


Friendly Fork Menu - April 2022

*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday																																																													
<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>The name April comes from the Latin word aperio, "to open (bud), because plants begin to grow in this month. In essence, this month was viewed as spring's renewal.</p> 																																																																			
		<p>4</p> <p>Hamburger on a Bun, Lettuce, Tomato, BBQ Baked Pinto Beans, Roasted Red Potatoes, Watermelon Jicama Salad, Ketchup, Mustard, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>796 kcal</td></tr> <tr><td>Carbs</td><td>100 gm</td></tr> <tr><td>Fiber</td><td>15 gm</td></tr> <tr><td>Protein</td><td>40 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>903 mg</td></tr> </table>		Calories	796 kcal	Carbs	100 gm	Fiber	15 gm	Protein	40 gm	Fat	n/a	Sodium	903 mg	<p>5</p> <p>Mango Crusted Tilapia with Pineapple Relish, Glazed Sweet Potatoes, Broccoli, Wheat Roll, Butter, Dark Chocolate Cherry Cookie, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>690 kcal</td></tr> <tr><td>Carbs</td><td>93 gm</td></tr> <tr><td>Fiber</td><td>11 gm</td></tr> <tr><td>Protein</td><td>40 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>682 mg</td></tr> </table>		Calories	690 kcal	Carbs	93 gm	Fiber	11 gm	Protein	40 gm	Fat	n/a	Sodium	682 mg	<p>6</p> <p>Fried Chicken Thigh, Mashed Red Potatoes, Chicken Gravy, Green Beans, Honey Bran Muffin, Butter, Apples-Oranges-Grapes, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>951 kcal</td></tr> <tr><td>Carbs</td><td>95 gm</td></tr> <tr><td>Fiber</td><td>12 gm</td></tr> <tr><td>Protein</td><td>38 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>1202 mg</td></tr> </table>		Calories	951 kcal	Carbs	95 gm	Fiber	12 gm	Protein	38 gm	Fat	n/a	Sodium	1202 mg	<p>7</p> <p>Southwest Beef and Turkey Casserole, Peas, Watermelon Salad, Wheat Roll, Butter, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>689 kcal</td></tr> <tr><td>Carbs</td><td>93 gm</td></tr> <tr><td>Fiber</td><td>10 gm</td></tr> <tr><td>Protein</td><td>33 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>499 mg</td></tr> </table>		Calories	689 kcal	Carbs	93 gm	Fiber	10 gm	Protein	33 gm	Fat	n/a	Sodium	499 mg	<p>8</p> <p>Chicken Fried Steak, Cream Gravy, Mashed Potatoes, Cream Gravy, Green Beans, Orange Segments, Wheat Roll, Butter, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>894 kcal</td></tr> <tr><td>Carbs</td><td>82 gm</td></tr> <tr><td>Fiber</td><td>10 gm</td></tr> <tr><td>Protein</td><td>31 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>941 mg</td></tr> </table>		Calories	894 kcal	Carbs	82 gm	Fiber	10 gm	Protein	31 gm	Fat	n/a
Calories	796 kcal																																																																				
Carbs	100 gm																																																																				
Fiber	15 gm																																																																				
Protein	40 gm																																																																				
Fat	n/a																																																																				
Sodium	903 mg																																																																				
Calories	690 kcal																																																																				
Carbs	93 gm																																																																				
Fiber	11 gm																																																																				
Protein	40 gm																																																																				
Fat	n/a																																																																				
Sodium	682 mg																																																																				
Calories	951 kcal																																																																				
Carbs	95 gm																																																																				
Fiber	12 gm																																																																				
Protein	38 gm																																																																				
Fat	n/a																																																																				
Sodium	1202 mg																																																																				
Calories	689 kcal																																																																				
Carbs	93 gm																																																																				
Fiber	10 gm																																																																				
Protein	33 gm																																																																				
Fat	n/a																																																																				
Sodium	499 mg																																																																				
Calories	894 kcal																																																																				
Carbs	82 gm																																																																				
Fiber	10 gm																																																																				
Protein	31 gm																																																																				
Fat	n/a																																																																				
Sodium	941 mg																																																																				
<p>11</p> <p>BBQ Pulled Pork on Wheat Bun, Baja Black Beans, Carolina Coleslaw, Pineapple, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>669 kcal</td></tr> <tr><td>Carbs</td><td>78 gm</td></tr> <tr><td>Fiber</td><td>11 gm</td></tr> <tr><td>Protein</td><td>46 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>1052 mg</td></tr> </table>		Calories	669 kcal	Carbs	78 gm	Fiber	11 gm	Protein	46 gm	Fat	n/a	Sodium	1052 mg	<p>12</p> <p>Split Pea Soup with Crackers, Tuna Salad Sandwich, Buttermilk Coleslaw, Mandarin Oranges, Brownie, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>730 kcal</td></tr> <tr><td>Carbs</td><td>112 gm</td></tr> <tr><td>Fiber</td><td>12 gm</td></tr> <tr><td>Protein</td><td>31 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>1161 mg</td></tr> </table>		Calories	730 kcal	Carbs	112 gm	Fiber	12 gm	Protein	31 gm	Fat	n/a	Sodium	1161 mg	<p>13</p> <p>Roast Beef on Wheat Kaiser Roll, Mashed Red Potatoes, Beef Gravy, Garlic Roasted Green Beans, Mixed Berry Crisp, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>843 kcal</td></tr> <tr><td>Carbs</td><td>93 gm</td></tr> <tr><td>Fiber</td><td>10 gm</td></tr> <tr><td>Protein</td><td>46 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>1071 mg</td></tr> </table>		Calories	843 kcal	Carbs	93 gm	Fiber	10 gm	Protein	46 gm	Fat	n/a	Sodium	1071 mg	<p>14</p> <p>Meat Lasagna, Capri Vegetables, Spinach Mandarin Orange Salad, Wheat Roll, Butter, Banana Bar, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>1017 kcal</td></tr> <tr><td>Carbs</td><td>112 gm</td></tr> <tr><td>Fiber</td><td>10 gm</td></tr> <tr><td>Protein</td><td>47 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>925 mg</td></tr> </table>		Calories	1017 kcal	Carbs	112 gm	Fiber	10 gm	Protein	47 gm	Fat	n/a	Sodium	925 mg	<p>15</p> <p>Beef and Mushroom Macaroni Casserole, Tomato Grape Salad, Marinated Roasted Beets, Mixed Berry Crisp, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>918 kcal</td></tr> <tr><td>Carbs</td><td>113 gm</td></tr> <tr><td>Fiber</td><td>11 gm</td></tr> <tr><td>Protein</td><td>41 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>879 mg</td></tr> </table>		Calories	918 kcal	Carbs	113 gm	Fiber	11 gm	Protein	41 gm	Fat	n/a	Sodium	879 mg
Calories	669 kcal																																																																				
Carbs	78 gm																																																																				
Fiber	11 gm																																																																				
Protein	46 gm																																																																				
Fat	n/a																																																																				
Sodium	1052 mg																																																																				
Calories	730 kcal																																																																				
Carbs	112 gm																																																																				
Fiber	12 gm																																																																				
Protein	31 gm																																																																				
Fat	n/a																																																																				
Sodium	1161 mg																																																																				
Calories	843 kcal																																																																				
Carbs	93 gm																																																																				
Fiber	10 gm																																																																				
Protein	46 gm																																																																				
Fat	n/a																																																																				
Sodium	1071 mg																																																																				
Calories	1017 kcal																																																																				
Carbs	112 gm																																																																				
Fiber	10 gm																																																																				
Protein	47 gm																																																																				
Fat	n/a																																																																				
Sodium	925 mg																																																																				
Calories	918 kcal																																																																				
Carbs	113 gm																																																																				
Fiber	11 gm																																																																				
Protein	41 gm																																																																				
Fat	n/a																																																																				
Sodium	879 mg																																																																				
<p>18</p> <p>Garden Vegetable Soup with Crackers, Chicken Salad Sandwich, Spinach Red Pepper Salad, Fresh Fruit Salad, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>644 kcal</td></tr> <tr><td>Carbs</td><td>87 gm</td></tr> <tr><td>Fiber</td><td>10 gm</td></tr> <tr><td>Protein</td><td>37 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>1102 mg</td></tr> </table>		Calories	644 kcal	Carbs	87 gm	Fiber	10 gm	Protein	37 gm	Fat	n/a	Sodium	1102 mg	<p>19</p> <p>Salisbury Steak, Mashed Red Potatoes, Beef Gravy, California Blend Vegetables, Wheat Roll, Butter, Apple, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>676 kcal</td></tr> <tr><td>Carbs</td><td>77 gm</td></tr> <tr><td>Fiber</td><td>11 gm</td></tr> <tr><td>Protein</td><td>33 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>746 mg</td></tr> </table>		Calories	676 kcal	Carbs	77 gm	Fiber	11 gm	Protein	33 gm	Fat	n/a	Sodium	746 mg	<p>20</p> <p>Beef Stew with Buttermilk Biscuit, Butter, Honey, Southwest Coleslaw, Watermelon, Seven Layer Dessert Bar, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>809 kcal</td></tr> <tr><td>Carbs</td><td>97 gm</td></tr> <tr><td>Fiber</td><td>10 gm</td></tr> <tr><td>Protein</td><td>41 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>1052 mg</td></tr> </table>		Calories	809 kcal	Carbs	97 gm	Fiber	10 gm	Protein	41 gm	Fat	n/a	Sodium	1052 mg	<p>21</p> <p>Chicken Caesar Wrap, Bandito Black Beans, Fresh Strawberries, Oatmeal Raisin Cookie, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>723 kcal</td></tr> <tr><td>Carbs</td><td>95 gm</td></tr> <tr><td>Fiber</td><td>10 gm</td></tr> <tr><td>Protein</td><td>31 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>920 mg</td></tr> </table>		Calories	723 kcal	Carbs	95 gm	Fiber	10 gm	Protein	31 gm	Fat	n/a	Sodium	920 mg	<p>22</p> <p>Shepherd's Pie, Country Style Vegetables, Wheat Roll, Butter, Pineapple Chunks, Bread Pudding with Peaches, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>792 kcal</td></tr> <tr><td>Carbs</td><td>103 gm</td></tr> <tr><td>Fiber</td><td>19 gm</td></tr> <tr><td>Protein</td><td>43 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>919 mg</td></tr> </table>		Calories	792 kcal	Carbs	103 gm	Fiber	19 gm	Protein	43 gm	Fat	n/a	Sodium	919 mg
Calories	644 kcal																																																																				
Carbs	87 gm																																																																				
Fiber	10 gm																																																																				
Protein	37 gm																																																																				
Fat	n/a																																																																				
Sodium	1102 mg																																																																				
Calories	676 kcal																																																																				
Carbs	77 gm																																																																				
Fiber	11 gm																																																																				
Protein	33 gm																																																																				
Fat	n/a																																																																				
Sodium	746 mg																																																																				
Calories	809 kcal																																																																				
Carbs	97 gm																																																																				
Fiber	10 gm																																																																				
Protein	41 gm																																																																				
Fat	n/a																																																																				
Sodium	1052 mg																																																																				
Calories	723 kcal																																																																				
Carbs	95 gm																																																																				
Fiber	10 gm																																																																				
Protein	31 gm																																																																				
Fat	n/a																																																																				
Sodium	920 mg																																																																				
Calories	792 kcal																																																																				
Carbs	103 gm																																																																				
Fiber	19 gm																																																																				
Protein	43 gm																																																																				
Fat	n/a																																																																				
Sodium	919 mg																																																																				
<p>25</p> <p>Pork Black Bean and Rice Burrito, Mexican Brown Rice and Peppers, Broccoli Slaw Salad, Honey Dew Melon, Carnival Cookie, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>978 kcal</td></tr> <tr><td>Carbs</td><td>127 gm</td></tr> <tr><td>Fiber</td><td>10 gm</td></tr> <tr><td>Protein</td><td>24 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>912 mg</td></tr> </table>		Calories	978 kcal	Carbs	127 gm	Fiber	10 gm	Protein	24 gm	Fat	n/a	Sodium	912 mg	<p>26</p> <p>Huli Huli Chicken, Brown Rice, Peas, Honey Bran Muffin, Butter, Carrot-Orange-Mint Salad, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>821 kcal</td></tr> <tr><td>Carbs</td><td>108 gm</td></tr> <tr><td>Fiber</td><td>10 gm</td></tr> <tr><td>Protein</td><td>39 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>1016 mg</td></tr> </table>		Calories	821 kcal	Carbs	108 gm	Fiber	10 gm	Protein	39 gm	Fat	n/a	Sodium	1016 mg	<p>27</p> <p>Beef Taco in Wheat Tortilla, Refried Beans, Aztec Corn Sautee, Shredded Lettuce, Shredded Cheddar Cheese, Pico de Gallo, Sour Cream, Banana, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>896 kcal</td></tr> <tr><td>Carbs</td><td>112 gm</td></tr> <tr><td>Fiber</td><td>19 gm</td></tr> <tr><td>Protein</td><td>46 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>848 mg</td></tr> </table>		Calories	896 kcal	Carbs	112 gm	Fiber	19 gm	Protein	46 gm	Fat	n/a	Sodium	848 mg	<p>28</p> <p>Turkey and Black Bean Chili, Broccoli Pasta Salad, Corn Muffin, Honey, Butter, Apple, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>776 kcal</td></tr> <tr><td>Carbs</td><td>105 gm</td></tr> <tr><td>Fiber</td><td>13 gm</td></tr> <tr><td>Protein</td><td>33 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>925 mg</td></tr> </table>		Calories	776 kcal	Carbs	105 gm	Fiber	13 gm	Protein	33 gm	Fat	n/a	Sodium	925 mg	<p>29</p> <p>Beef Burgundy over Wheat Penne Pasta, Creamy Coleslaw, Wheat Roll, Butter, Orange, 1% Milk</p> <table border="1"> <tr><td>Calories</td><td>772 kcal</td></tr> <tr><td>Carbs</td><td>106 gm</td></tr> <tr><td>Fiber</td><td>14 gm</td></tr> <tr><td>Protein</td><td>37 gm</td></tr> <tr><td>Fat</td><td>n/a</td></tr> <tr><td>Sodium</td><td>913 mg</td></tr> </table>		Calories	772 kcal	Carbs	106 gm	Fiber	14 gm	Protein	37 gm	Fat	n/a	Sodium	913 mg
Calories	978 kcal																																																																				
Carbs	127 gm																																																																				
Fiber	10 gm																																																																				
Protein	24 gm																																																																				
Fat	n/a																																																																				
Sodium	912 mg																																																																				
Calories	821 kcal																																																																				
Carbs	108 gm																																																																				
Fiber	10 gm																																																																				
Protein	39 gm																																																																				
Fat	n/a																																																																				
Sodium	1016 mg																																																																				
Calories	896 kcal																																																																				
Carbs	112 gm																																																																				
Fiber	19 gm																																																																				
Protein	46 gm																																																																				
Fat	n/a																																																																				
Sodium	848 mg																																																																				
Calories	776 kcal																																																																				
Carbs	105 gm																																																																				
Fiber	13 gm																																																																				
Protein	33 gm																																																																				
Fat	n/a																																																																				
Sodium	925 mg																																																																				
Calories	772 kcal																																																																				
Carbs	106 gm																																																																				
Fiber	14 gm																																																																				
Protein	37 gm																																																																				
Fat	n/a																																																																				
Sodium	913 mg																																																																				