



Friendly Fork Menu - February 2022

*Contains nut:

Monday		Tuesday		Wednesday		Thursday		Friday	
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.		1		2		3		4	
		BBQ Pork Spareribs, Corn on the Cob, Butter, Green Beans with Dill, Coleslaw with Pineapple, Milk 1%		Ham and Bean Soup, Wheat Crackers, 1/2 Chicken Salad on Wheat Sandwich, Broccoli Salad, Apple-Orange Wedges, Chocolate Chip Cookie, Milk 1%		Chicken Parmesan, Penne Pasta with Marinara, Italian Vegetables, Breadstick, Fresh Orange, Milk 1%		Ginger Beef Pot Roast, Roasted Potatoes, Peas and Carrots, Morning Glory Muffin*, Pineapple-Grapes-Bananas, Butter, Milk 1%	
		Calories 1139 kcal		Calories 788 kcal		Calories 791 kcal		Calories 779 kcal	
		Carbs 89 gm		Carbs 97 gm		Carbs 118 gm		Carbs 92 gm	
		Fiber 11 gm		Fiber 10 gm		Fiber 15 gm		Fiber 12 gm	
		Protein 57 gm		Protein 35 gm		Protein 55 gm		Protein 40 gm	
Fat 67 gm		Fat 30 gm		Fat 16 gm		Fat 31 gm			
Sodium 887 mg		Sodium 1236 mg		Sodium 1008 mg		Sodium 453 mg			
7		8		9		10		11	
Austrian Pork over Garlic Mashed Potatoes, Mixed Fruit with Apples, Wheat Roll, Butter, Nut Cup*, Milk 1%		Chicken Torta Sandwich, Spanish Brown Rice, Refried Beans, Mango Crisp, Milk 1%		Sloppy Joe on Bun, Baked Beans, Marinated Vegetable Salad, Cinnamon Applesauce, Milk 1%		Hamburger, Wheat Bun, Tomato Slice-Lettuce-Onion, Ketchup, Mustard, Roasted Sweet Potatoes, Garlic Green Beans with Almonds*, Pineapple with Grapes, Milk 1%		Herb Baked Chicken Breast with Gravy, Red Mashed Potatoes with Tarragon, Gravy, Cheesy Cauliflower and Peas, Wheat Roll, Butter, Bananas-Apples-Oranges, Milk 1%	
Calories 941 kcal		Calories 847 kcal		Calories 745 kcal		Calories 789 kcal		Calories 857 kcal	
Carbs 105 gm		Carbs 103 gm		Carbs 107 gm		Carbs 93 gm		Carbs 94 gm	
Fiber 11 gm		Fiber 10 gm		Fiber 12 gm		Fiber 10 gm		Fiber 11 gm	
Protein 50 gm		Protein 46 gm		Protein 39 gm		Protein 38 gm		Protein 57 gm	
Fat 37 gm		Fat 28 gm		Fat 20 gm		Fat 33 gm		Fat 30 gm	
Sodium 498 mg		Sodium 877 mg		Sodium 835 mg		Sodium 757 mg		Sodium 757 mg	
14		15		16		17		18	
Salisbury Steak, Green Beans with Red Peppers, Baked Potato, Sour Cream, Butter, Creamy Fruit Salad, Milk 1%		Au Gratin Potatoes with Ham, Asparagus and Carrots, Chocolate Zucchini Muffin, Butter, Strawberries and Yogurt, Milk 1%		Beef and Bean Chili, Wheat Crackers, Broccoli-Cauliflower Salad with Honey Yogurt Dressing, Cinnamon Roll, Butter, Nut Cup*, Milk 1%		Wheat Spaghetti and Meat Sauce, Green Bean Almondine*, Dill Roll, Butter, Orange Wedges, Milk 1%		Meatballs with Brown Gravy over Rotini, Zucchini and Stewed Tomatoes, Mandarin Oranges-Pineapple, Milk 1%	
Calories 797 kcal		Calories 794 kcal		Calories 843 kcal		Calories 778 kcal		Calories 929 kcal	
Carbs 89 gm		Carbs 104 gm		Carbs 99 gm		Carbs 97 gm		Carbs 120 gm	
Fiber 10 gm		Fiber 10 gm		Fiber 13 gm		Fiber 15 gm		Fiber 12 gm	
Protein 46 gm		Protein 32 gm		Protein 43 gm		Protein 46 gm		Protein 41 gm	
Fat 30 gm		Fat 30 gm		Fat 33 gm		Fat 26 gm		Fat 33 gm	
Sodium 428 mg		Sodium 905 mg		Sodium 696 mg		Sodium 874 mg		Sodium 902 mg	
21		22		23		24		25	
President's Day - no meals 		Chicken Pesto Wrap, Spinach and Garbanzo Salad with Vinaigrette, Cranberry Applesauce, Nut Cup*, Milk 1%		Chicken Enchilada Casserole, Sour Cream, Spanish Brown Rice, Aztec Black Beans, Apple-Orange-Banana Salad, Milk 1%		BBQ Brisket, Baked Beans, Coleslaw, Blueberry Crisp, Milk 1%		White Fish with Citrus-Tomatillo Sauce, Coleslaw, Red Beans and Rice, Fiesta Corn Bread, Honey, Butter, Pear Half, Milk 1%	
		Calories 1114 kcal		Calories 797 kcal		Calories 841 kcal		Calories 765 kcal	
		Carbs 108 gm		Carbs 99 gm		Carbs 105 gm		Carbs 90 gm	
		Fiber 11 gm		Fiber 12 gm		Fiber 12 gm		Fiber 10 gm	
		Protein 40 gm		Protein 39 gm		Protein 36 gm		Protein 39 gm	
		Fat 61 gm		Fat 29 gm		Fat 32 gm		Fat 29 gm	
		Sodium 1215 mg		Sodium 806 mg		Sodium 762 mg		Sodium 844 mg	
28		<p style="text-align: center;"> National Wear Red Day® is celebrated the first Friday of February. Wear red and encourage others to do the same to bring awareness that heart disease is a leading cause of death in the U.S., and that it's largely preventable. </p> 							
Chicken and Dumplings, Glazed Baby Carrots, Ambrosia with Mandarin Oranges, Fruity Nut Bar, Milk 1%									
Calories 870 kcal									
Carbs 103 gm									
Fiber 10 gm									
Protein 32 gm									
Fat 40 gm									
Sodium 806 mg									