


# Friendly Fork SEPTEMBER

Monday				Tuesday				Wednesday				Thursday				Friday			
3				4				5				6				7			
<b>Labor Day</b> No meals 				Country Fried Steak, Gravy, Mashed Potatoes, Broccoli Cuts, Sliced Pears, Pumpkin Roll, Butter, Milk 1%	Calories	1,061.00	kcal	Grilled Chicken Breast on a Whole Wheat Bun, Lettuce, Tomato, Onion, Mayonnaise, Mustard, Creamy Potato Salad, 3 Bean Salad, Orange Halves, Milk 1%	Calories	829.00	kcal	Hamburger on a Whole Wheat Bun, Lettuce, Tomato, Onion, Mustard, Ketchup, Garden Pasta Salad, Watermelon, Milk 1%	Calories	950.00	kcal	Ginger Beef Pot Roast with Potato, Carrot and Onion, Steamed Cabbage-Carrots, Rye Roll, Butter, Lime Gelatin and Pears, Milk 1%	Calories	687.00	kcal
					Carbs	114.00	gm		Carbs	95.46	gm		Carbs	109.60	gm		Carbs	93.74	gm
					Fiber	16.60	gm		Fiber	14.60	gm		Fiber	15.10	gm		Fiber	13.00	gm
					Protein	53.70	gm		Protein	49.80	gm		Protein	48.84	gm		Protein	40.08	gm
					Fat	48.01	gm		Fat	29.89	gm		Fat	39.64	gm		Fat	18.38	gm
					Sodium	468.00	mg		Sodium	866.00	mg		Sodium	1,102.00	mg		Sodium	751.00	mg
10				11				12				13				14			
Shepherd's Pie, Quinoa-Tomato-Pea Salad, Pineapple Tidbits with Red Grapes, Rye Roll, Butter, Milk 1%	Calories	640.00	kcal	Meat Marinara Sauce over Wheat Pasta, Roasted Turnips-Parsnips, Spinach Mandarin Orange Salad, Cantaloupe, Wheat Roll, Butter, Milk 1%	Calories	682.00	kcal	Sloppy Joe on Wheat Bun, Roasted Red Potatoes, Apple-Banana-Red Grapes, Fig Bar, Milk 1%	Calories	850.00	kcal	Rosemary Roast Pork with Pork Gravy, Mashed Potatoes with Tarragon, Gravy, California Blend Vegetables, Pumpkin Roll, Butter, Banana, Milk 1%	Calories	742.00	kcal	Navy Bean Soup, Wheat Crackers, Chicken Dill Salad, Cantaloupe and Strawberries, Apple Crisp, Milk 1%	Calories	1,012.00	kcal
	Carbs	81.32	gm		Carbs	82.09	gm		Carbs	129.05	gm		Carbs	88.21	gm		Carbs	135.75	gm
	Fiber	10.50	gm		Fiber	10.10	gm		Fiber	11.80	gm		Fiber	11.90	gm		Fiber	12.00	gm
	Protein	31.97	gm		Protein	34.12	gm		Protein	39.84	gm		Protein	35.80	gm		Protein	41.15	gm
	Fat	23.86	gm		Fat	24.36	gm		Fat	23.05	gm		Fat	28.91	gm		Fat	36.98	gm
	Sodium	637.00	mg		Sodium	923.00	mg		Sodium	642.00	mg		Sodium	658.00	mg		Sodium	961.00	mg
17				18				19				20				21			
Beef Stroganoff over Multi Grain Penne Pasta, Spinach, Cauliflower & Green Pepper Salad, Wheat Roll, Butter, Peach Crisp, Milk 1%	Calories	836.00	kcal	Meatloaf and Brown Gravy, Mashed Potatoes, Broccoli and Carrots, Sliced Pears, Wheat Roll, Butter, Milk 1%	Calories	832.00	kcal	Beef Goulash over Multi Grain Penne Pasta, Autumn Apple Coleslaw, Strawberries and Bananas, Crunchy Snack Mix, Milk 1%	Calories	722.00	kcal	Turkey Wrap, Broccoli/Cauliflower Salad with Honey Yogurt Dressing, Melon and Strawberry Mix, Fruity Nut Granola Bar, Milk 1%	Calories	775.00	kcal	Beef Enchilada Casserole, Spanish Brown Rice, Aztec Black Bean, Shredded Lettuce and Diced Tomato, Tropical Fruit Salad, Milk 1%	Calories	751.00	kcal
	Carbs	101.08	gm		Carbs	93.13	gm		Carbs	88.81	gm		Carbs	100.04	gm		Carbs	86.23	gm
	Fiber	10.30	gm		Fiber	12.40	gm		Fiber	10.40	gm		Fiber	10.40	gm		Fiber	10.70	gm
	Protein	33.19	gm		Protein	41.39	gm		Protein	32.91	gm		Protein	35.67	gm		Protein	38.33	gm
	Fat	33.90	gm		Fat	33.05	gm		Fat	28.79	gm		Fat	30.14	gm		Fat	32.86	gm
	Sodium	742.00	mg		Sodium	680.00	mg		Sodium	665.00	mg		Sodium	1,191.00	mg		Sodium	1,015.00	mg
24				25				26				27				28			
Herb Pork Loin, Gravy, Bread Dressing, Gravy, Snap Peas-Mushrooms, Pumpkin Roll, Butter, Pineapple with Grapes. Milk 1%	Calories	874.00	kcal	Squash & Apple Soup, Wheat Crackers, Neptune Tuna Salad/Wheat Bread, Tomato/Lettuce, Mediterranean Salad, Cantaloupe, Milk 1%	Calories	786.00	kcal	White Chicken Chili, Wheat Crackers, Colorado Broccoli Salad, Apricot Halves, Cornbread Muffin, Honey, Butter, Milk 1%	Calories	706.00	kcal	Cajun Catfish with Tartar Sauce, Lemon, Rice and Red Beans, Coleslaw with Pineapple & Raisins, Fiesta Corn Brea, Honey, Butter, Watermelon, Milk 1%	Calories	938.00	kcal	Swedish Meatballs over Parslied Penne Pasta, Harvard Beets, Green Beans & Tomatoes, Wheat Roll, Butter, Fresh Pear, Milk 1%	Calories	833.00	kcal
	Carbs	88.63	gm		Carbs	105.77	gm		Carbs	83.54	gm		Carbs	86.20	gm		Carbs	104.43	gm
	Fiber	11.90	gm		Fiber	17.90	gm		Fiber	10.40	gm		Fiber	10.00	gm		Fiber	15.70	gm
	Protein	46.14	gm		Protein	36.27	gm		Protein	42.14	gm		Protein	33.30	gm		Protein	42.03	gm
	Fat	39.23	gm		Fat	26.26	gm		Fat	23.91	gm		Fat	53.19	gm		Fat	34.67	gm
	Sodium	923.00	mg		Sodium	1,202.00	mg		Sodium	706.00	mg		Sodium	1,025.00	mg		Sodium	659.00	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: [weldaaa.org](http://weldaaa.org). If you have any questions, contact Lorrie Wellman, RDN at 970-400-6118