



# Friendly Fork Menu - October 2021



\*Contains nut:

| 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> |  | <p><b>Pumpkin Bars</b></p> <p><b>Ingredients:</b> 4 large eggs, room temperature, 2-2/3 cups sugar, 1 cup canola oil, 1 can (15 ounces) pumpkin, 2 cups all-purpose flour, 2 teaspoons ground cinnamon, 2 teaspoons baking powder, 1 teaspoon baking soda, 1 teaspoon salt</p> <p><b>Icing:</b> 6 ounces cream cheese, softened, 2 cups confectioners' sugar, 1/4 cup butter, softened, 1 teaspoon vanilla extract, 1-2 tablespoons milk</p> <p><b>Directions:</b> In a bowl, beat the eggs, sugar, oil and pumpkin until well blended. Combine the flour, cinnamon, baking powder, baking soda and salt; gradually add to pumpkin mixture and mix well. Pour into an ungreased 15x10x1 inch pan. Bake at 350° for 25-30 minutes or until set. Cool completely. For icing, beat the cream cheese, confectioners' sugar, butter and vanilla in a small bowl. Add enough milk to achieve</p> |  |  |  |  |  | <p><b>1</b></p>  |  | <p>Beef Tips over Mashed Potatoes with Gravy, Peas and Water Chestnuts, Spinach-Garbanzo Salad with Raspberry Vinaigrette, Apple-Banana-Grapes, Milk 1%</p> |  | <p>Calories 807 kcal</p> <p>Carbs 92 gm</p> <p>Fiber 13 gm</p> <p>Protein 43 gm</p> <p>Fat 31 gm</p> <p>Sodium 769 mg</p> |
|  |  | <p><b>4</b></p>  |  | <p><b>5</b></p>  |  | <p><b>6</b></p>  |  | <p><b>7</b></p>  |  | <p><b>8</b></p>   |  |   |
|  |  | <p>Split Pea Soup, Wheat Crackers, 1/2 Chicken Salad Sandwich on Wheat Bread, Lettuce-Tomato, Rainbow Fruit Salad, Lemon Coconut Cookie Bar, Milk 1%</p>   |  | <p>Beef Bourignonne over Mashed Potatoes, Peas, Wheat Roll, Butter, Apple, Pistachio Pudding, Milk 1%</p>  |  | <p>Chicken Pot Pie-Herb Biscuit, Spinach-Strawberry Salad with Balsamic Vinegar Dressing, Pineapple Tidbits-Mandarin Oranges, Nut Cup*, Milk 1%</p>                                    |  | <p>Krautburger, Hot German Potato Salad, Glazed Carrots, Spicy Mustard, Orange Wedges, Milk 1%</p>   |  | <p>Turkey and Dumplings, California Blend, Strawberries &amp; Bananas, Fruity Nut Granola Bar*, Milk 1%</p>   |  |   |
|  |  | <p>Calories 977 kcal</p> <p>Carbs 115 gm</p> <p>Fiber 11 gm</p> <p>Protein 40 gm</p> <p>Fat 41 gm</p> <p>Sodium 1047 mg</p>  |  | <p>Calories 833 kcal</p> <p>Carbs 115 gm</p> <p>Fiber 14 gm</p> <p>Protein 45 gm</p> <p>Fat 22 gm</p> <p>Sodium 782 mg</p>                           |  | <p>Calories 1067 kcal</p> <p>Carbs 118 gm</p> <p>Fiber 12 gm</p> <p>Protein 47 gm</p> <p>Fat 49 gm</p> <p>Sodium 783 mg</p>  |  | <p>Calories 868 kcal</p> <p>Carbs 92 gm</p> <p>Fiber 13 gm</p> <p>Protein 45 gm</p> <p>Fat 36 gm</p> <p>Sodium 870 mg</p>  |  | <p>Calories 700 kcal</p> <p>Carbs 81 gm</p> <p>Fiber 11 gm</p> <p>Protein 40 gm</p> <p>Fat 27 gm</p> <p>Sodium 946 mg</p>                                   |  |   |
|  |  | <p><b>11</b></p>   |  | <p><b>12</b></p>   |  | <p><b>13</b></p>   |  | <p><b>14</b></p>   |  | <p><b>15</b></p>  |  |   |
| <p>Herb Baked Chicken Breast with Gravy, Mashed Red Potatoes with Gravy, Tuscan Vegetable Blend, Banana-Apple-Grapes, Wheat Roll, Butter, Milk 1%</p>                  |  | <p>Barbecued Pork on a Wheat Bun, Oven Browned Potatoes, Baked Beans, Orange Wedges, Milk 1%</p>   |  | <p>Roast Beef with Gravy, Mashed Potatoes with Gravy, California Blend Vegetables, Wheat Roll, Butter, Apple Wedges, Rocky Road Pudding, Milk 1%</p> |  | <p>Lemon Baked White Fish, Lemon Wedge, Tartar Sauce, Roasted Potatoes, Green Beans with Almonds &amp; Garlic*, Pumpkin Roll, Butter, Pineapple-Grape-Banana-Orange Salad, Milk 1%</p> |  | <p>Crunchy Oven Baked Chicken with Gravy, Walnut Rice Pilaf*, Parslied Carrots, Banana-Craisin-Sunflower Seed Muffin*, Butter, Fresh Pineapple, Milk 1%</p>          |  |   |  |   |
| <p>Calories 829 kcal</p> <p>Carbs 103 gm</p> <p>Fiber 10 gm</p> <p>Protein 52 gm</p> <p>Fat 24 gm</p> <p>Sodium 684 mg</p>   |  | <p>Calories 1058 kcal</p> <p>Carbs 120 gm</p> <p>Fiber 12 gm</p> <p>Protein 70 gm</p> <p>Fat 35 gm</p> <p>Sodium 946 mg</p>  |  | <p>Calories 872 kcal</p> <p>Carbs 104 gm</p> <p>Fiber 10 gm</p> <p>Protein 45 gm</p> <p>Fat 32 gm</p> <p>Sodium 711 mg</p>                           |  | <p>Calories 740 kcal</p> <p>Carbs 69 gm</p> <p>Fiber 10 gm</p> <p>Protein 32 gm</p> <p>Fat 40 gm</p> <p>Sodium 576 mg</p>  |  | <p>Calories 1023 kcal</p> <p>Carbs 145 gm</p> <p>Fiber 16 gm</p> <p>Protein 53 gm</p> <p>Fat 30 gm</p> <p>Sodium 687 mg</p>  |  |   |  |   |
| <p><b>18</b></p>   |  | <p><b>19</b></p>   |  | <p><b>20</b></p>   |  | <p><b>21</b></p>   |  | <p><b>22</b></p>   |  |   |  |   |
| <p>Beef-Bean Taco, Spanish Rice, Shredded Cheddar, Pico De Gallo, Sour Cream, Fiesta Cornbread, Butter, Strawberries &amp; Cantaloupe, Milk 1%</p>                     |  | <p>Lemon Dijon Chicken Breast, Garlic Mashed Potatoes with - Gravy, Broccoli &amp; Cauliflower, Creamy Fruit Salad, Nut Cup*, Milk 1%</p>  |  | <p>Chicken with Apples, Roasted Red Potatoes, Brussel Sprouts, Malt Vinegar, Chocolate Zucchini Muffin, Butter, Creamy Fruit Salad, Milk, 1%</p>     |  | <p>Hamburger on a Whole Wheat Bun, Lettuce-Tomato-Onion, Mustard-Ketchup, Confetti Bean Salad, Melon Salad, Blueberry Crisp, Milk 1%</p>   |  | <p>Cream of Broccoli Soup, Wheat Crackers, 1/2 Egg Salad with Red Peppers on Wheat Bread, Lettuce-Tomato, Coleslaw with Pineapple, Red Grapes, Nut Cup*, Milk 1%</p> |  |   |  |   |
| <p>Calories 989 kcal</p> <p>Carbs 122 gm</p> <p>Fiber 10 gm</p> <p>Protein 43 gm</p> <p>Fat 38 gm</p> <p>Sodium 1150 mg</p>  |  | <p>Calories 722 kcal</p> <p>Carbs 93 gm</p> <p>Fiber 11 gm</p> <p>Protein 38 gm</p> <p>Fat 26 gm</p> <p>Sodium 438 mg</p>  |  | <p>Calories 687 kcal</p> <p>Carbs 95 gm</p> <p>Fiber 12 gm</p> <p>Protein 36 gm</p> <p>Fat 22 gm</p> <p>Sodium 681 mg</p>                            |  | <p>Calories 989 kcal</p> <p>Carbs 125 gm</p> <p>Fiber 11 gm</p> <p>Protein 41 gm</p> <p>Fat 39 gm</p> <p>Sodium 902 mg</p>   |  | <p>Calories 1165 kcal</p> <p>Carbs 114 gm</p> <p>Fiber 11 gm</p> <p>Protein 36 gm</p> <p>Fat 66 gm</p> <p>Sodium 1044 mg</p>   |  |   |  |   |
| <p><b>25</b></p>   |  | <p><b>26</b></p>   |  | <p><b>27</b></p>   |  | <p><b>28</b></p>   |  | <p><b>29</b></p>   |  |   |  |   |
| <p>Meatballs with Gravy, Parsley Penne Pasta, Outasight Salad*, Banana Muffin, Butter, Melon-Strawberries-Pineapple, Milk 1%</p>                                       |  | <p>Cabbage Patch Soup, Wheat Crackers, Morning Glory Muffin, Butter, Garden Pasta Salad, Jicama-Melon Salad, Butterscotch Pudding, Milk 1%</p>   |  | <p>Turkey &amp; Provolone on Flatbread, Lettuce-Tomato-Onion, Mayonnaise, Broccoli Salad, Melon Mix, Nut Cup*, Milk 1%</p>                           |  | <p>Beef Goulash, Spinach-Strawberry Salad with Balsamic Dressing, Mandarin Oranges-Pineapple, Pumpkin Bar, Milk 1%</p>   |  | <p>Meat Sauce over Spaghetti Noodles, Italian Vegetables, Pineapple-Apple Waldorf Salad*, Breadstick, Butter, Milk 1%</p>  |  |   |  |   |
| <p>Calories 807 kcal</p> <p>Carbs 97 gm</p> <p>Fiber 10 gm</p> <p>Protein 33 gm</p> <p>Fat 34 gm</p> <p>Sodium 929 mg</p>  |  | <p>Calories 820 kcal</p> <p>Carbs 121 gm</p> <p>Fiber 15 gm</p> <p>Protein 36 gm</p> <p>Fat 26 gm</p> <p>Sodium 1063 mg</p>  |  | <p>Calories 723 kcal</p> <p>Carbs 78 gm</p> <p>Fiber 10 gm</p> <p>Protein 38 gm</p> <p>Fat 32 gm</p> <p>Sodium 1026 mg</p>                           |  | <p>Calories 972 kcal</p> <p>Carbs 110 gm</p> <p>Fiber 11 gm</p> <p>Protein 42 gm</p> <p>Fat 44 gm</p> <p>Sodium 591 mg</p>   |  | <p>Calories 854 kcal</p> <p>Carbs 91 gm</p> <p>Fiber 10 gm</p> <p>Protein 43 gm</p> <p>Fat 36 gm</p> <p>Sodium 1158 mg</p>   |  |   |  |   |