




Friendly Fork Menu - May 2021

*Contains nuts

Monday 3		Tuesday 4		Wednesday 5		Thursday 6		Friday 7	
Ginger Pot Roast, Mashed Potatoes, Gravy, Peas and Carrots, Creamy Coleslaw, Rocky Road Pudding*, Milk 1%	Calories 884 kcal	Baked Salmon, Tartar Sauce, Lemon Wedge, Garden Pasta Salad, Melon and Jicama Mix, Blueberry Crisp, Milk 1%	Calories 920 kcal	 Beef Taco, Refried Beans, Spanish Rice, Orange-Apple-Banana Salad, Pico De Gallo, Taco Toppings, Snickerdoodle Cookie, Milk 1%	Dill Chicken Salad with Grapes*, Spinach Salad with Raspberry Vinaigrette, Morning Glory Muffin*, Butter, Melon-Pineapple-Strawberries, Milk 1%	Calories 1040 kcal	Sweet and Sour Pork, Parslied Brown Rice, Apple-Banana-Grape Salad, Asian Coleslaw, Nut Cup, Milk 1%	Calories 771 kcal	
	Carbs 92 gm		Carbs 109 gm			Carbs 122 gm		Carbs 92 gm	Carbs 90 gm
	Fiber 10 gm		Fiber 10 gm			Fiber 11 gm		Fiber 10 gm	Fiber 10 gm
	Protein 35 gm		Protein 48 gm			Protein 41 gm		Protein 44 gm	Protein 36 gm
	Fat 44 gm		Fat 34 gm			Fat 30 gm		Fat 58 gm	Fat 32 gm
	Sodium 595 mg		Sodium 633 mg			Sodium 1159 mg		Sodium 970 mg	Sodium 620 mg
10		11		12		13		14	
Beef Enchilada Casserole, Lettuce-Tomato, Spanish Rice, Spicy Black Beans, Cantaloupe-Strawberries, Milk 1%	Calories 874 kcal	Beef Stew, Spinach Salad with Mandarin Oranges and Balsamic Dressing, Wheat Roll, Butter, Cherry Crisp, Milk 1%	Calories 1197 kcal	Country Fried Steak with Gravy, Mashed Potatoes with Cream Gravy, Asparagus-Carrots, Wheat Roll, Butter, Mandarin Oranges, Milk 1%	Roast Turkey with Gravy, Bread Dressing, Baked Potato, Butter, Sour Cream, Pear-Cranberry-Cabbage Slaw, Pumpkin Bar, Milk 1%	Calories 1070 kcal	Crispy Fish on Wheat Bun, Roasted Red Potato, Pineapple, Red Grapes and Banana, Asian Coleslaw, Tartar Sauce, Rice Krispie Treat*, Milk 1%	Calories 1020 kcal	
	Carbs 109 gm		Carbs 125 gm			Carbs 94 gm		Carbs 157 gm	Carbs 161 gm
	Fiber 15 gm		Fiber 12 gm			Fiber 10 gm		Fiber 12 gm	Fiber 10 gm
	Protein 46 gm		Protein 52 gm			Protein 44 gm		Protein 47 gm	Protein 33 gm
	Fat 30 gm		Fat 57 gm			Fat 36 gm		Fat 33 gm	Fat 31 gm
	Sodium 969 mg		Sodium 926 mg			Sodium 675 mg		Sodium 1208 mg	Sodium 965 mg
17		18		19		20		21	
Herb Baked Chicken, Gravy, Macaroni and Cheese, Peas, Mango Crisp, Milk 1%	Calories 955 kcal	Cabbage Casserole, Glazed Carrots, Rainbow Fruit Salad, Biscuit, Butter, Milk 1%	Calories 905 kcal	Hamburger with Wheat Bun, Ketchup, Mustard, Creamy Potato Salad, Tomato-Onion-Lettuce, Orange and Apple Wedges, Nut Cup*, Milk 1%	Roast Beef with Gravy, Mashed Potatoes with Gravy, Green Beans with Red Peppers, Dill Roll, Butter, Pear-Cranberry-Cabbage Slaw, Milk 1%	Calories 823 kcal	Tomato Bisque, Wheat Crackers, Egg Salad Sandwich on Marble Rye Bread, Lettuce-Onion-Tomato, Broccoli-Cauliflower Salad with Honey Yogurt Dressing, Melon-Strawberry Salad, Crunchy Fruit Snack, Milk 1%	Calories 875 kcal	
	Carbs 112 gm		Carbs 109 gm			Carbs 103 gm		Carbs 118 gm	Carbs 115 gm
	Fiber 11 gm		Fiber 11 gm			Fiber 11 gm		Fiber 10 gm	Fiber 10 gm
	Protein 58 gm		Protein 34 gm			Protein 43 gm		Protein 45 gm	Protein 28 gm
	Fat 32 gm		Fat 39 gm			Fat 53 gm		Fat 22 gm	Fat 36 gm
	Sodium 952 mg		Sodium 840 mg			Sodium 818 mg		Sodium 556 mg	Sodium 1030 mg
24		25		26		27		28	
Open Faced Hot Turkey Sandwich, Mashed Potatoes, Gravy, California Blend, Apple-Cranberry Crisp, Nut Cup*, Milk 1%	Calories 795 kcal	Sloppy Joe on a Bun, Roasted Red Potatoes, Marinated Vegetables, Orange-Banana-Pineapple Salad, Cranberry Oatmeal Bake, Milk 1%	Calories 889 kcal	Pepper Casserole, Tuscan Vegetables, Spinach-Garbanzo Bean Salad with Ranch Dressing, Orange, Milk 1%	Grilled Chicken on a Wheat Bun, Tomato-Onion-Lettuce, Baked Beans, Mayonnaise, Mustard, Green Pepper Slaw, Snickerdoodle Cookie, Apple, Milk 1%	Calories 735 kcal	Fiesta Beef with Rice, Refried Beans, Pepi Corn, Pear-Peach-Orange-Apple-Grape Salad, Mango Crisp, Milk 1%	Calories 700 kcal	
	Carbs 111 gm		Carbs 119 gm			Carbs 71 gm		Carbs 109 gm	Carbs 108 gm
	Fiber 11 gm		Fiber 10 gm			Fiber 11 gm		Fiber 11 gm	Fiber 10 gm
	Protein 39 gm		Protein 40 gm			Protein 37 gm		Protein 44 gm	Protein 30 gm
	Fat 25 gm		Fat 32 gm			Fat 30 gm		Fat 17 gm	Fat 20 gm
	Sodium 784 mg		Sodium 787 mg			Sodium 753 mg		Sodium 1007 mg	Sodium 818 mg
31		 <p>May is national strawberry month: Strawberries have powerful antioxidants and are high in Vitamin C, A, Manganese, and Fiber</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.