



Friendly Fork Menu - August 2022

*Contains nuts

Monday 1		Tuesday 2		Wednesday 3		Thursday 4		Friday 5		
Roast Turkey- Gravy, Mashed Potatoes- Gravy, Broccoli-Carrots, Banana, Cranberry Oatmeal Bake, Milk 1%	Calories 716 kcal	Fried Chicken, Mashed Potatoes, Gravy, Wheat Roll, Butter, Apple Coleslaw, Fresh Pineapple, Crunchy Fruit Snack Mix*, Milk 1%	Calories 1004 kcal	Beef Stew, Wheat Biscuit, Butter, Honey, Creamy Coleslaw, Apple-Banana-Grape Mix, Milk 1%	Calories 1025 kcal	Pork Stir-Fry, Soy Sauce, Parslied Brown Rice, Mandarin Oranges and Pineapple Tidbits, Chocolate Zucchini Muffin, Butter, Nut Cup*, Milk 1%	Calories 808 kcal	Marinara Meatball Sandwich, Italian Rotini Salad, Mandarin Oranges and Banana Salad, Blueberry Crisp, Milk 1%	Calories 1145 kcal	
	Carbs 89 gm		Carbs 120 gm		Carbs 101 gm		Carbs 92 gm		Carbs 181 gm	
	Fiber 10 gm		Fiber 11 gm		Fiber 10 gm		Fiber 12 gm		Fiber 15 gm	
	Protein 41 gm		Protein 48 gm		Protein 42 gm		Protein 45 gm		Protein 40 gm	
	Fat 25 gm		Fat 39 gm		Fat 52 gm		Fat 33 gm		Fat 29 gm	
	Sodium 1004 mg		Sodium 1136 mg		Sodium 754 mg		Sodium 979 mg		Sodium 1168 mg	
8		9		10		11		12		
BBQ Pork on Wheat Bun, Mandarin Orange Spinach Salad with Balsamic, Red Beans and Rice, Apricot Crisp, Milk 1%	Calories 1155 kcal	Beef Burgundy over Parslied Rice, Peas and Onions, Caesar Salad, Fruity Nut Granola Bar*, Milk 1%	Calories 939 kcal	Chicken Pot Pie over Wheat Biscuit, Green Beans with Red Peppers, Pineapple-Banana Waldorf Salad, Brownie, Milk 1%	Calories 1074 kcal	Chicken Fajita on Wheat Tortilla, Sour Cream, Pico De Gallo, Mashed Pinto Beans, Spanish Rice, Mango Crisp, Milk 1%	Calories 921 kcal	Turkey Wrap with Bacon, Apple Coleslaw, Strawberry Banana Mix, Cherry Crisp, Milk 1%	Calories 745 kcal	
	Carbs 136 gm		Carbs 148 gm		Carbs 157 gm		Carbs 122 gm		Carbs 103 gm	
	Fiber 12 gm		Fiber 13 gm		Fiber 13 gm		Fiber 12 gm		Fiber 11 gm	
	Protein 69 gm		Protein 42 gm		Protein 42 gm		Protein 47 gm		Protein 30 gm	
	Fat 39 gm		Fat 22 gm		Fat 34 gm		Fat 28 gm		Fat 26 gm	
	Sodium 1010 mg		Sodium 555 mg		Sodium 997 mg		Sodium 1103 mg		Sodium 1209 mg	
15		16		17		18		19		
Swedish Meatballs with Gravy over Rotini, Peas and Carrots, Pumpkin Roll, Butter, Cantaloupe, Milk 1%	Calories 1052 kcal	Krautburger with Spicy Brown Mustard, German Potato Salad, Fruit Salad, Peach Cobbler, Milk 1%	Calories 938 kcal	Taco Casserole, Sour Cream, Salsa, Spanish Brown Rice, Mexicorn, Mango Crisp, Milk 1%	Calories 975 kcal	White Fish (Pangasius) with Citrus Tomatillo Salsa, Three Bean Salad, Lemon Wedge, Pumpkin Roll, Butter, Melon Mix, Fruity Nut Granola Bar*, Milk 1%	Calories 825 kcal	Lasagna, Tossed Salad with Garbanzo Beans, Italian Dressing, Breadstick, Butter, Fresh Pineapple Chunks, Crunchy Fruit Snack Mix*, Milk 1%	Calories 945 kcal	
	Carbs 131 gm		Carbs 121 gm		Carbs 121 gm		Carbs 96 gm		Carbs 106 gm	
	Fiber 17 gm		Fiber 11 gm		Fiber 13 gm		Fiber 14 gm		Fiber 10 gm	
	Protein 45 gm		Protein 48 gm		Protein 40 gm		Protein 44 gm		Protein 53 gm	
	Fat 40 gm		Fat 30 gm		Fat 40 gm		Fat 34 gm		Fat 37 gm	
	Sodium 815 mg		Sodium 1018 mg		Sodium 905 mg		Sodium 561 mg		Sodium 1014 mg	
22		23		24		25		26		
Chicken and Noodles, Broccoli with Seasoning, Wheat Roll, Butter, Orange Wedges, Rocky Road Pudding*, Milk 1%	Calories 817 kcal	Ground Beef and Bean Burrito, Spanish Brown Rice, Salsa, Sour Cream, Melon Mix, Blueberry Crisp, Milk 1%	Calories 1031 kcal	Chicken Broccoli Rice Casserole, Green Beans with Garlic and Almonds*, Outasight Salad, Chocolate Zucchini Muffin, Butter, Milk 1%	Calories 757 kcal	Roast Beef with Brown Gravy, Mashed Potatoes, Gravy, Peas with Carrots and Red Peppers, Wheat Roll, Butter, Orange Wedges, Blueberry Crisp, Milk 1%	Calories 959 kcal	Navy Bean Soup, Wheat Crackers, 1/2 Chicken Salad on Wheat Bread with Lettuce-Tomato, Colorado Broccoli Salad, Nut Cup*, Milk 1%	Calories 776 kcal	
	Carbs 98 gm		Carbs 159 gm		Carbs 73 gm		Carbs 128 gm		Carbs 82 gm	
	Fiber 12 gm		Fiber 13 gm		Fiber 11 gm		Fiber 14 gm		Fiber 11 gm	
	Protein 41 gm		Protein 34 gm		Protein 46 gm		Protein 46 gm		Protein 39 gm	
	Fat 32 gm		Fat 30 gm		Fat 34 gm		Fat 31 gm		Fat 35 gm	
	Sodium 762 mg		Sodium 1113 mg		Sodium 918 mg		Sodium 579 mg		Sodium 1129 mg	
29		30		31		 <p>August 27th is Banana Lover's Day Hawaii is the only place in the U.S. where bananas are grown commercially.</p> 		<p>Need to order or cancel? Please call the designated meal site or the Nutrition Hotline (970-400-6955) by 11 a.m. the business day prior to the meal.</p>		
Herb Baked Chicken with Gravy, Garlic Mashed Potatoes and Gravy, Seasoned Mixed Vegetables, Watermelon, Apricot Crisp, Milk 1%	Calories 865 kcal	Sweet and Sour Pork, Parslied Brown Rice, Soy Sauce, Asian Coleslaw, Fresh Pear, Nut Cup*, Milk 1%	Calories 821 kcal	Ginger Pot Roast, Roasted Red Potatoes, Brussel Sprouts with Malt Vinegar, Wheat Roll, Butter, Fresh Pear, Milk 1%	Calories 755 kcal					Calories 755 kcal
	Carbs 111 gm		Carbs 100 gm		Carbs 93 gm					Carbs 93 gm
	Fiber 13 gm		Fiber 12 gm		Fiber 15 gm					Fiber 15 gm
	Protein 52 gm		Protein 40 gm		Protein 43 gm					Protein 43 gm
	Fat 26 gm		Fat 32 gm		Fat 26 gm					Fat 26 gm
	Sodium 501 mg		Sodium 1097 mg		Sodium 758 mg	Sodium 758 mg				