


# Friendly Fork Menu - March 2022

\*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 (970-346-6955) by 11 a.m. the business day prior to the meal.</p> |                    | 1  |                    | 2  |                   | 3   |  | 4   |  |
|  |                    | Beef Goulash, Green Beans-Corn-Red Peppers, Wheat Roll, Butter, Apple Wedges, Milk 1%,                               |                    | Tahitian Chicken, Creamy Mushroom Rice Pilaf* with Orange Ginger Sauce, Broccoli, Banana-Craisin-Sunflower Muffin*, Butter, Apple, Milk 1% |                   | BBQ Pork on a Wheat Bun, Creamy Potato Salad, Corn on the Cob, Butter, Watermelon, Milk 1%  |  | Roast Turkey, Gravy, Mashed Red Potatoes, Gravy, Glazed Carrots, Orange-Banana-Pineapple Salad, Pumpkin Roll, Butter, Milk 1%                     |  |
|  |                    | Calories 725 kcal  | Calories 774 kcal  | Calories 1251 kcal   | Calories 749 kcal |   |  |   |  |
|  |                    | Carbs 88 gm  | Carbs 112 gm       | Carbs 138 gm   | Carbs 83 gm       |   |  |   |  |
|  |                    | Fiber 10 gm  | Fiber 11 gm        | Fiber 11 gm  | Fiber 10 gm       |   |  |   |  |
|  |                    | Protein 40 gm  | Protein 45 gm      | Protein 71 gm  | Protein 40 gm     |   |  |   |  |
| Fat 24 gm  | Fat 21 gm          | Fat 50 gm  | Fat 32 gm          |  |                   |   |  |   |  |
| Sodium 651 mg  | Sodium 802 mg      | Sodium 856 mg  | Sodium 915 mg      |  |                   |   |  |   |  |
| 7  |                    | 8  |                    | 9  |                   | 10  |  | 11  |  |
| Tuna Noodle Casserole, Italian Vegetables, Pineapple Tidbits, Chocolate Chip Cookie, Milk 1%   |                    | Soft Beef and Bean Taco, Pico De Gallo, Sour Cream, Mexicorn, Spanish Brown Rice*, Tropical Fruit Salad, Milk 1%     |                    | Chicken Florentine with Rotini, Roasted Vegetables, Wheat Roll, Butter, Apple-Bananas-Grape Salad, Lemon Coconut Cookie Bar, Milk 1%       |                   | Cabbage Casserole, Marinated Vegetables, Morning Glory Muffin*, Butter, Orange Wedges, Milk 1%  |  | Tomato Bisque Soup, 1/2 Egg Salad on Wheat, Lettuce/Tomato, Three Bean Salad, Apple-Banana-Orange Fruit Salad, Oatmeal Cookie, Milk 1%            |  |
| Calories 848 kcal  | Calories 823 kcal  | Calories 986 kcal  | Calories 723 kcal  |  |                   |   |  |   |  |
| Carbs 117 gm   | Carbs 121 gm       | Carbs 129 gm   | Carbs 75 gm        |  |                   |   |  |   |  |
| Fiber 11 gm  | Fiber 12 gm        | Fiber 10 gm  | Fiber 10 gm        |  |                   |   |  |   |  |
| Protein 43 gm  | Protein 38 gm      | Protein 39 gm  | Protein 38 gm      |  |                   |   |  |   |  |
| Fat 24 gm  | Fat 22 gm          | Fat 36 gm  | Fat 32 gm          |  |                   |   |  |   |  |
| Sodium 726 mg  | Sodium 745 mg      | Sodium 850 mg  | Sodium 549 mg      |  |                   |   |  |   |  |
| 14   |                    | 15   |                    | 16   |                   | 17  |  | 18  |  |
| Lemon Dijon Chicken Breast, Brussel Sprouts with Malt Vinegar, Brown Rice Pilaf* with Cream Gravy, Chocolate Zucchini Muffin*, Butter, Milk 1%                         |                    | French Dip Sandwich, Au Jus Sauce, Oven Browned Potatoes, Creamy Coleslaw, Strawberries and Bananas, Milk 1%         |                    | Meatballs with Gravy over Mashed Red Potatoes, Italian Vegetable Medley, Apple Waldorf Salad, Cherry Crisp, Milk 1%                        |                   | "Happy St. Patrick's Day" Corned Beef, Cabbage, Carrots, Celery, Potatoes, Spicy Mustard, Banana, Marble Rye Bread, Butter, Mint Brownie, Milk 1% |  | Crispy Fish on Wheat Bun, Tartar Sauce, Sliced Tomato-Lettuce-Onion, Roasted Red Potatoes, Confetti Bean Salad*, Orange Wedges, Nut Cup*, Milk 1% |  |
| Calories 691 kcal  | Calories 1010 kcal | Calories 842 kcal  | Calories 1034 kcal |  |                   |   |  |   |  |
| Carbs 84 gm  | Carbs 85 gm        | Carbs 102 gm   | Carbs 123 gm       |  |                   |   |  |   |  |
| Fiber 13 gm  | Fiber 12 gm        | Fiber 11 gm  | Fiber 11 gm        |  |                   |   |  |   |  |
| Protein 42 gm  | Protein 61 gm      | Protein 42 gm  | Protein 47 gm      |  |                   |   |  |   |  |
| Fat 24 gm  | Fat 49 gm          | Fat 33 gm  | Fat 40 gm          |  |                   |   |  |   |  |
| Sodium 785 mg  | Sodium 724 mg      | Sodium 360 mg  | Sodium 1114 mg     |  |                   |   |  |   |  |
| 21   |                    | 22   |                    | 23   |                   | 24  |  | 25  |  |
| Austrian-Style Pork over Mashed Potatoes, Broccoli Florets, Peaches, Rice Pudding with Raisins, Milk 1%  |                    | Spaghetti with Meat Sauce, Broccoli Salad, Pumpkin Roll, Butter, Pineapple-Grape Salad, Rocky Road Pudding*, Milk 1% |                    | Chicken Cacciatore over Rotini, Tuscan Vegetables, Wheat Roll, Butter, Mango Crisp, Milk 1%  |                   | Roast Beef, Baked Potato, Sour Cream, Butter, Bacon, Brussels Sprouts with Malt Vinegar, Wheat Roll, Butter, Milk 1%                              |  | Neptune Tuna Fish in Flatbread, Spinach Salad with Garbanzo Beans and Oil-Vinegar Dressing, Grapes-Melons-Bananas, Crunchy Fruit Snack*, Milk 1%  |  |
| Calories 985 kcal  | Calories 749 kcal  | Calories 1111 kcal   | Calories 705 kcal  |  |                   |   |  |   |  |
| Carbs 119 gm   | Carbs 101 gm       | Carbs 158 gm   | Carbs 83 gm        |  |                   |   |  |   |  |
| Fiber 10 gm  | Fiber 11 gm        | Fiber 16 gm  | Fiber 11 gm        |  |                   |   |  |   |  |
| Protein 52 gm  | Protein 27 gm      | Protein 59 gm  | Protein 48 gm      |  |                   |   |  |   |  |
| Fat 34 gm  | Fat 29 gm          | Fat 28 gm  | Fat 21 gm          |  |                   |   |  |   |  |
| Sodium 389 mg  | Sodium 930 mg      | Sodium 770 mg  | Sodium 832 mg      |  |                   |   |  |   |  |
| 28   |                    | 29   |                    | 30   |                   | 31  |  |    |  |
| Lentil and Black Bean Soup, Wheat Crackers, 1/2 Chicken Salad on Wheat, Lettuce-Tomato, Orange, Peach Crisp, Milk 1%   |                    | Sloppy Joe on Bun, Creamy Coleslaw, Potato Salad, Melon Salad, Nut Cup*, Milk 1%                                     |                    | Cabbage Patch Soup, Wheat Crackers, 1/2 Egg Salad Sandwich, Tomato Slice-Lettuce Leaf, Apple, Oatmeal Raisin Cookie, Milk 1%               |                   | Country Fried Steak, Gravy, Mashed Potatoes, Gravy, Green Beans, Wheat Roll, Butter, Orange Wedges, Milk 1%                                       |  |   |  |
| Calories 863 kcal  | Calories 1064 kcal | Calories 847 kcal  | Calories 900 kcal  |  |                   |   |  |   |  |
| Carbs 111 gm   | Carbs 104 gm       | Carbs 95 gm  | Carbs 94 gm        |  |                   |   |  |   |  |
| Fiber 13 gm  | Fiber 10 gm        | Fiber 11 gm  | Fiber 11 gm        |  |                   |   |  |   |  |
| Protein 33 gm  | Protein 43 gm      | Protein 36 gm  | Protein 50 gm      |  |                   |   |  |   |  |
| Fat 34 gm  | Fat 57 gm          | Fat 37 gm  | Fat 37 gm          |  |                   |   |  |   |  |
| Sodium 1007 mg   | Sodium 1035 mg     | Sodium 970 mg  | Sodium 647 mg      |  |                   |   |  |   |  |