

Friendly Fork, September



Monday 2				Tuesday 3				Wednesday 4				Thursday 5				Friday 6			
Labor Day - No Meals				Fried Steak with Gravy, Mashed Potatoes with Gravy, Roasted Vegetables, Pumpkin Roll, Butter, Sliced Pears, Peaches, and Cherries Milk 1%				Grilled Chicken Breast on a Whole Wheat Bun, Lettuce/Tomato/Onion, Mayonnaise, Mustard, Creamy Potato Salad, 3 Bean Salad, Orange Halves, Milk 1%				Turkey-Swiss Cheese Sandwich, Lettuce/Tomato/Onion, Mustard, Mayonnaise, Garden Pasta Salad, Watermelon, Chocolate Chip Cookie, Milk 1%				Ginger Beef Pot Roast with Potato, Carrot and Onion, Steamed Cabbage, Rye Roll, Butter, Lime Gelatin and Pears, Milk 1%			
				Calories	#####	kcal		Calories	815.00	kcal		Calories	748.00	kcal		Calories	728.00	kcal	
				Carbs	99.67	gm		Carbs	79.18	gm		Carbs	116.34	gm		Carbs	92.74	gm	
				Fiber	12.60	gm		Fiber	11.80	gm		Fiber	11.20	gm		Fiber	10.20	gm	
				Protein	51.58	gm		Protein	44.30	gm		Protein	38.04	gm		Protein	38.69	gm	
				Fat	52.73	gm		Fat	38.67	gm		Fat	18.82	gm		Fat	24.38	gm	
Sodium	965.00	mg		Sodium	989.00	mg		Sodium	989.00	mg		Sodium	743.00	mg					
9				10				11				12				13			
Beef Shepherd's Pie, Spinach Mandarin Orange Salad, Pineapple Tidbits with Red Grapes, Wheat Roll, Butter, Nut Cup*, Milk 1%				Meat Marinara Sauce over Wheat Pasta, Roasted Turnips-Parsnips, Marinated Vegetable Salad, Cantaloupe, Wheat Roll, Butter, Milk 1%				Beef Turnover Casserole, Roasted Red Potatoes, Garlic Green Beans with Almonds*, Orange Wedges, Fig Bar, Milk 1%				Roast Turkey with Gravy, Bread Dressing with Gravy, California Blend, Pumpkin Roll, Butter, Pineapple-Oranges, Milk 1%				Vegetable Soup, Wheat Crackers, Chicken Dill Salad*, Mixed Melon, Nut Cup*, Apple Crisp, Milk 1%			
Calories	801.00	kcal		Calories	765.00	kcal		Calories	828.00	kcal		Calories	777.00	kcal		Calories	#####	kcal	
Carbs	101.68	gm		Carbs	99.77	gm		Carbs	107.38	gm		Carbs	88.34	gm		Carbs	136.79	gm	
Fiber	10.40	gm		Fiber	14.40	gm		Fiber	9.60	gm		Fiber	11.30	gm		Fiber	10.50	gm	
Protein	34.96	gm		Protein	38.57	gm		Protein	26.06	gm		Protein	51.74	gm		Protein	39.90	gm	
Fat	30.97	gm		Fat	26.20	gm		Fat	37.14	gm		Fat	25.14	gm		Fat	53.25	gm	
Sodium	634.00	mg		Sodium	856.00	mg		Sodium	755.00	mg		Sodium	678.00	mg		Sodium	998.00	mg	
16				17				18				19				20			
Chicken and Noodles, Seasoned Mixed Vegetables, Autumn Apple Coleslaw, Strawberries-Bananas, Crunchy Snack Mix, Milk 1%				Chicken Pesto Wrap, Broccoli/Cauliflower Salad with Honey Yogurt Dressing, Melon Mix, Fruity Nut Granola Bar, Milk 1%				White Chicken Chili, Wheat Crackers, Colorado Broccoli Salad, Apricot Halves, Cornbread Muffin, Honey, Butter, Milk 1%				Sloppy Joes on Bun, Roasted Potatoes, Broccoli-Carrots, Pears, Chocolate Brownie, Milk 1%				Beef Enchilada Casserole, Spanish Brown Rice, Refried Beans, Shredded Lettuce and Diced Tomato, Mango Crisp, Milk 1%			
Calories	701.00	kcal		Calories	988.00	kcal		Calories	682.00	kcal		Calories	804.00	kcal		Calories	908.00	kcal	
Carbs	95.55	gm		Carbs	107.94	gm		Carbs	81.15	gm		Carbs	105.99	gm		Carbs	105.76	gm	
Fiber	15.00	gm		Fiber	11.10	gm		Fiber	13.30	gm		Fiber	11.90	gm		Fiber	16.00	gm	
Protein	43.60	gm		Protein	49.22	gm		Protein	42.46	gm		Protein	38.63	gm		Protein	44.48	gm	
Fat	23.33	gm		Fat	48.24	gm		Fat	28.31	gm		Fat	27.49	gm		Fat	38.35	gm	
Sodium	558.00	mg		Sodium	855.00	mg		Sodium	804.00	mg		Sodium	759.00	mg		Sodium	977.00	mg	
23				24				25				26				27			
Beef Stroganoff over Multi Grain Penne Pasta, Spinach, Cauliflower & Green Pepper Salad, Apple-Oranges, Fudgy Butterscotch Chip Muffin, Butter, Milk 1%				Squash & Apple Soup, Wheat Crackers, Neptune Tuna Salad/Flat Bread, Tomato/Lettuce, Cantaloupe, Lemon Cream Gelatin, Milk 1%				Roast Beef with Gravy, Baked Potato, Butter, Sour Cream, Spinach-Strawberry Salad with Balsamic Dressing, Buttered Apples, Milk 1%				Chicken Gumbo over Rice and Red Beans, Coleslaw with Pineapple & Raisins, Cornbread Muffin, Butter, Watermelon, Milk 1%				Meatballs with Gravy over Parslied Penne Pasta, Harvard Beets, Wheat Roll, Butter, Mandarin Orange-Apple-Bananas, Milk 1%			
Calories	853.00	kcal		Calories	963.00	kcal		Calories	967.00	kcal		Calories	917.00	kcal		Calories	821.00	kcal	
Carbs	109.57	gm		Carbs	120.00	gm		Carbs	120.49	gm		Carbs	93.24	gm		Carbs	102.77	gm	
Fiber	10.10	gm		Fiber	11.80	gm		Fiber	11.90	gm		Fiber	12.00	gm		Fiber	10.40	gm	
Protein	35.88	gm		Protein	42.70	gm		Protein	54.58	gm		Protein	44.65	gm		Protein	45.46	gm	
Fat	32.50	gm		Fat	37.06	gm		Fat	34.07	gm		Fat	41.62	gm		Fat	27.51	gm	
Sodium	535.00	mg		Sodium	#####	mg		Sodium	589.00	mg		Sodium	987.00	mg		Sodium	622.00	mg	



Labor Day is the 3rd most popular day for barbecuing in the summer, it is the official end to hot dog season, according to the National Hot Dog & Sausage Council.
The 1st Labor Day in the US was celebrated on September 5th, 1882 in New York City.

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.