

# Friendly Fork Menu - January 2022



\*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday		
3		4		5		6		7		
Meat Marinara Sauce over Rotini, Green Beans with Red Peppers, Tossed Salad with Italian Dressing, Bread Stick, Milk 1%	Calories 934 kcal	Meat Lasagna, Broccoli, Squash, and Carrots, Peaches-Pears-Bananas-Cherries, Wheat Roll, Butter, Butterscotch Pudding, Milk 1%	Calories 871 kcal	Herb Chicken Breast, Gravy, Mashed Potatoes, Gravy, Broccoli-Cauliflower, Apple-Banana-Grapes, Chocolate Chip Cookie, Milk %	Calories 915 kcal	Roast Beef with Brown Gravy, Mashed Potatoes with Tarragon and Gravy, Green and Yellow Beans, Pumpkin Roll, Butter, Pear-Cranberry-Cabbage Slaw, Oatmeal-Raisin Cookie, Milk 1%	Calories 954 kcal	Minestrone Soup, Wheat Crackers, Neptune Tuna Salad on Flat Bread, Spinach-Strawberry Salad with Balsamic Dressing, Apple, Milk 1%	Calories 921 kcal	
	Carbs 128 gm		Carbs 101 gm		Carbs 112 gm		Carbs 131 gm		Carbs 87 gm	
	Fiber 14 gm		Fiber 10 gm		Fiber 10 gm		Fiber 12 gm		Fiber 13 gm	
	Protein 51 gm		Protein 51 gm		Protein 52 gm		Protein 46 gm		Protein 44 gm	
	Fat 25 gm		Fat 32 gm		Fat 31 gm		Fat 32 gm		Fat 46 gm	
	Sodium 1179 mg		Sodium 1023 mg		Sodium 633 mg		Sodium 468 mg		Sodium 975 mg	
10		11		12		13		14		
Cream of Asparagus Soup, Wheat Crackers, Dill Chicken Salad with Grapes and Nuts* Three Bean Salad, Pineapple, Milk 1%	Calories 787 kcal	Sweet and Sour Pork, Parslied Brown Rice, Asian Coleslaw*, Fresh Pear, Blueberry Crisp, Milk 1%	Calories 880 kcal	Meatballs with Gravy, Mashed Potatoes with Gravy, Mixed Vegetables, Mango Crisp, Milk 1%	Calories 874 kcal	Chicken and Noodle Casserole, Broccoli, Marinated Beets, Wheat Roll, Butter, Cranberry Oatmeal Bake, Milk 1%	Calories 748 kcal	Cabbage Casserole, Glazed Carrots, Grapes-Melons-Banana, Wheat Roll, Butter, Milk 1%	Calories 806 kcal	
	Carbs 82 gm		Carbs 131 gm		Carbs 98 gm		Carbs 92 gm		Carbs 83 gm	
	Fiber 10 gm		Fiber 13 gm		Fiber 11 gm		Fiber 12 gm		Fiber 10 gm	
	Protein 34 gm		Protein 32 gm		Protein 29 gm		Protein 39 gm		Protein 39 gm	
	Fat 38 gm		Fat 28 gm		Fat 43 gm		Fat 29 gm		Fat 36 gm	
	Sodium 853 mg		Sodium 546 mg		Sodium 921 mg		Sodium 1279 mg		Sodium 651 mg	
17		18		19		20		21		
Beef Stroganoff over Noodles, Brussel Sprouts with Carrots, Malt Vinegar, Pineapple-Carrot Walnut Waldorf Salad*, Fruity Nut Granola Bar*, Milk 1%	Calories 705 kcal	Crispy Fish on Wheat Bun, Lemon, Tartar Sauce, Lettuce-Tomato-Onion, Green Apple Coleslaw, Orange Wedges, Nut Cup*, Milk 1%	Calories 1240 kcal	Chicken Cacciatore over Rotini, Tuscan Vegetables, Wheat Roll, Butter, Vanilla Yogurt with Strawberries, Milk 1%	Calories 972 kcal	Taco Casserole, Spicy Black Beans and Tomatoes, Sour Cream, Orange Wedges, Snickerdoodle Cookie, Milk 1%	Calories 803 kcal	Chicken Pot Pie over Wheat Biscuit, Roasted Carrots, Squash, Pepper and Onions, Wheat Roll, Butter, Orange-Apple Wedges, Nut Cup*, Milk 1%	Calories 944 kcal	
	Carbs 91 gm		Carbs 102 gm		Carbs 133 gm		Carbs 80 gm		Carbs 105 gm	
	Fiber 10 gm		Fiber 10 gm		Fiber 14 gm		Fiber 15 gm		Fiber 13 gm	
	Protein 31 gm		Protein 35 gm		Protein 61 gm		Protein 42 gm		Protein 45 gm	
	Fat 27 gm		Fat 81 gm		Fat 21 gm		Fat 39 gm		Fat 41 gm	
	Sodium 688 mg		Sodium 785 mg		Sodium 754 mg		Sodium 952 mg		Sodium 901 mg	
24		25		26		27		28		
Chicken Fajita on Wheat Tortilla, Pico De Gallo, Sour Cream, Spanish Rice, Pepi Corn, Apple-Cranberry Crisp, Milk 1%	Calories 896 kcal	Hamburger on Bun, Tomato-Lettuce, Mustard, Ketchup, Potato Chips, Baked Beans, Mandarin Oranges, Milk 1%	Calories 803 kcal	Lentil-Black Bean Soup, Wheat Crackers, 1/2 Egg Salad on Marble Rye, Green Pepper Slaw, Pineapple Tidbits with Red Grapes, Banana Pudding, Milk 1%	Calories 894 kcal	Beef Stew, Spinach and Garbanzo Bean Salad with Vinegar and Oil Dressing, Wheat Biscuit, Butter, Nut Cup*, Milk 1%	Calories 1058 kcal	Country Fried Steak, Gravy, Mashed Red Potatoes, Gravy, Snap Peas and Red Peppers, Wheat Roll, Butter, Banana-Mandarin Oranges, Milk 1%	Calories 954 kcal	
	Carbs 135 gm		Carbs 91 gm		Carbs 119 gm		Carbs 89 gm		Carbs 123 gm	
	Fiber 11 gm		Fiber 10 gm		Fiber 11 gm		Fiber 11 gm		Fiber 13 gm	
	Protein 45 gm		Protein 41 gm		Protein 32 gm		Protein 41 gm		Protein 51 gm	
	Fat 22 gm		Fat 33 gm		Fat 38 gm		Fat 63 gm		Fat 33 gm	
	Sodium 784 mg		Sodium 1014 mg		Sodium 1201 mg		Sodium 977 mg		Sodium 466 mg	
31		<p><b>"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn life around." Buscaglia</b></p> <p><b>Have a Happy New Year and be a blessing to friends and family!</b></p>						<p><b>Need to order or cancel?</b> 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>		
White Fish with Citrus-Tomatillo Salsa, Creamy Rice Pilaf*, Aztec Bean Salad, Tropical Fruit, Nut Cup*, Milk 1%	Calories 808 kcal									Calories 89 gm
	Fiber 12 gm									Protein 44 gm
	Fat 34 gm									Fat 34 gm
	Sodium 570 mg									Sodium 570 mg