


Friendly Fork Menu - May 2022

*Contains nuts

Monday 2		Tuesday 3		Wednesday 4		Thursday 5		Friday 6	
Herb Crusted Roast Beef, Beef Gravy, Oven Roasted Garlic Red Potatoes, Creamy Coleslaw, Peas and Carrots, Wheat Roll, Butter, 1% Milk	Calories 792 kcal	Pork Loin with Brown Sugar Rub, Pasta Salad, Broccoli, Ginger-Pear Crisp, Wheat Roll, Butter, 1% Milk	Calories 829 kcal	Chicken Salad Sandwich on Wheat, Caesar Salad, Apple, Carnival Cookie, 1% Milk	Calories 715 kcal	Soft Beef Taco, Mexican Rice, Refried Beans, Shredded Cheese, Diced Tomatoes, Shredded Lettuce, Pico De Gallo, Tropical Fruit Salad, 1% Milk Cinco de Mayo	Calories 932 kcal	Sweet and Sour Pork Stir Fry, Brown Rice, Asian Coleslaw*, Pineapple, Five Layer Dessert Bar*, 1% Milk	Calories 1318 kcal
	Carbs 74 gm		Carbs 86 gm		Carbs 93 gm		Carbs 124 gm		Carbs 149 gm
	Fiber 11 gm		Fiber 10 gm		Fiber 10 gm		Fiber 19 gm		Fiber 22 gm
	Protein 43 gm		Protein 44 gm		Protein 30 gm		Protein 41 gm		Protein 39 gm
	Fat 29 gm		Fat 28 gm		Fat 15 gm		Fat 15 gm		Fat 61 gm
	Sodium 772 mg		Sodium 978 mg		Sodium 1128 mg		Sodium 976 mg		Sodium 962 mg
9		10		11		12		13	
Beef Tacos, Baja black Beans, Mexican Brown Rice, Diced Tomatoes, Shredded Lettuce, Sour Cream, Cantaloupe, 1% Milk	Calories 850 kcal	Irish Beef Stew, Spinach-Red Pepper-Mushroom Salad, Bran Muffin, Butter, Honeydew Cubes, Apple-Cranberry Crisp, 1% Milk	Calories 758 kcal	Chicken Fried Steak with Cream Sauce, Mashed Red Potatoes, Chicken Gravy, Grilled Asparagus, Wheat Roll, Butter, Mandarin Oranges, 1% Milk	Calories 830 kcal	Herb Roasted Turkey, Chicken Gravy, Baked Potato, Sour Cream, Butter, Sage Stuffing, Cider Vinaigrette Coleslaw, Cranberry Chocolate Oat Square, 1% Milk	Calories 963 kcal	Fish Sandwich, Tartar Sauce, Lettuce, Tomato, Broccoli-Sundried Tomatoes-Olive Salad, Cantaloupe-Honeydew-Pineapple-Grape Salad, Rice Krispy Treat, 1% Milk	Calories 940 kcal
	Carbs 118 gm		Carbs 117 gm		Carbs 86 gm		Carbs 121 gm		Carbs 144 gm
	Fiber 15 gm		Fiber 10 gm		Fiber 10 gm		Fiber 11 gm		Fiber 10 gm
	Protein 31 gm		Protein 27 gm		Protein 32 gm		Protein 38 gm		Protein 33 gm
	Fat 22 gm		Fat 15 gm		Fat 30 gm		Fat 28 gm		Fat 27 gm
	Sodium 1119 mg		Sodium 1026 mg		Sodium 1230 mg		Sodium 1041 mg		Sodium 1074 mg
16		17		18		19		20	
Apple Cider Chicken Breast, Chicken Gravy, Potato Salad, Peas, Wheat Roll, Butter, Peach Cobbler, 1% Milk	Calories 789 kcal	Pot Pie and Biscuit, Broccoli-Cauliflower, Fruit Salad, Butter, Banana Pudding, 1% Milk	Calories 726 kcal	Hamburger on Bun, Lettuce, Tomato, Ketchup, Mustard, Roasted Red Potatoes, Garlic Roasted Green Beans, Orange, 1% Milk	Calories 767 kcal	Roast Beef, Beef Gravy, Mashed Red Potatoes, Beef Gravy, Mixed Vegetables, Wheat Roll, Butter, Blueberry Cobbler, 1% Milk	Calories 802 kcal	Egg Salad Sandwich on Wheat, Caprese Pasta Salad, Broccoli with Garlic and Lemon, Orange, 1% Milk	Calories 899 kcal
	Carbs 100 gm		Carbs 117 gm		Carbs 88 gm		Carbs 96 gm		Carbs 87 gm
	Fiber 11 gm		Fiber 13 gm		Fiber 11 gm		Fiber 10 gm		Fiber 12 gm
	Protein 47 gm		Protein 30 gm		Protein 31 gm		Protein 44 gm		Protein 30 gm
	Fat 12 gm		Fat 22 gm		Fat 31 gm		Fat 21 gm		Fat 20 gm
	Sodium 839 mg		Sodium 800 mg		Sodium 926 mg		Sodium 1136 mg		Sodium 973 mg
23		24		25		26		27	
Chipolite Lime Turkey Sandwich, California Blend Vegetables, Creamy Coleslaw, Banana, 1% Milk	Calories 707 kcal	Sloppy Joe on Bun, Roasted Red Potatoes, Brussel Sprouts, Malt Vinegar, Carrot-Orange-Mint Salad*, Apricot Bar*, 1% Milk	Calories 877 kcal	Beef Macaroni Casserole, Lemony Chickpea Salad with Red Peppers, Country Vegetables, Tropical Fruit Salad, Sugar Cookie, 1% Milk	Calories 799 kcal	Fried Chicken Patty Sandwich, Buttermilk and Herb Coleslaw, BBQ Baked Beans, Apple, Strawberry Short Cake, 1% Milk	Calories 911 kcal	Beef Tamale Pie, Refried Beans, Aztec Corn Sautee, Tropical Fruit Salad, 1% Milk	Calories 710 kcal
	Carbs 94 gm		Carbs 107 gm		Carbs 117 gm		Carbs 140 gm		Carbs 109 gm
	Fiber 11 gm		Fiber 12 gm		Fiber 11 gm		Fiber 16 gm		Fiber 17 gm
	Protein 13 gm		Protein 36 gm		Protein 29 gm		Protein 34 gm		Protein 37 gm
	Fat 25 gm		Fat 34 gm		Fat 22 gm		Fat 26 gm		Fat 12 gm
	Sodium 969 mg		Sodium 993 mg		Sodium 775 mg		Sodium 804 mg		Sodium 1202 mg
30		31		<p>May 13th is National Tulip Day. The Netherlands are the top growers of tulips in the world, producing 4.32 billion tulip bulbs. The largest grower of tulips in the US is Washington, also grown in Michigan and Virginia. Red tulips symbolize true love.</p> 				<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>	
Memorial Day Holiday -No Meals		Beef and Pepper Stir Fry, Brown Rice, Spiced Roasted Vegetables, Asian Slaw*, 5 Layer Dessert Bar*, 1% Milk	Calories 1107 kcal						
			Carbs 139 gm						
			Fiber 25 gm						
			Protein 34 gm						
		Fat 44 gm							
		Sodium 1156 mg							