

Friendly Fork AUGUST

* Contain Nuts

Monday				Tuesday				Wednesday				Thursday				Friday																			
												1				2																			
Live in such a way that if someone spoke badly of you nobody would believe them																																			
												Sloppy Joe on Wheat Bun, Oven Browned Potato, Southwest Coleslaw, Buttered Apples, Milk 1%				BBQ Pulled Pork, Red Beans and Rice, Spinach Salad with Mandarin Oranges, Apricot Crisp, Milk 1%																			
												Calories 817.00 kcal				Calories 990.00 kcal																			
												Carbs 100.48 gm				Carbs 112.69 gm																			
												Fiber 10.60 gm				Fiber 10.10 gm																			
												Protein 37.13 gm				Protein 45.33 gm																			
												Fat 32.32 gm				Fat 39.69 gm																			
												Sodium 695.00 mg				Sodium 1,243.00 mg																			
5				6				7				8				9																			
Fried Chicken Thighs, Macaroni and Cheese, Apple Coleslaw, Fresh Pineapple, Crunchy Fruit Snack*, Milk 1%				Lentil-Black Bean Soup, Wheat Crackers, Pumpkin Roll, Butter, Spinach-Beet Salad, Lemon Cream Gelatin, Milk 1%				Lemon Fish, Tartar Sauce, Lemon Wedge, Baked Potato, Butter, Sour Cream, Asparagus-Corn-Red Pepper, Morning Glory Muffin with Walnuts*, Butter, Milk 1%				Beef and Bean Taco with Pico De Gallo, Sour Cream, Pepi Corn, Orange-Apple Slices, Oatmeal Raisin Cookie, Milk 1%				Roast Turkey- Gravy, Mashed Potatoes-Gravy, Broccoli-Carrots, Pumpkin Muffin, Butter, Fresh Strawberries-Bananas, Nut Cup Milk 1%																			
																				Calories 870.00 kcal				Calories 558.00 kcal				Calories 896.00 kcal				Calories 744.00 kcal			
																				Carbs 112.91 gm				Carbs 92.39 gm				Carbs 92.49 gm				Carbs 97.30 gm			
																				Fiber 10.00 gm				Fiber 11.70 gm				Fiber 10.40 gm				Fiber 10.80 gm			
																				Protein 41.16 gm				Protein 23.47 gm				Protein 44.87 gm				Protein 35.99 gm			
																				Fat 32.43 gm				Fat 14.15 gm				Fat 40.99 gm				Fat 26.56 gm			
Sodium 918.00 mg				Sodium 572.00 mg				Sodium 725.00 mg				Sodium 763.00 mg																							
12				13				14				15				16																			
Beef Burgundy over Parslied Rice, Peas and Onions, Caesar Salad, Buttermilk Biscuit, Butter, Blueberry-Cranberry-White Chocolate Chip Cookie, Milk 1%				Chicken Pot Pie over Buttermilk Biscuit, Green Beans, Pineapple-Banana Waldorf Salad, Brownie, Milk 1%				Chicken Fajita, Sour Cream, Pico De Gallo, Refried Beans, Spanish Rice, Strawberry Gelatin with Bananas, Milk 1%				Turkey Bacon Wrap, Ginger-Lime-Cilantro Grilled Sweet Potatoes, Pear-Cranberry-Cabbage Slaw, Pumpkin Bar, Milk 1%				Krautburger, Spicy Mustard, Hot German Potato Salad, Grapes-Melon- Bananas, Fruit Cobbler, Nut Cup*, Milk 1%																			
																				Calories 1,013.00 kcal				Calories 1,019.00 kcal				Calories 709.00 kcal				Calories 923.00 kcal			
																				Carbs 141.60 gm				Carbs 147.49 gm				Carbs 78.90 gm				Carbs 149.20 gm			
																				Fiber 10.10 gm				Fiber 11.70 gm				Fiber 11.30 gm				Fiber 11.20 gm			
																				Protein 44.07 gm				Protein 46.30 gm				Protein 54.45 gm				Protein 33.61 gm			
																				Fat 31.28 gm				Fat 34.62 gm				Fat 27.36 gm				Fat 26.46 gm			
Sodium 1,222.00 mg				Sodium 1,149.00 mg				Sodium 1,103.00 mg				Sodium 1,211.00 mg																							
19				20				21				22				23																			
Chicken Noodle Casserole, Mixed Vegetables, Rainbow Fruit Salad, Rocky Road Pudding*, Milk 1%				Beef-Bean Taco Salad with Tomatoes-Shredded Lettuce, Cheese, Sour Cream, and Salsa, Spanish Brown Rice, Pepi Corn, Mixed Fruit with Red Grapes, Milk 1%				Beef Tips over Mashed Potatoes, Corn, Pumpkin Roll, Butter, Fresh Strawberries and Bananas, Milk 1%				Salmon with Lemon Wedge, Tartar Sauce, Creamy Rice Pilaf, Wheat Biscuit, Butter, Three Bean Salad, Melon Mix, Milk 1%				French Dip Sandwich, Au Jus Sauce, Wheat Hoagie Bun, Baked Sweet Potato, Butter, Garlic Cauliflower, Fresh Pear, Milk 1%																			
																				Calories 803.00 kcal				Calories 764.00 kcal				Calories 916.00 kcal				Calories 1,024.00 kcal			
																				Carbs 115.64 gm				Carbs 100.95 gm				Carbs 91.38 gm				Carbs 99.46 gm			
																				Fiber 14.00 gm				Fiber 11.10 gm				Fiber 11.90 gm				Fiber 10.60 gm			
																				Protein 44.81 gm				Protein 37.80 gm				Protein 48.92 gm				Protein 51.23 gm			
																				Fat 25.61 gm				Fat 26.43 gm				Fat 41.66 gm				Fat 48.43 gm			
Sodium 651.00 mg				Sodium 740.00 mg				Sodium 399.00 mg				Sodium 1,066.00 mg																							
26				27				28				29				30																			
Lasagna, Tossed Salad with Garbanzo Beans, Italian Dressing, Breadstick, Butter, Pears-Peaches-Cherries, Crunchy Fruit Snack*, Milk 1%				Roast Beef with Brown Gravy, Baked Potato, Butter, Sour Cream, Wheat Roll, Butter, Tuscan Vegetable Blend, Fresh Peach, Milk 1%				Beef Brisket, Roasted Turnips and Parsnips, Corn on the Cob, Rye Roll, Butter, Cinnamon Applesauce, Milk 1%				Navy Bean Soup, Wheat Crackers, Chicken Salad on Wheat Bread, Lettuce-Tomato, Broccoli-Cauliflower Salad, Nut Cup*, Milk 1%				Chicken Kiev, Roasted Red Potatoes, Mixed Vegetables, Rye Roll, Butter, Ambrosia Salad, Milk 1%																			
																				Calories 935.00 kcal				Calories 795.00 kcal				Calories 876.00 kcal				Calories 710.00 kcal			
																				Carbs 109.60 gm				Carbs 94.32 gm				Carbs 122.68 gm				Carbs 66.08 gm			
																				Fiber 10.00 gm				Fiber 10.90 gm				Fiber 11.90 gm				Fiber 10.70 gm			
																				Protein 51.56 gm				Protein 55.82 gm				Protein 40.60 gm				Protein 43.74 gm			
																				Fat 34.47 gm				Fat 22.31 gm				Fat 27.64 gm				Fat 35.55 gm			
Sodium 942.00 mg				Sodium 504.00 mg				Sodium 1,077.00 mg				Sodium 905.00 mg																							



Nutrition content of meals is reviewed by Lorrie Wellman, RDN at 970-400-6118, lwellman@weldgov.com.
Detailed nutritional values for the menu, nutrition education and nutrition counseling can also be provided upon request.