

Friendly Fork Menu - June 2021

*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday				
7		8		9		10		11				
<p>Need to order or cancel? Please call the designated meal site or the Nutrition Hotline (970-346-6955) by 11 a.m. the business day prior to the meal.</p>		<p>Holiday - No meals</p>		<p>Braised Beef Ragout, Rotini, Spinach-Garbanzo Salad with Italian Dressing, Orange-Banana-Pineapple Salad, Milk 1%</p>		Calories 800 kcal	<p>Navy Bean Soup, Wheat Crackers, 1/2 Chicken Salad Sandwich on Wheat, Autumn Apple Coleslaw, Banana, Milk 1%</p>		Calories 701 kcal	<p>BBQ Pork Spare Ribs, Corn on the Cob, Butter, Baked Beans, Creamy Coleslaw, Milk 1%</p>		Calories 1122 kcal
						Carbs 99 gm			Carbs 87 gm			Carbs 97 gm
						Fiber 11 gm			Fiber 10 gm			Fiber 12 gm
						Protein 61 gm			Protein 31 gm			Protein 59 gm
						Fat 17 gm			Fat 27 gm			Fat 60 gm
Sodium 696 mg	Sodium 949 mg	Sodium 999 mg										
<p>Fried Chicken Thighs, Roasted Potatoes, Broccoli-Carrots-Cauliflower, Pumpkin Roll, Butter, Jicama-Watermelon, Apple Wedges, Milk 1%</p>		<p>Hamburger on Bun, Ketchup, Mustard, Lettuce, Tomato, Onion, Creamy Potato Salad, 3 Bean Salad, Orange Wedges, Milk 1%</p>		<p>Sloppy Joe on Bun, Italian Rotini Salad. Glazed Carrots, Fresh Pineapple-Strawberries, Milk 1%</p>		Calories 920 kcal	<p>White Fish with Citrus-Tomatillo Salsa, Lemon Wedge, Tartar Sauce, Roasted Red Potatoes, Butter, Lemon Broccoli, Mixed Fruit, Crunchy Fruit Snack, Milk 1%</p>		Calories 763 kcal	<p>Breaded Lemon Dijon Chicken, Gravy, Creamy Rice-Mushroom Pilaf*, Peas, Orange-Banana-Pear Salad, Chocolate Chip Cookie, Milk 1%</p>		Calories 687 kcal
Carbs 86 gm	Carbs 89 gm	Carbs 116 gm	Carbs 116 gm	Carbs 91 gm	Carbs 93 gm							
Fiber 11 gm	Fiber 11 gm	Fiber 12 gm	Fiber 12 gm	Fiber 11 gm	Fiber 12 gm							
Protein 44 gm	Protein 42 gm	Protein 47 gm	Protein 47 gm	Protein 37 gm	Protein 40 gm							
Fat 18 gm	Fat 51 gm	Fat 32 gm	Fat 32 gm	Fat 31 gm	Fat 19 gm							
Sodium 745 mg	Sodium 1006 mg	Sodium 880 mg	Sodium 880 mg	Sodium 498 mg	Sodium 910 mg							
<p>Meatballs over Rotini Pasta, Coleslaw with Pineapple and Raisins, Wheat Roll, Butter, Watermelon, Milk 1%</p>		<p>Salisbury Steak, Garlic Mashed Potatoes, Gravy, Minted Carrots, Wheat Roll, Butter, Orange-Apple-Banana Salad, Milk 1%</p>		<p>Crispy Fish Sandwich on Wheat Bun, Tartar Sauce, Roasted Red Potatoes, Creamy Coleslaw, Melon Salad, Blueberry Crisp, Milk 1%</p>		Calories 1147 kcal	<p>Chicken Fajita on Wheat Tortilla, Pico De Gallo, Sour Cream, Spanish Rice, Refried Beans, Pineapple-Orange-Banana-Grape Salad, Oatmeal Raisin Cookie, Milk 1%</p>		Calories 922 kcal	<p>Roast Beef, Gravy, Mashed Potatoes, Gravy, Green Beans with Red Peppers, Wheat Biscuit, Butter, Cantaloupe, Milk 1%</p>		Calories 847 kcal
Calories 1161 kcal	Calories 881 kcal	Calories 1147 kcal	Calories 1147 kcal	Calories 922 kcal	Calories 847 kcal							
Carbs 122 gm	Carbs 89 gm	Carbs 146 gm	Carbs 146 gm	Carbs 125 gm	Carbs 103 gm							
Fiber 12 gm	Fiber 10 gm	Fiber 10 gm	Fiber 10 gm	Fiber 10 gm	Fiber 10 gm							
Protein 40 gm	Protein 48 gm	Protein 32 gm	Protein 32 gm	Protein 46 gm	Protein 48 gm							
Fat 57 gm	Fat 37 gm	Fat 51 gm	Fat 51 gm	Fat 28 gm	Fat 29 gm							
Sodium 1142 mg	Sodium 720 mg	Sodium 733 mg	Sodium 733 mg	Sodium 1132 mg	Sodium 862 mg							
<p>Roast Turkey, Gravy, Mashed Potatoes with Garlic, Gravy, California Blend, Cranberry-Pear Slaw, Dill Roll, Butter, Milk 1%</p>		<p>Chicken Breast on Wheat Bun, Tomato/Lettuce Slice, Caesar Salad, Spicy Watermelon Salad, Mayonnaise, Nut Cup*, Rocky Road Pudding*, Milk 1%</p>		<p>Vegetable Soup, Egg Salad on Flat Bread, Lettuce, Tomato, Apple Waldorf Salad*, Cantaloupe, Fruit and Nut Cup*, Milk 1%</p>		Calories 992 kcal	<p>Chilled Seafood-Pasta Salad, Wheat Crackers, Cucumber Salad, Orange Wedges, Cherry Crisp, Milk 1%</p>		Calories 816 kcal	<p>Beef Goulash, Pea Salad, Wheat Roll, Butter, Melon Mix, Milk 1%</p>		Calories 833 kcal
Calories 827 kcal	Calories 989 kcal	Calories 992 kcal	Calories 992 kcal	Calories 816 kcal	Calories 833 kcal							
Carbs 123 gm	Carbs 125 gm	Carbs 100 gm	Carbs 100 gm	Carbs 112 gm	Carbs 85 gm							
Fiber 10 gm	Fiber 11 gm	Fiber 14 gm	Fiber 14 gm	Fiber 11 gm	Fiber 12 gm							
Protein 45 gm	Protein 49 gm	Protein 35 gm	Protein 35 gm	Protein 29 gm	Protein 44 gm							
Fat 21 gm	Fat 39 gm	Fat 52 gm	Fat 52 gm	Fat 30 gm	Fat 35 gm							
Sodium 1044 mg	Sodium 985 mg	Sodium 953 mg	Sodium 953 mg	Sodium 1155 mg	Sodium 809 mg							
<p>Chicken Ala King, Biscuit, 3 Bean Salad, Spinach Beet Salad, Red Grapes, Milk 1%</p>		<p>Meat Sauce over Spaghetti, Summer Vegetable Medley, Apple Wedges, Chocolate Brownie, Milk 1%</p>		<p>Braised Beef Tips, Mashed Potatoes, Broccoli, Wheat Biscuit, Butter, Watermelon, Milk 1%</p>		Calories 974 kcal						Calories 974 kcal
Calories 1068 kcal	Calories 786 kcal	Calories 974 kcal	Calories 974 kcal									
Carbs 116 gm	Carbs 103 gm	Carbs 111 gm	Carbs 111 gm									
Fiber 12 gm	Fiber 13 gm	Fiber 11 gm	Fiber 11 gm									
Protein 48 gm	Protein 42 gm	Protein 47 gm	Protein 47 gm									
Fat 49 gm	Fat 25 gm	Fat 41 gm	Fat 41 gm									
Sodium 1066 mg	Sodium 788 mg	Sodium 805 mg	Sodium 805 mg									