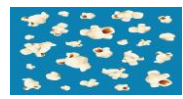


Friendly Fork November

Monday	Tuesday	Wednesday	Thursday	Friday
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Popcorn was first introduced to the United States in the 1820's. Which state eats the most popcorn per capita per year? Colorado, Oregon or Nebraska



Nebraska

1			2				
Marinara Meat Sauce with Wheat Rotini, Broccoli Cuts, Pears, Wheat Roll, Butter, Milk 1%	Calories	942.00	kcal	Chicken Torta, Spanish Brown Rice, Refried Beans, Mango Crisp, Milk 1%	Calories	1,051.00	kcal
	Carbs	138.37	gm		Carbs	144.90	gm
	Fiber	18.10	gm		Fiber	12.10	gm
	Protein	48.00	gm		Protein	60.65	gm
	Fat	26.57	gm		Fat	26.89	gm
	Sodium	906.00	mg		Sodium	1,243.00	mg

5			6			7			8			9							
Austrian Style Pork and Cabbage, Tarragon Mashed Potatoes, Carrot-Apple-Celery Salad, Pumpkin Roll, Butter, Milk 1%	Calories	895.00	kcal	Beef and Bean Burrito, Tomato, Lettuce, Cheddar Cheese, Aztec Black Beans, Pineapple and Grapes, Butterscotch Pudding, Milk 1%	Calories	795.00	kcal	Ginger Pot Roast, Roasted Turnips and Parsnips, Peaches and Apricots, Raisin Bran Muffin, Butter, Milk 1%	Calories	828.00	kcal	Hamburger on Whole Wheat Bun, Lettuce, Tomato, Onion, Mustard, Ketchup, Creamy Coleslaw, Whole Kiwi, Crunchy Fruit Nut Cup, Milk 1%	Calories	936.00	kcal	Baked Ziti, Italian Vegetables, Spinach-Strawberry-Poppy Seed Salad, Grapes, Milk 1%	Calories	777.00	kcal
	Carbs	93.24	gm		Carbs	113.05	gm		Carbs	96.21	gm		Carbs	82.83	gm		Carbs	115.11	gm
	Fiber	12.00	gm		Fiber	15.70	gm		Fiber	12.30	gm		Fiber	11.40	gm		Fiber	14.10	gm
	Protein	53.59	gm		Protein	36.35	gm		Protein	40.83	gm		Protein	43.93	gm		Protein	30.23	gm
	Fat	35.81	gm		Fat	23.99	gm		Fat	33.17	gm		Fat	51.32	gm		Fat	24.82	gm
		Sodium	881.00		mg		Sodium		1,291.00	mg			Sodium	980.00	mg			Sodium	974.00

12			13			14			15			16						
			Country Fried Steak, Gravy, Mashed Red Potatoes, Gravy, Parslied Carrots, Wheat Roll, Butter, Banana, Milk 1%	Calories	1,062.00	kcal	Lemon Baked Cod, Lemon, Tartar Sauce, Roasted Red Potatoes, Brussels Sprouts, Malt Vinegar, Peaches, Dill Roll, Butter, Milk 1%	Calories	803.00	kcal	Beef Tips over Penne Pasta, Peas with Pearl Onions, Banana-Pineapple-Waldorf Salad, Wheat Roll, Butter, Milk 1%	Calories	1,061.00	kcal	Beef-Cabbage Casserole, Caesar Salad, Tropical Fruit Salad, Wheat Roll, Butter, Milk 1%	Calories	903.00	kcal
				Carbs	111.04	gm		Carbs	78.16	gm		Carbs	118.31	gm		Carbs	82.97	gm
				Fiber	12.90	gm		Fiber	9.80	gm		Fiber	13.20	gm		Fiber	11.90	gm
				Protein	52.57	gm		Protein	45.32	gm		Protein	53.29	gm		Protein	46.93	gm
				Fat	46.97	gm		Fat	36.39	gm		Fat	41.94	gm		Fat	45.26	gm
					Sodium	675.00		mg		Sodium		756.00	mg			Sodium	582.00	mg

19			20			21			22			23		
Roast Turkey, Mashed Potatoes, Gravy, Stuffing, Green Bean Amandine, Cranberry Relish, Wheat Roll, Butter, Pumpkin Bar, Milk 1%	Calories	997.00	kcal	Roast Turkey, Mashed Potatoes, Gravy, Stuffing, Green Bean Amandine, Cranberry Relish, Wheat Roll, Butter, Pumpkin Bar, Milk 1%	Calories	997.00	kcal	Roast Turkey, Mashed Potatoes, Gravy, Stuffing, Green Bean Amandine, Cranberry Relish, Wheat Roll, Butter, Pumpkin Bar, Milk 1%	Calories	997.00	kcal			
	Carbs	118.52	gm		Carbs	118.52	gm		Carbs	118.52	gm			
	Fiber	12.60	gm		Fiber	12.60	gm		Fiber	12.60	gm			
	Protein	57.98	gm		Protein	57.98	gm		Protein	57.98	gm			
	Fat	34.14	gm		Fat	34.14	gm		Fat	34.14	gm			
		Sodium	1,104.00		mg		Sodium		1,104.00	mg		Sodium	1,104.00	mg

26			27			28			29			30							
Chicken Fajita, Seasoned Black Beans, Spanish Brown Rice, Pico De Gallo, Sour Cream, Buttered Apples, Milk 1%	Calories	937.00	kcal	Beef and Bean Chili, Wheat Crackers, Carrot-Raisin Salad, Cinnamon Roll, Butter, Pineapple and Grapes, Milk 1%	Calories	981.00	kcal	Roast Beef Sandwich on Wheat with Lettuce, Tomato, Mayonnaise, Mustard, Three Bean Salad, Carrots, Melon Salad, Milk 1%	Calories	579.00	kcal	Beef Stew, Roasted Red Potatoes, Orange-Banana Pears, Pumpkin Wheat Roll, Butter, White Chocolate Macadamia Nut Cookie, Milk 1%	Calories	1,046.00	kcal	Rosemary Pork Loin, Gravy, Creamy Mushroom Rice Pilaf, Harvard Beets, Rye Roll, Butter, Peach Crisp, Milk 1%	Calories	1,025.00	kcal
	Carbs	85.17	gm		Carbs	134.65	gm		Carbs	61.51	gm		Carbs	109.11	gm		Carbs	108.50	gm
	Fiber	10.80	gm		Fiber	17.00	gm		Fiber	11.50	gm		Fiber	15.50	gm		Fiber	10.40	gm
	Protein	58.92	gm		Protein	39.79	gm		Protein	37.54	gm		Protein	50.07	gm		Protein	43.92	gm
	Fat	40.55	gm		Fat	32.89	gm		Fat	24.44	gm		Fat	49.04	gm		Fat	47.42	gm
		Sodium	1,047.00		mg		Sodium		1,069.00	mg			Sodium	1,084.00	mg			Sodium	508.00

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