




# Friendly Fork October



Monday				Tuesday				Wednesday				Thursday				Friday			
1				2				3				4				5			
Chicken Breast on a Wheat Bun with Lettuce, Tomato, Onion, and Mayonnaise, Sugar Snap Peas with Red Peppers, Roasted Red Potatoes, Mango Crisp, Milk 1%	Calories	982.00	kcal	Beef Tips over Mashed Potatoes, Peas and Water Chestnuts, Spinach/Garbanzo Salad, Raspberry Vinaigrette, Apple-Banana-Grapes, Milk 1%	Calories	907.00	kcal	Krautburger, Parsley Buttered New Potatoes, Spicy Mustard, California Blend Vegetables, Orange Slices, Fig Bar, Milk 1%	Calories	853.00	kcal	Split Pea Soup, Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Lettuce and Tomato, Aztec Black Bean Salad, Carrot Cake with Cream Cheese Icing, Milk 1%	Calories	1,005.00	kcal	Chicken Pot Pie with Wheat Biscuit, Spinach/Strawberry Poppy Seed Salad, Pineapple Tidbits and Mandarin Oranges, Nut Cup, Milk 1%	Calories	1,054.00	kcal
	Carbs	136.53	gm		Carbs	85.37	gm		Carbs	108.20	gm		Carbs	119.27	gm		Carbs	132.23	gm
	Fiber	13.40	gm		Fiber	12.80	gm		Fiber	10.50	gm		Fiber	16.30	gm		Fiber	12.10	gm
	Protein	44.90	gm		Protein	51.21	gm		Protein	42.85	gm		Protein	42.09	gm		Protein	50.13	gm
	Fat	32.93	gm		Fat	41.07	gm		Fat	29.03	gm		Fat	42.11	gm		Fat	40.20	gm
	Sodium	1,054.00	mg		Sodium	701.00	mg		Sodium	789.00	mg		Sodium	1,207.00	mg		Sodium	1,182.00	mg
8				9				10				11				12			
Meatloaf, Gravy, Mashed Potatoes, Gravy, Peas, Wheat Roll, Butter, Melon Mix, Milk 1%	Calories	884.00	kcal	Turkey and Dumplings, Garlic Mashed Potatoes, Mandarin Oranges and Bananas, Fruity Nut Granola Bar, Milk 1%	Calories	1,025.00	kcal	Baked Chicken & Noodles, Spinach and Garbanzo Bean Salad, Raspberry Vinaigrette, Apple-Orange-Grapes, Dill Roll, Butter, Crispy Rice Treat with Peanuts-Cranberries, Milk 1%	Calories	838.00	kcal	Barbecued Pork on a Wheat Bun, Oven Browned Potatoes, Asparagus, Corn & Roasted Red Pepper Blend, Pears, Milk 1%	Calories	1,072.00	kcal	Roast Beef & Gravy, Baked Potato, Sour Cream, Butter, Orange-Almond-Spinach Salad, Wheat Roll, Butter, Apple Wedges, Milk 1%	Calories	787.00	kcal
	Carbs	97.94	gm		Carbs	137.78	gm		Carbs	119.45	gm		Carbs	124.49	gm		Carbs	90.17	gm
	Fiber	14.90	gm		Fiber	11.20	gm		Fiber	10.10	gm		Fiber	13.90	gm		Fiber	10.40	gm
	Protein	48.36	gm		Protein	44.59	gm		Protein	44.23	gm		Protein	69.25	gm		Protein	37.50	gm
	Fat	33.26	gm		Fat	38.24	gm		Fat	22.11	gm		Fat	35.36	gm		Fat	31.83	gm
	Sodium	798.00	mg		Sodium	913.00	mg		Sodium	1,126.00	mg		Sodium	659.00	mg		Sodium	635.00	mg
15				16				17				18				19			
Crunchy Oven Baked Chicken, Gravy, Walnut Rice Mix, Parslied Carrots, Pineapple-Strawberries, Raisin Bran Muffin, Butter, Milk 1%	Calories	994.00	kcal	Salmon/Dill Sauce, Lemon, Roasted Potatoes, Green Beans/Tomatoes, Fruit Mix-Red Grapes, Chocolate Zucchini Muffin, Butter, Milk 1%	Calories	670.00	kcal	Seafood Pasta Salad, Wheat Crackers, Spinach Salad with Mandarin Oranges and Poppy Seed Dressing, Grapes, Fruity Nut Bar, Milk 1%	Calories	870.00	kcal	Salisbury Steak, Mashed Potatoes, Broccoli & Cauliflower, Wheat Pumpkin Roll, Butter, Oranges Slices, Milk 1%	Calories	819.00	kcal	Chicken with Apples, Creamy Mushroom Rice Pilaf, Asparagus Amandine, Whole Wheat Roll, Butter, Orange-Apricot-Banana Mix, Milk, 1%	Calories	830.00	kcal
	Carbs	129.02	gm		Carbs	80.23	gm		Carbs	118.27	gm		Carbs	73.58	gm		Carbs	97.70	gm
	Fiber	15.90	gm		Fiber	10.20	gm		Fiber	11.60	gm		Fiber	12.50	gm		Fiber	14.40	gm
	Protein	51.41	gm		Protein	44.64	gm		Protein	20.53	gm		Protein	45.28	gm		Protein	51.67	gm
	Fat	34.22	gm		Fat	21.25	gm		Fat	39.49	gm		Fat	40.42	gm		Fat	29.37	gm
	Sodium	939.00	mg		Sodium	312.00	mg		Sodium	682.00	mg		Sodium	353.00	mg		Sodium	565.00	mg
22				23				24				25				26			
Hamburger on a Whole Wheat Bun, Lettuce, Tomato, Onion, Mustard, Ketchup, Baked Beans, Ambrosia, Dried Fruit Nut Cup, Milk 1%	Calories	961.00	kcal	Vegetable Soup, Wheat Crackers, Egg Salad/Multigrain Bread, Lettuce/Tomato, Peaches-Frozen Whole Strawberries, Cranberry-Apple Bread Pudding, Milk 1%	Calories	1,037.00	kcal	Greek-Style Meatballs, Parsley Penne Pasta, Outasight Salad, Orange Wedges, Banana Muffin, Butter, Milk 1%	Calories	718.00	kcal	Fish on a Wheat Bun, Lettuce and Tomato, Tarter Sauce, Roasted Sweet Potato, Creamy Coleslaw, Oatmeal Raisin Cookie, Milk 1%	Calories	967.00	kcal	Stuffed Pepper Casserole, Carrot Coins, Pears, Wheat Roll, Butter, Pistachio Pudding, Milk 1%	Calories	865.00	kcal
	Carbs	113.67	gm		Carbs	134.36	gm		Carbs	83.34	gm		Carbs	114.30	gm		Carbs	128.38	gm
	Fiber	15.50	gm		Fiber	12.10	gm		Fiber	10.30	gm		Fiber	12.20	gm		Fiber	15.10	gm
	Protein	47.81	gm		Protein	37.36	gm		Protein	40.91	gm		Protein	32.83	gm		Protein	39.53	gm
	Fat	38.99	gm		Fat	40.68	gm		Fat	26.71	gm		Fat	45.41	gm		Fat	23.41	gm
	Sodium	1,083.00	mg		Sodium	1,191.00	mg		Sodium	510.00	mg		Sodium	1,118.00	mg		Sodium	806.00	mg
29				30				31				 <p>Apples are a popular fall fruit and contain no fat, sodium or cholesterol and are a good source of fiber.</p>							
Beef Stew, Pear-Cranberry-Cabbage Coleslaw, Biscuit, Butter, Mandarin Oranges-Pineapple, Ida's Pumpkin Bar, Milk 1%	Calories	1,174.00	kcal	Meat Lasagna, Italian Vegetables, Carrot Salad, Honey Wheat Roll, Butter, Peach Crisp, Milk 1%	Calories	1,190.00	kcal	Cold Meatloaf Sandwich, Mashed Potatoes, Gravy, Broccoli and Carrots, Pear Halves, Rocky Road Pudding, Ketchup, Milk 1%	Calories	1,018.00	kcal								
	Carbs	144.85	gm		Carbs	123.30	gm		Carbs	141.41	gm								
	Fiber	13.00	gm		Fiber	10.10	gm		Fiber	12.80	gm								
	Protein	44.63	gm		Protein	51.25	gm		Protein	39.75	gm								
	Fat	50.83	gm		Fat	55.87	gm		Fat	35.94	gm								
	Sodium	1,061.00	mg		Sodium	1,222.00	mg		Sodium	937.00	mg								
<p>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: <a href="http://weldaaa.org">weldaaa.org</a>. If you have any questions, contact Lorrie Wellman, RDN at 970-400-6118</p>																			