



Friendly Fork Menu - July 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 Greeley Stampede has been a colorful part of Greeley's activities for 100 years this year! The rodeo began in 1922 and was first called the <i>Spud Rodeo</i> in honor of the potato being the major crop in town. The name was changed to the <i>Go West With Greeley Rodeo</i> in 1949. It became the <i>Greeley Independence Stampede</i> in 1972. In 2003, the name was changed to the <i>Rocy Mountain Stampede</i>. In 2005, the name was changed to the name we are all familiar with, the <i>Greeley Stampede!</i></p>									
		4		5		6		7		8	
		Happy 4th of July - No Meals		Closed		Mediterranean Calzone, Caesar Salad, Watermelon-Jicama Salad, Capri Vegetables, Cranberry Chocolate Oat Square, 1% Milk		Chicken Salad Sandwich, Vegetable-Bean Soup, Peas, Orange, Blueberry Cobbler, 1% Milk		Hamburger, Lettuce, Tomato, Ketchup, Mustard, Mayo, Three Bean Salad, Roasted Red Potatoes, Orange, 1% Milk	
											
		Calories 0 kcal Carbs 0 gm Fiber 0 gm Protein 0 gm Fat 0 gm Sodium 0 mg		Calories 0 kcal Carbs 0 gm Fiber 0 gm Protein 0 gm Fat 0 gm Sodium 0 mg		Calories 920 kcal Carbs 119 gm Fiber 22 gm Protein 34 gm Fat 55 gm Sodium 963 mg		Calories 793 kcal Carbs 118 gm Fiber 15 gm Protein 37 gm Fat 10 gm Sodium 12 mg		Calories 873 kcal Carbs 89 gm Fiber 10 gm Protein 32 gm Fat 42 gm Sodium 913 mg	
11		12		13		14		15			
Fish Sandwich with Tartar Sauce, Lettuce and Tomato, Creamy Coleslaw, Roasted Red Potatoes, Apple, Apple-Cranberry Crisp, 1% Milk		Turkey Scaloppine over Wheat Penne Pasta with Marinara, Broccoli with Garlic and Lemon, Banana, 1% Milk		Meatloaf with Gravy, Brown Rice Pilaf with Red Pepper and Carrots, Peas, Orange, Carnival Cookie, 1% Milk		Beef Enchiladas, Mexican Brown Rice, Refried Beans, Fruit Salad, Cranberry Chocolate Oat Square, 1% Milk		Chicken Florentine Casserole, Green Beans, Sweet Potato with Butter, Banana, 1% Milk			
Calories 1102 kcal Carbs 135 gm Fiber 11 gm Protein 29 gm Fat 28 gm Sodium 1197 mg		Calories 861 kcal Carbs 148 gm Fiber 24 gm Protein 45 gm Fat 15 gm Sodium 1107 mg		Calories 787 kcal Carbs 92 gm Fiber 10 gm Protein 44 gm Fat 15 gm Sodium 772 mg		Calories 1142 kcal Carbs 146 gm Fiber 19 gm Protein 47 gm Fat 33 gm Sodium 1043 mg		Calories 817 kcal Carbs 113 gm Fiber 10 gm Protein 40 gm Fat 23 gm Sodium 937 mg			
18		19		20		21		22			
Santa Fe Chili, Pasta Salad, Fruit Salad, Cornbread with Butter and Honey, 1% Milk		Parmesan Chicken with Marinara over Wheat Penne Pasta, Caesar Salad, Fruit Salad, Chocolate Chip Cookie, 1% Milk		Bolognese over Wheat Penne Pasta, Country Vegetables, Tropical Fruit Salad, Breadstick, Lemon Bar, 1% Milk		Honey Ginger Chicken Thigh, Baked Potato with Butter and Sour Cream, Carrot-Mint Salad*, Cantaloupe, 1% Milk		Baked Ziti, Grilled Asparagus, Banana, Wheat Roll with Butter, Lemon Crumb Bar, 1% Milk			
Calories 794 kcal Carbs 125 gm Fiber 14 gm Protein 23 gm Fat 19 gm Sodium 958 mg		Calories 905 kcal Carbs 125 gm Fiber 19 gm Protein 51 gm Fat 22 gm Sodium 549 mg		Calories 995 kcal Carbs 156 gm Fiber 21 gm Protein 41 gm Fat 19 gm Sodium 488 mg		Calories 871 kcal Carbs 91 gm Fiber 10 gm Protein 52 gm Fat 23 gm Sodium 1095 mg		Calories 868 kcal Carbs 72 gm Fiber 20 gm Protein 45 gm Fat 47 gm Sodium 993 mg			
25		26		27		28		29			
Beef Tamale Pie, Sour Cream, Mexican Brown Rice, Aztec Corn Sautee, Tropical Fruit Salad, Lemon Crumb Bar, 1% Milk		Meat Lasagna, Roasted Root Vegetables, Spinach Mandarin Orange Salad, Breadstick, Banana Chia Pudding, 1% Milk		Chicken Fried Steak with Gravy, Mashed Potatoes with Gravy, Roasted Root Vegetables, Mandarin Oranges, Wheat Roll with Butter, 1% Milk		Sloppy Joe, Glazed Carrots, Broccoli-Black Olive-Sundried Tomato Salad, Fruit Salad, Banana Pudding, 1% Milk		Baked Cod with Lemon Butter, California Blend Vegetables, Lemony White Bean Salad, Nut Cup*, Red Apple, 1% Milk			
Calories 829 kcal Carbs 126 gm Fiber 10 gm Protein 43 gm Fat 21 gm Sodium 1151 mg		Calories 721 kcal Carbs 79 gm Fiber 10 gm Protein 36 gm Fat 28 gm Sodium 878 mg		Calories 892 kcal Carbs 97 gm Fiber 11 gm Protein 33 gm Fat 32 gm Sodium 1210 mg		Calories 790 kcal Carbs 115 gm Fiber 11 gm Protein 33 gm Fat 31 gm Sodium 1011 mg		Calories 830 kcal Carbs 108 gm Fiber 26 gm Protein 42 gm Fat 32 gm Sodium 953 mg			