

# Friendly Fork JUNE

**Monday**

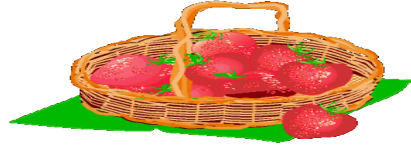
**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Strawberries are the only fruit that wear their seeds on the outside. The average strawberry has about 200 of them, no wonder it only takes one bite to get seeds stuck in your teeth.



| 1                                                                                                                                 |          |        |      |
|-----------------------------------------------------------------------------------------------------------------------------------|----------|--------|------|
| Baked Potato Bar with Chili, Cheddar Cheese, Sour Cream, Butter, Southwestern, Coleslaw, Wheat Roll, Butter, Melon Salad, Milk 1% | Calories | 708.00 | kcal |
|                                                                                                                                   | Carbs    | 98.85  | gm   |
|                                                                                                                                   | Fiber    | 11.20  | gm   |
|                                                                                                                                   | Protien  | 27.44  | gm   |
|                                                                                                                                   | Fat      | 24.61  | gm   |
| Sodium                                                                                                                            | 663.00   | mg     |      |

| 4                                                                                                  |          |          |      | 5                                                                                                                                     |          |          |      | 6                                                                                                         |          |        |      | 7                                                                                                                                      |          |          |      | 8                                                                                                                      |          |        |      |
|----------------------------------------------------------------------------------------------------|----------|----------|------|---------------------------------------------------------------------------------------------------------------------------------------|----------|----------|------|-----------------------------------------------------------------------------------------------------------|----------|--------|------|----------------------------------------------------------------------------------------------------------------------------------------|----------|----------|------|------------------------------------------------------------------------------------------------------------------------|----------|--------|------|
| BBQ Beef on Wheat Bun, Potato Salad, Mandarin Oranges, Pears and Blueberries, Pumpkin Bar, Milk 1% | Calories | 957.00   | kcal | Cream of Asparagus Soup, Wheat Crackers, Chicken Salad Pita, Tomato-Cucumber-Mint Salad, Rainbow Fruit Salad, Fruity Nut Bar, Milk 1% | Calories | 1,085.00 | kcal | Braised Beef, Mashed Potatoes Marinated Vegetables, Wheat Roll, Butter, Strawberries and Bananas, Milk 1% | Calories | 928.00 | kcal | Hamburger on Bun, Ketchup, Mustard, Lettuce, Tomato, Onion, Creamy Potato Salad, Baked Beans, Cherry Gelatin with Mixed Fruit, Milk 1% | Calories | 983.00   | kcal | Baked Cod, Lemon Wedge, Tartar Sauce, Broccoli, Wheat Roll, Butter, Orange, Kiwi and Strawberries, Banana Bar, Milk 1% | Calories | 862.00 | kcal |
|                                                                                                    | Carbs    | 97.27    | gm   |                                                                                                                                       | Carbs    | 122.70   | gm   |                                                                                                           | Carbs    | 77.67  | gm   |                                                                                                                                        | Carbs    | 119.26   | gm   |                                                                                                                        | Carbs    | 81.71  | gm   |
|                                                                                                    | Fiber    | 11.00    | gm   |                                                                                                                                       | Fiber    | 10.30    | gm   |                                                                                                           | Fiber    | 9.90   | gm   |                                                                                                                                        | Fiber    | 13.50    | gm   |                                                                                                                        | Fiber    | 11.40  | gm   |
|                                                                                                    | Protien  | 57.55    | gm   |                                                                                                                                       | Protien  | 47.51    | gm   |                                                                                                           | Protien  | 47.82  | gm   |                                                                                                                                        | Protien  | 46.10    | gm   |                                                                                                                        | Protien  | 49.76  | gm   |
|                                                                                                    | Fat      | 36.71    | gm   |                                                                                                                                       | Fat      | 49.31    | gm   |                                                                                                           | Fat      | 49.25  | gm   |                                                                                                                                        | Fat      | 35.98    | gm   |                                                                                                                        | Fat      | 39.99  | gm   |
|                                                                                                    | Sodium   | 1,187.00 | mg   |                                                                                                                                       | Sodium   | 1,005.00 | mg   |                                                                                                           | Sodium   | 542.00 | mg   |                                                                                                                                        | Sodium   | 1,235.00 | mg   |                                                                                                                        | Sodium   | 769.00 | mg   |

| 11                                                                                                              |          |        |      | 12                                                                                                                                         |          |          |      | 13                                                                                                |          |          |      | 14                                                                                                               |          |        |      | 15                                                                                                                                         |          |        |      |
|-----------------------------------------------------------------------------------------------------------------|----------|--------|------|--------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|------|---------------------------------------------------------------------------------------------------|----------|----------|------|------------------------------------------------------------------------------------------------------------------|----------|--------|------|--------------------------------------------------------------------------------------------------------------------------------------------|----------|--------|------|
| Lemon Dijon Chicken, Gravy, Creamy Rice Pilaf, Green Beans, Wheat Roll, Butter, Orange-Apricots-Banana, Milk 1% | Calories | 635.00 | kcal | Salmon, Lemon Wedge, Tartar Sauce, Roasted Potato, Brussel Sprouts, Malt Vinegar, Wheat Roll, Butter, Cantaloupe, Carnival Cookie, Milk 1% | Calories | 876.00   | kcal | Sloppy Joe on Wheat Bun, Macaroni Salad, Carrot and Celery Sticks with Ranch Dip, Banana, Milk 1% | Calories | 942.00   | kcal | Swedish Meatballs over Penne Pasta, Coleslaw with Pineapple and Raisins, Wheat Roll, Butter, Watermelon, Milk 1% | Calories | 950.00 | kcal | Meatloaf, Gravy, Mashed Potatoes, Gravy, Zulu Cabbage, Wheat Roll, Butter, Fresh Strawberries, Peanut-Cranberry Krispy Rice Treat, Milk 1% | Calories | 986.00 | kcal |
|                                                                                                                 | Carbs    | 86.28  | gm   |                                                                                                                                            | Carbs    | 87.38    | gm   |                                                                                                   | Carbs    | 100.54   | gm   |                                                                                                                  | Carbs    | 83.83  | gm   |                                                                                                                                            | Carbs    | 120.43 | gm   |
|                                                                                                                 | Fiber    | 12.50  | gm   |                                                                                                                                            | Fiber    | 10.90    | gm   |                                                                                                   | Fiber    | 11.00    | gm   |                                                                                                                  | Fiber    | 10.50  | gm   |                                                                                                                                            | Fiber    | 11.60  | gm   |
|                                                                                                                 | Protien  | 37.39  | gm   |                                                                                                                                            | Protien  | 49.13    | gm   |                                                                                                   | Protien  | 40.61    | gm   |                                                                                                                  | Protien  | 41.21  | gm   |                                                                                                                                            | Protien  | 44.26  | gm   |
|                                                                                                                 | Fat      | 18.67  | gm   |                                                                                                                                            | Fat      | 38.95    | gm   |                                                                                                   | Fat      | 41.97    | gm   |                                                                                                                  | Fat      | 51.87  | gm   |                                                                                                                                            | Fat      | 37.94  | gm   |
|                                                                                                                 | Sodium   | 636.00 | mg   |                                                                                                                                            | Sodium   | 1,043.00 | mg   |                                                                                                   | Sodium   | 1,063.00 | mg   |                                                                                                                  | Sodium   | 844.00 | mg   |                                                                                                                                            | Sodium   | 866.00 | mg   |

| 18                                                                                                                               |          |          |      | 19                                                                                                         |          |        |      | 20                                                                                                                            |          |        |      | 21                                                                                                              |          |        |      | 22                                                                                                        |          |          |      |
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| Crispy Fish Sandwich on Wheat Bun, Tartar Sauce, Roasted Red Potatoes, Creamy Coleslaw, Tropical Fruit, Blueberry Crisp, Milk 1% | Calories | 1,114.00 | kcal | Chicken Fajita on Wheat Tortilla, Pico De Gallo, Spanish Rice, Refried Beans, Rainbow Fruit Salad, Milk 1% | Calories | 656.00 | kcal | Roast Beef, Gravy, Mashed Potatoes, Gravy, Green Beans with Red Peppers, Wheat Roll, Butter, Raspberries and Bananas, Milk 1% | Calories | 714.00 | kcal | Roast Turkey, Gravy, Apple-Cranberry Dressing, Gravy, California Blend Vegetables, Pumpkin Bar, Butter, Milk 1% | Calories | 910.00 | kcal | Rosemary Pork Loin, Gravy, Mashed Potatoes, Gravy, Caesar Salad, Wheat Roll, Butter, Fruit Salad, Milk 1% | Calories | 953.00   | kcal |
|                                                                                                                                  | Carbs    | 137.64   | gm   |                                                                                                            | Carbs    | 83.86  | gm   |                                                                                                                               | Carbs    | 75.6   | gm   |                                                                                                                 | Carbs    | 86.74  | gm   |                                                                                                           | Carbs    | 96.37    | gm   |
|                                                                                                                                  | Fiber    | 10.80    | gm   |                                                                                                            | Fiber    | 10.40  | gm   |                                                                                                                               | Fiber    | 10.10  | gm   |                                                                                                                 | Fiber    | 13.20  | gm   |                                                                                                           | Fiber    | 10.30    | gm   |
|                                                                                                                                  | Protien  | 31.78    | gm   |                                                                                                            | Protien  | 45.65  | gm   |                                                                                                                               | Protien  | 48.36  | gm   |                                                                                                                 | Protien  | 53.80  | gm   |                                                                                                           | Protien  | 41.37    | gm   |
|                                                                                                                                  | Fat      | 50.97    | gm   |                                                                                                            | Fat      | 16.21  | gm   |                                                                                                                               | Fat      | 25.70  | gm   |                                                                                                                 | Fat      | 42.67  | gm   |                                                                                                           | Fat      | 47.86    | gm   |
|                                                                                                                                  | Sodium   | 1,020.00 | mg   |                                                                                                            | Sodium   | 936.00 | mg   |                                                                                                                               | Sodium   | 541.00 | mg   |                                                                                                                 | Sodium   | 754.00 | mg   |                                                                                                           | Sodium   | 1,167.00 | mg   |

| 25                                                                                                 |          |          |      | 26                                                                                                                 |          |          |      | 27                                                                                                                                       |          |        |      | 28                                                                                                   |          |        |      | 29                                                                                                                |          |          |      |
|----------------------------------------------------------------------------------------------------|----------|----------|------|--------------------------------------------------------------------------------------------------------------------|----------|----------|------|------------------------------------------------------------------------------------------------------------------------------------------|----------|--------|------|------------------------------------------------------------------------------------------------------|----------|--------|------|-------------------------------------------------------------------------------------------------------------------|----------|----------|------|
| White Chicken Chili, Wheat Crackers, Biscuit, Butter, Carrot-Cranraisin Salad, Watermelon, Milk 1% | Calories | 978.00   | kcal | Ham and Potato Soup, Egg Salad Pita Pocket, Lettuce, Tomato, Waldorf Salad, Cantaloupe, Fruit and Nut Cup, Milk 1% | Calories | 1,057.00 | kcal | Chilled Seafood-Pasta Salad, Wheat Crackers, Spinach Salad with Mandarin Orange and Poppy Seed Dressing, Grapes, Fruity Nut Bar, Milk 1% | Calories | 870.00 | kcal | Shepherd's Pie, Spinach Salad with Crasins, Italian Dressing, Wheat Roll, Butter, Melon Mix, Milk 1% | Calories | 644.00 | kcal | Meat Sauce over Spaghetti, Summer Vegetable Medley, Tomato/Cucumber Salad, Breadstick, Chocolate Brownie, Milk 1% | Calories | 1,154.00 | kcal |
|                                                                                                    | Carbs    | 124.14   | gm   |                                                                                                                    | Carbs    | 123.80   | gm   |                                                                                                                                          | Carbs    | 118.27 | gm   |                                                                                                      | Carbs    | 89.13  | gm   |                                                                                                                   | Carbs    | 110.29   | gm   |
|                                                                                                    | Fiber    | 12.60    | gm   |                                                                                                                    | Fiber    | 11.90    | gm   |                                                                                                                                          | Fiber    | 11.60  | gm   |                                                                                                      | Fiber    | 10.60  | gm   |                                                                                                                   | Fiber    | 10.50    | gm   |
|                                                                                                    | Protien  | 43.70    | gm   |                                                                                                                    | Protien  | 41.00    | gm   |                                                                                                                                          | Protien  | 20.53  | gm   |                                                                                                      | Protien  | 32.05  | gm   |                                                                                                                   | Protien  | 42.70    | gm   |
|                                                                                                    | Fat      | 35.97    | gm   |                                                                                                                    | Fat      | 45.76    | gm   |                                                                                                                                          | Fat      | 39.49  | gm   |                                                                                                      | Fat      | 21.08  | gm   |                                                                                                                   | Fat      | 62.58    | gm   |
|                                                                                                    | Sodium   | 1,145.00 | mg   |                                                                                                                    | Sodium   | 1,162.00 | mg   |                                                                                                                                          | Sodium   | 682.00 | mg   |                                                                                                      | Sodium   | 844.00 | mg   |                                                                                                                   | Sodium   | 1,235.00 | 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