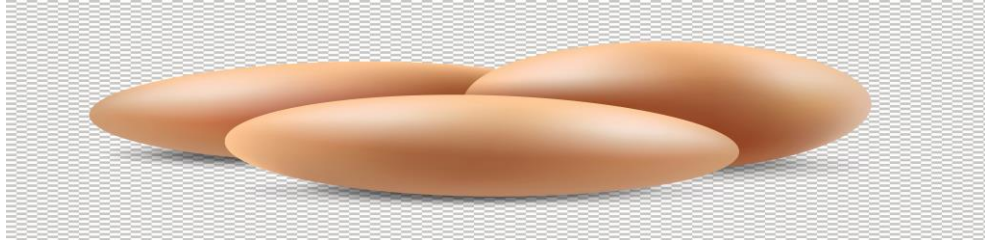


# Friendly Fork APRIL

Monday				Tuesday				Wednesday				Thursday				Friday			
2				3				4				5				6			
Country Fried Steak with Cream Gravy, Yukon Mashed Potatoes, Gravy, Green Beans, Orange Wedges, Wheat Roll, Butter, Milk 1%	Calories	998.00	kcal	Sloppy Joe on Wheat Bun, Creamy Coleslaw, Roasted Sweet Potato, Raspberry Gelatin with Raspberries and Pears, Milk 1%	Calories	727.00	kcal	Teriyaki Chicken with Pineapple, Rice Pilaf, Green Beans with Water Chestnuts, Apple/Cranberry Crisp, Milk 1%	Calories	736.00	kcal	Tamale Pie, Zucchini with Red Peppers and Onions, Tropical Fruit Mix, Custard with Strawberries, Milk 1%	Calories	998.00	kcal	Lemon Cod with Basil, Lemon, Tartar Sauce, Baked Sweet Potato, Spinach Garbanzo Salad w/ Raspberry Dressing, Wheat Roll, Butter, Almond Peach Slices, Milk 1%	Calories	847.00	kcal
	Carbs	96.42	gm		Carbs	76.71	gm		Carbs	81.99	gm		Carbs	96.42	gm		Carbs	98.34	gm
	Fiber	12.30	gm		Fiber	12.70	gm		Fiber	10.10	gm		Fiber	12.30	gm		Fiber	11.80	gm
	Protien	51.36	gm		Protien	36.60	gm		Protien	40.38	gm		Protien	51.36	gm		Protien	41.59	gm
	Fat	48.48	gm		Fat	30.66	gm		Fat	30.29	gm		Fat	48.48	gm		Fat	33.41	gm
	Sodium	692.00	mg		Sodium	641.00	mg		Sodium	714.00	mg		Sodium	692.00	mg		Sodium	1,056.00	mg
9				10				11				12				13			
Turkey Tetrazzini, California Blend, Pears with Grapes, Wheat Roll, Butter, Orange Gelatin with Mandarin Oranges, Milk 1%	Calories	713.00	kcal	Spaghetti with Meat Sauce, Peas with Pearl Onions, Tossed Salad, Italian Dressing, Peaches, Wheat Roll, Butter, Milk 1%	Calories	681.00	kcal	Hot Roast Beef Sandwich Topped with Mashed Red Potatoes and Gravy over Bread, Asparagus, Cherry Crisp, Milk 1%	Calories	998.00	kcal	Breakfast Burrito, Pico De Gallo, Sour Cream, Refried Beans, Strawberries and Bananas, Yogurt-Blueberry-Granola, Milk 1%	Calories	837.00	kcal	Chicken Soft Taco, Pico De Gallo, Shredded Lettuce, Tomato, Cheese, Sour Cream, Mexicorn, Mandarin Oranges, Fruit and Nut Crunch, Milk 1%	Calories	995.00	kcal
	Carbs	96.50	gm		Carbs	91.63	gm		Carbs	98.67	gm		Carbs	104.44	gm		Carbs	103.94	gm
	Fiber	12.30	gm		Fiber	12.10	gm		Fiber	17.00	gm		Fiber	13.40	gm		Fiber	10.80	gm
	Protien	32.68	gm		Protien	36.45	gm		Protien	72.83	gm		Protien	41.15	gm		Protien	61.87	gm
	Fat	25.01	gm		Fat	19.81	gm		Fat	40.97	gm		Fat	28.20	gm		Fat	41.11	gm
	Sodium	982.00	mg		Sodium	1,155.00	mg		Sodium	496.00	mg		Sodium	1,039.00	mg		Sodium	796.00	mg
16				17				18				19				20			
Lentil and Black Bean Soup, Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Carrot Craisin Salad, Melon Mix, Milk 1%	Calories	681.00	kcal	BBQ Pork on Wheat Bun, Baked Sweet Potato, Green Pepper Slaw, Pineapple with Blueberries, Milk 1%	Calories	975.00	kcal	Beef Stew, Green Apple Coleslaw, Buttermilk Biscuit, Butter, Watermelon, Banana Bar, Milk 1%	Calories	1,439.00	kcal	Salisbury Steak with Gravy, Baked Potato, Sour Cream, Butter, California Blend, Wheat Roll, Butter, Strawberries-Bananas, Milk 1%	Calories	948.00	kcal	Meat Lasagna, Spinach and Garbanzo Salad with Poppy Seed Dressing, Mandarin Oranges, Apples and Bananas, Fruity Nut Granola Bar, Milk 1%	Calories	1,102.00	kcal
	Carbs	72.66	gm		Carbs	101.34	gm		Carbs	131.57	gm		Carbs	96.88	gm		Carbs	100.75	gm
	Fiber	10.30	gm		Fiber	10.40	gm		Fiber	13.70	gm		Fiber	13.60	gm		Fiber	10.00	gm
	Protien	28.67	gm		Protien	64.37	gm		Protien	55.89	gm		Protien	46.08	gm		Protien	57.33	gm
	Fat	33.45	gm		Fat	34.44	gm		Fat	79.60	gm		Fat	43.25	gm		Fat	54.57	gm
	Sodium	897.00	mg		Sodium	526.00	mg		Sodium	1,185.00	mg		Sodium	642.00	mg		Sodium	1,151.00	mg
23				24				25				26				27			
Beef Burgundy, Mashed Red Potatoes, Cabbage, Pear, Cranberry Slaw, Wheat Roll, Butter, Oatmeal Raisin Cookie, Milk 1%	Calories	852.00	kcal	Chili Meatloaf, Baked Potato, Sour Cream, Butter, Green Beans with Mushrooms, Mixed Fruit, Chocolate Chip Cookie, Milk 1%	Calories	872.00	kcal	Austrian Style Pork, Mashed Red Potatoes, Wheat Roll, Butter, Mixed Fruit with Apples, Spice Cake, Milk 1%	Calories	899.00	kcal	Chicken Kiev, Broccoli, Spinach Salad with Raspberry Vinaigrette, Pears and Blueberries, Fruity Nut Granola Bar, Milk 1%	Calories	828.00	kcal	Tuna Casserole, Wilted Spinach, Harvard Beets, Peach Crisp, Milk 1%	Calories	1,052.00	kcal
	Carbs	132.67	gm		Carbs	121.21	gm		Carbs	115.95	gm		Carbs	85.86	gm		Carbs	159.07	gm
	Fiber	10.70	gm		Fiber	12.00	gm		Fiber	11.90	gm		Fiber	12.00	gm		Fiber	13.90	gm
	Protien	35.10	gm		Protien	36.60	gm		Protien	45.29	gm		Protien	49.40	gm		Protien	46.51	gm
	Fat	24.06	gm		Fat	29.01	gm		Fat	30.48	gm		Fat	38.89	gm		Fat	32.55	gm
	Sodium	1,181.00	mg		Sodium	922.00	mg		Sodium	948.00	mg		Sodium	1,143.00	mg		Sodium	922.00	mg
30				<p>One egg has only 75 calories but 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, vitamins, minerals, and carotenoids. The egg is a powerhouse of disease-fighting nutrients like lutein and zeaxanthin.</p>															
Chicken White Chili, Spinach Strawberry Salad with Poppy Seed Dressing, Mixed Melon Salad, Cinnamon Roll, Milk 1%	Calories	649.00	kcal																
	Carbs	92.38	gm																
	Fiber	10.30	gm																
	Protien	40.57	gm																
	Fat	12.55	gm																
	Sodium	623.00	mg																

About our Nutritionals: Nutrition content of meals is reviewed by a Registered Dietitian Nutritionist. Nutritionals for recipes comes from the USDA Agricultural Research Service Nutrient Data Laboratory, the source of the CBORD® nutrient data base, and food manufacturer's nutrient information. Nutrition findings are developed and evaluated to meet guidelines. Due to variations in ingredients, nutrition values are approximations. Monthly menu analysis with additional nutrients, may be found at: [welda.org](http://welda.org). If you have any questions, contact Lorrie Wellman, RDN at 970-400-6118