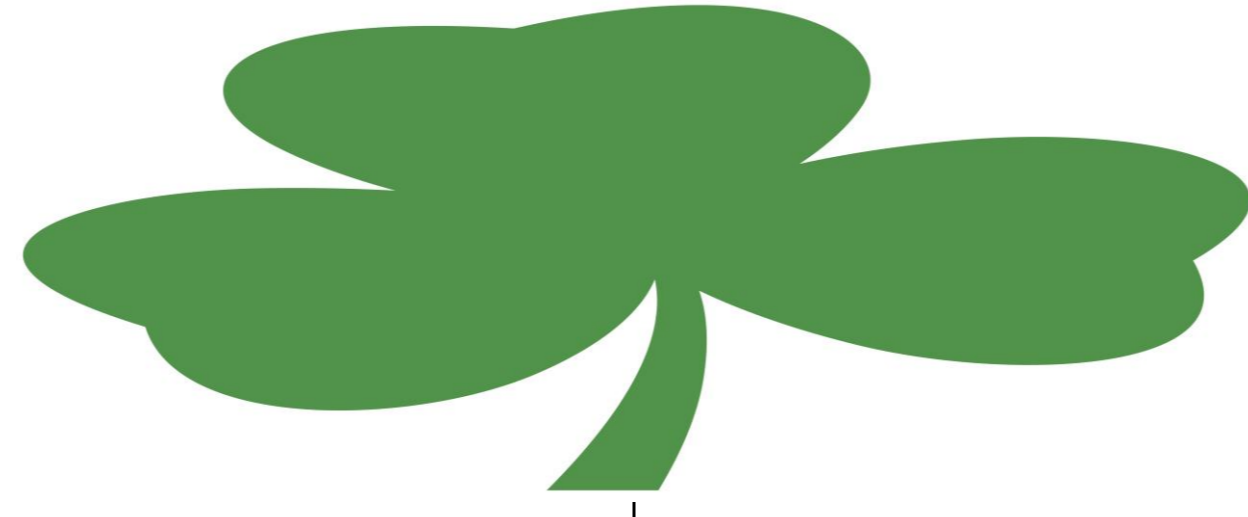


Friendly Fork MARCH

Monday				Tuesday				Wednesday				Thursday				Friday																			
5				6				7				8				9																			
March Fun Facts: It was in March 1889 that the Eiffel Tower was officially opened to the public. It was the tallest building in the world for 41 years before being surpassed by the Chrysler Building. Alexander Graham Bell made the first ever phone call on March 10, 1876.								Sweet and Sour Beef Meatballs with Brown Rice, Colorado Broccoli Salad, Mandarin Oranges and Pineapple, Fruity Nut Granola Bar, Milk 1%				1 Calories 1,006.00 kcal Carbs 124.24 gm Fiber 12.80 gm Protien 39.30 gm Fat 44.63 gm Sodium 798.00 mg				2 Tahitian Chicken, Brown Rice Pilaf, California Blend Vegetables, Apricots and Raspberries, Chocolate Muffin, Butter, Milk 1% Calories 749.00 kcal Carbs 94.20 gm Fiber 13.30 gm Protien 44.02 gm Fat 25.71 gm Sodium 729.00 mg																			
												5 BBQ Beef on a Wheat Bun, Creamy Potato Salad, Green Beans, Corn and Red Pepper Mix, Peaches and Raspberries, Milk 1% Calories 860.00 kcal Carbs 95.37 gm Fiber 12.40 gm Protien 58.00 gm Fat 27.74 gm Sodium 554.00 mg								6 Roast Turkey, Mashed Red Potatoes, Gravy, Three Bean Salad, Mixed Melon, Wheat Roll, Butter, Milk 1% Calories 815.00 kcal Carbs 83.86 gm Fiber 12.80 gm Protien 54.69 gm Fat 30.74 gm Sodium 675.00 mg				7 Chicken Parmesan and Marinara, Parslied Penne, Italian Vegetables, Pineapple, Breadstick, Butter, Milk 1% Calories 884.00 kcal Carbs 130.16 gm Fiber 12.40 gm Protien 56.56 gm Fat 19.58 gm Sodium 919.00 mg				8 Soft Beef and Bean Taco, Pico De Gallo, Sour Cream, Mexicorn, Tropical Fruit Salad, Cornbread Muffin, Butter, Honey, Milk 1% Calories 864.00 kcal Carbs 116.13 gm Fiber 14.20 gm Protien 37.74 gm Fat 32.95 gm Sodium 969.00 mg				9 Lemon Baked Cod, Lemon Wedge, Tartar Sauce, Baked Potato, Sour Cream, Butter, Broccoli-Cauliflower Salad with Ranch Dressing, Grapes, Raspberry Muffin, Butter, Milk 1% Calories 1,038.00 kcal Carbs 94.49 gm Fiber 10.30 gm Protien 47.04 gm Fat 54.77 gm Sodium 822.00 mg			
												12 Cabbage Casserole, Marinated Vegetables, Mixed Fruit with Red Grapes, Morning Glory Muffin, Butter, Milk 1% Calories 757.00 kcal Carbs 84.52 gm Fiber 13.30 gm Protien 40.88 gm Fat 31.53 gm Sodium 411.00 mg								13 Lemon Dijon Chicken Breast, Roasted Parsnips, Turnips, Beets and Carrots, Brown Rice with Cream Gravy, Wheat Roll, Butter, Chocolate Muffin, Milk 1% Calories 750.00 kcal Carbs 95.65 gm Fiber 14.00 gm Protien 41.01 gm Fat 27.25 gm Sodium 860.00 mg				14 Chicken Alfredo over Wheat Pasta, Spinach Garbanzo Bean Salad with Italian Dressing, Banana and Blueberries, Lemon Pudding, Milk 1% Calories 819.00 kcal Carbs 146.28 gm Fiber 12.90 gm Protien 40.56 gm Fat 13.30 gm Sodium 1,007.00 mg				15 French Dip with Au Jus Cup, Oven Brown Potatoes, Creamy Coleslaw, Strawberries and Bananas, Milk 1% Calories 888.00 kcal Carbs 84.29 gm Fiber 11.80 gm Protien 52.76 gm Fat 39.02 gm Sodium 749.00 mg				16 Corned Beef, Cabbage, Carrots, Mustard, Rainbow Salad, Potato Colcannon, Rye Bread, Butter, Fruit Salad, Saint Patty's Day Cookie, Milk 1% Calories 1,017.00 kcal Carbs 120.22 gm Fiber 12.40 gm Protien 55.50 gm Fat 38.15 gm Sodium 1,599.00 mg			
												19 Beef Tips, Mashed Red Potatoes, Gravy, California Blend Vegetables, Wheat Roll, Butter, Mixed Fruit, Milk 1% Calories 970.00 kcal Carbs 86.60 gm Fiber 11.60 gm Protien 48.86 gm Fat 49.03 gm Sodium 735.00 mg								20 Italian Meatloaf, Italian Vegetable Medley, Apple Waldorf Salad, Wheat Roll, Butter, Cherry Crisp, Milk 1% Calories 928.00 kcal Carbs 106.64 gm Fiber 12.70 gm Protien 44.88 gm Fat 39.31 gm Sodium 706.00 mg				21 Roast Beef, Brown Gravy, Baked Potato, Sour Cream, Butter, Brussels Sprouts with Malt Vinegar, Wheat Roll, Butter, Chocolate Pudding, Milk 1% Calories 943.00 kcal Carbs 110.85 gm Fiber 14.50 gm Protien 54.62 gm Fat 33.90 gm Sodium 1,070.00 mg				22 Stuffed Green Pepper, Scalloped Potatoes, Mixed Fruit, Mint Cucumber/Tomato Salad, Rice Krispie Treat, Milk 1% Calories 920.00 kcal Carbs 126.73 gm Fiber 11.50 gm Protien 39.32 gm Fat 30.59 gm Sodium 604.00 mg				23 Egg Salad on Wheat, Lettuce/Tomato, Marinated Vegetable Salad, Cantaloupe, Brownie, Milk 1% Calories 744.00 kcal Carbs 74.81 gm Fiber 11.20 gm Protien 31.24 gm Fat 38.62 gm Sodium 756.00 mg			
												26 Chicken Cacciatore, Orzo, Italian Tuscan Blend, Wheat Roll, Butter, Buttered Apples, Milk 1% Calories 811.00 kcal Carbs 114.61 gm Fiber 10.70 gm Protien 44.01 gm Fat 21.35 gm Sodium 731.00 mg								27 Austrian-Style Pork, Roasted Potatoes, Broccoli Florets, Peaches and Strawberries, Bread Pudding, Milk 1% Calories 781.00 kcal Carbs 102.98 gm Fiber 11.50 gm Protien 47.51 gm Fat 22.48 gm Sodium 962.00 mg				28 Hamburger with Wheat Bun, Ketchup, Mustard, Creamy Coleslaw, Oven Browned Potatoes, Tomato/Lettuce Slice, Dried Fruit and Nut Cup, Milk 1% Calories 1,047.00 kcal Carbs 106.55 gm Fiber 11.50 gm Protien 42.97 gm Fat 51.71 gm Sodium 1,151.00 mg				29 Navy Bean Soup, Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Lettuce/Tomato Slice, Mixed Fruit, Chocolate Chip Cookie, Milk 1% Calories 768.00 kcal Carbs 94.02 gm Fiber 10.70 gm Protien 36.34 gm Fat 29.25 gm Sodium 1,055.00 mg				30 Salmon with Lemon Wedge, Tartar Sauce, Whipped Sweet Potatoes, Peas with Pearl Onions, Honeydew Melon, Wheat Roll, Butter, Milk 1%, Calories 854.00 kcal Carbs 78.46 gm Fiber 11.70 gm Protien 47.96 gm Fat 39.68 gm Sodium 938.00 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. If you have any questions, contact Lorrie Wellman, RDN at 970-400-6118