


Friendly Fork AUGUST

Monday				Tuesday				Wednesday				Thursday				Friday								
<p>Honey is a natural food that virtually lasts indefinitely. Honey has equal parts of glucose and fructose, glucose is absorbed quickly and provides immediate energy, fructose is absorbed slowly and provides sustaining energy</p> 				1				2				3												
				BBQ Beef on Wheat Bun, Ketchup, Oven Browned Potato, Southwest Coleslaw, Apricot Halves, Milk 1%		Calories	872.00	kcal	Herb Chicken, Gravy, Creamy Rice Pilaf, Tomato and Zucchini, Raisin Bran Muffin, Butter, Melon and Fresh Strawberries, Milk 1%		Calories	848.00	kcal	Hamburger, Wheat Bun, Lettuce, Tomato, Onion, Fresh Pineapple, Creamy Red Potato Salad, Ketchup, Mustard, Crunchy Fruit Snack, Milk 1%		Calories	993.00	kcal						
						Carbs	93.36	gm			Carbs	97.39	gm			Carbs	123.65	gm						
						Fiber	10.70	gm			Fiber	10.20	gm			Fiber	12.90	gm						
						Protein	57.00	gm			Protein	48.32	gm			Protein	43.53	gm						
						Fat	31.56	gm			Fat	33.23	gm			Fat	40.07	gm						
Sodium	587.00	mg	Sodium	889.00	mg	Sodium	1,079.00	mg																
6				7				8				9				10								
Beef Stew, Orange-Apple-Banana Salad, Corn Bread Muffin, Honey, Butter, Lemon Cream Gelatin, Milk 1%		Calories	992.00	kcal	Lemon Baked Fish, Tartar Sauce, Lemon Wedge, Baked Potato, Butter, Sour Cream, Asparagus-Corn-Red Pepper Blend, Morning Glory Muffin with Walnuts, Butter, Milk 1%		Calories	878.00	kcal	Beef and Bean Taco with Pico De Gallo, Sour Cream, Pepi Corn, Orange-Apple Slices, Oatmeal Raisin Cookie, Milk 1%		Calories	856.00	kcal	Krautburger, Hot German Potato Salad, Grapes, Melon, Grapes and Bananas, Nut Cup, Milk 1%		Calories	819.00	kcal					
		Carbs	103.68	gm			Carbs	92.10	gm			Carbs	89.30	gm			Carbs	94.40	gm					
		Fiber	10.50	gm			Fiber	10.40	gm			Fiber	10.30	gm			Fiber	10.20	gm					
		Protein	50.29	gm			Protein	44.91	gm			Protein	58.78	gm			Protein	45.55	gm					
		Fat	44.89	gm			Fat	39.36	gm			Fat	30.83	gm			Fat	30.68	gm					
Sodium	823.00	mg	Sodium	735.00	mg	Sodium	1,121.00	mg	Sodium	856.00	mg	Sodium	985.00	mg										
13				14				15				16				17								
Navy Bean Soup, Wheat Crackers, Chicken Salad Sandwich on Wheat Bread, Lettuce and Tomato, Rainbow Fruit Salad, Chocolate Chip Cookie, Milk 1%		Calories	784.00	kcal	Vegetable Lasagna, Tossed Salad with Garbanzo Beans, Italian Dressing, Pears, Peaches and Cherries, Crunchy Fruit Snack, Breadstick, Butter, Milk 1%		Calories	758.00	kcal	Sweet and Sour Pork over Brown Rice, Soy Sauce, Chinese Vegetables, Spinach Salad with Mandarin Oranges, Apricot Crisp, Milk 1%		Calories	868.00	kcal	Meatloaf, Gravy, Mashed Potatoes, Gravy, Peas and Onions, Wheat Roll, Butter, Cherry Gelatin with Bananas, Milk 1%		Calories	844.00	kcal	Chicken Noodle Casserole, California Blend Vegetables, Rainbow Fruit Salad, Wheat Roll, Butter, Rocky Road Pudding, Milk 1%		Calories	917.00	kcal
		Carbs	96.41	gm			Carbs	98.90	gm			Carbs	115.76	gm			Carbs	85.50	gm			Carbs	131.30	gm
		Fiber	10.60	gm			Fiber	10.50	gm			Fiber	15.60	gm			Fiber	11.80	gm			Fiber	12.00	gm
		Protein	42.28	gm			Protein	32.31	gm			Protein	36.76	gm			Protein	45.73	gm			Protein	44.78	gm
		Fat	27.80	gm			Fat	29.11	gm			Fat	33.36	gm			Fat	35.49	gm			Fat	25.72	gm
Sodium	1,047.00	mg	Sodium	842.00	mg	Sodium	960.00	mg	Sodium	818.00	mg	Sodium	889.00	mg										
20				21				22				23				24								
Chicken Pot Pie with Wheat Biscuit, Spinach-Garbanzo Salad with Vinegar-Oil Dressing, Fresh Strawberries, Milk 1%		Calories	923.00	kcal	Beef Tips over Mashed Potatoes, Broccoli and Cauliflower, Wheat Roll, Butter, Fresh Strawberries and Bananas, Milk 1%		Calories	906.00	kcal	Salmon with Lemon Wedge, Tartar Sauce, Dill Roll, Butter, Three Bean Salad, Melon Mix, Milk 1%		Calories	904.00	kcal	French Dip Sandwich, Au Jus Sauce, Wheat Hoagie Bun, Baked Sweet Potato, Broccoli, Cantaloupe with Watermelon, Milk 1%		Calories	690.00	kcal	Herbed Pork, Gravy, Whipped Sweet Potatoes, California Vegetable Mix, Honeydew and Fresh Blueberries, Buttered Apples, Milk 1%		Calories	940.00	kcal
		Carbs	105.80	gm			Carbs	72.05	gm			Carbs	77.02	gm			Carbs	94.15	gm			Carbs	96.61	gm
		Fiber	11.30	gm			Fiber	9.40	gm			Fiber	10.70	gm			Fiber	11.90	gm			Fiber	11.00	gm
		Protein	50.27	gm			Protein	49.60	gm			Protein	53.58	gm			Protein	40.95	gm			Protein	43.97	gm
		Fat	35.32	gm			Fat	46.98	gm			Fat	44.28	gm			Fat	18.79	gm			Fat	43.49	gm
Sodium	1,288.00	mg	Sodium	537.00	mg	Sodium	815.00	mg	Sodium	480.00	mg	Sodium	875.00	mg										
27				28				29				30				31								
Roast Beef with Brown Gravy, Baked Potato, Butter, Sour Cream, Wheat Bread, Butter, Tuscan Vegetable Blend, Fresh Peach, Milk 1%		Calories	723.00	kcal	Chicken Fajita, Sour Cream, Pico De Gallo, Aztec Black Bean Salad, Spanish Rice, Banana, Milk 1%		Calories	880.00	kcal	Turkey Bacon Wrap, Broccoli and Cauliflower, Mixed Fruit with Red Grapes, Strawberry Banana Bar, Milk 1%		Calories	613.00	kcal	Chicken Kiev, Roasted Red Potatoes, Lemon Broccoli, Rye Roll, Butter, Ambrosia Salad, Milk 1%		Calories	749.00	kcal	Spaghetti with Meat Sauce, Summer Vegetable Medley, Wheat Roll, Butter, Mandarin Oranges and Pineapple, Milk 1%		Calories	736.00	kcal
		Carbs	94.33	gm			Carbs	85.54	gm			Carbs	93.24	gm			Carbs	76.56	gm			Carbs	92.02	gm
		Fiber	10.90	gm			Fiber	10.20	gm			Fiber	13.70	gm			Fiber	10.30	gm			Fiber	9.90	gm
		Protein	36.23	gm			Protein	57.71	gm			Protein	33.53	gm			Protein	48.44	gm			Protein	40.06	gm
		Fat	22.46	gm			Fat	36.49	gm			Fat	15.82	gm			Fat	29.66	gm			Fat	22.52	gm
Sodium	466.00	mg	Sodium	758.00	mg	Sodium	1,172.00	mg	Sodium	866.00	mg	Sodium	873.00	mg										

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. If you have any questions, contact Lorrie Wellman, RDN at 970-400-6118

About our Nutritionals: