 mg                       | Beef Goulash, Garlic Green Beans with Almonds*, Orange Wedges, Strawberry Bread, Butter, Milk 1%   |   | Calories 811 kcal<br>Carbs 88 gm<br>Fiber 11 gm<br>Protein 39 gm<br>Fat 35 gm<br>Sodium 634 mg                   | Sloppy Joes on Bun, Roasted Potatoes, Broccoli-Carrots, Pears, Chocolate Brownie, Milk 1%                          |  | Calories 863 kcal<br>Carbs 120 gm<br>Fiber 11 gm<br>Protein 39 gm<br>Fat 28 gm<br>Sodium 785 mg  |  |   |
| <b>20</b>  |  | <b>21</b>   |   |   |  | <b>22</b>  |   | <b>23</b>  |  | <b>24</b>  |   |  |  |  |  |  |   |
| Beef Enchilada Casserole, Spanish Brown Rice, Refried Beans, Pico, Sour Cream, Mango Crisp, Milk 1%  |  | Calories 1097 kcal<br>Carbs 137 gm<br>Fiber 17 gm<br>Protein 48 gm<br>Fat 42 gm<br>Sodium 1093 mg | Braised Beef Tips over Multi Grain Penne Pasta, Spinach, Cauliflower & Green Pepper Salad, Apple-Oranges, Fudgy Butterscotch Chip Muffin, Butter, Milk 1% |   |  | Calories 1258 kcal<br>Carbs 152 gm<br>Fiber 13 gm<br>Protein 56 gm<br>Fat 47 gm<br>Sodium 491 mg   | Squash & Apple Soup, Wheat Crackers, Neptune Tuna Salad/Flat Bread, Tomato/Lettuce, Cantaloupe, Lemon Coconut Cookie Bar, Milk 1%                 |  | Calories 1056 kcal<br>Carbs 114 gm<br>Fiber 12 gm<br>Protein 42 gm<br>Fat 49 gm<br>Sodium 1046 mg                    | Roast Beef with Gravy, Garlic Mashed Potatoes with Gravy, Sugar Snap Peas with Red Peppers, Outasight Salad, Wheat Roll, Butter, Milk 1% |   | Calories 715 kcal<br>Carbs 75 gm<br>Fiber 9 gm<br>Protein 51 gm<br>Fat 26 gm<br>Sodium 356 mg                    | Chicken Gumbo over Rice and Red Beans, Coleslaw with Pineapple & Raisins, Cornbread Muffin, Honey, Butter, Milk 1% |  | Calories 957 kcal<br>Carbs 83 gm<br>Fiber 12 gm<br>Protein 51 gm<br>Fat 49 gm<br>Sodium 1155 mg  |  |   |
| <b>27</b>  |  | <b>28</b>   |   | <b>29</b>   |  | <b>30</b>  |   |  |  |  |   |  |  |  |  |  |   |
| Beef Stroganoff over Rotini, Harvard Beets, Wheat Roll, Butter, Orange-Apple-Bananas, Milk 1%  |  | Calories 981 kcal<br>Carbs 139 gm<br>Fiber 13 gm<br>Protein 52 gm<br>Fat 24 gm<br>Sodium 661 mg   | Austrian Pork over Mashed Potatoes, Glazed Carrots, Wheat Roll, Butter, Mixed Melon, Milk 1%  |   | Calories 903 kcal<br>Carbs 96 gm<br>Fiber 11 gm<br>Protein 46 gm<br>Fat 37 gm<br>Sodium 826 mg | Chicken Taco, Refried Beans, Spanish Brown Rice, Sour Cream, Pico De Gallo, Cantaloupe and Strawberries, Milk 1%                                     |   | Calories 799 kcal<br>Carbs 107 gm<br>Fiber 11 gm<br>Protein 47 gm<br>Fat 21 gm<br>Sodium 1067 mg | Country Fried Steak with Cream Gravy, Mashed Potatoes with Gravy, Tucson Vegetables, Fresh Pear, Milk 1%             |  | Calories 809 kcal<br>Carbs 99 gm<br>Fiber 12 gm<br>Protein 46 gm<br>Fat 28 gm<br>Sodium 384 mg  |  |  |  |  |  |   |