




Friendly Fork JULY

Monday			Tuesday			Wednesday			Thursday			Friday		
2			3			4			5			6		
Tamale Pie, Squash Mix with Red Pepper, Tropical Fruit, Chocolate Zucchini Muffin, Butter, Milk 1%	Calories	952.00 kcal	Swiss Steak with Beef Gravy, Oven Browned Potatoes, Broccoli with Garden Seasoning, Peaches, Dill Roll, Butter, Milk 1%	Calories	868.00 kcal	 Happy 4th of July 	Hot Turkey Sandwich and Gravy, Mashed Potatoes and Gravy, Tomato Cucumber Mint Salad, Cantaloupe, Fruit and Nut Bar, Milk 1%	Calories	754.00 kcal	Meatloaf and Gravy, Mashed Potatoes and Gravy, Peas and Onions, Peach Crisp, Milk 1%	Calories	996.00 kcal		
	Carbs	106.45 gm		Carbs	73.65 gm			Carbs	94.42 gm		Carbs	110.28 gm		
	Fiber	14.20 gm		Fiber	10.20 gm			Fiber	11.30 gm		Fiber	20.50 gm		
	Protein	52.33 gm		Protein	45.96 gm			Protein	38.31 gm		Protein	46.46 gm		
	Fat	38.69 gm		Fat	45.33 gm			Fat	30.36 gm		Fat	45.36 gm		
	Sodium	865.00 mg		Sodium	611.00 mg			Sodium	826.00 mg		Sodium	737.00 mg		
9			10			11			12			13		
Pork Stir-Fry, Parslied Brown Rice, Soy Sauce, Green Beans and Water Chestnuts, Mixed Fruit with Grapes, Double Fudge Brownie, Milk 1%	Calories	828.00 kcal	Turkey Cutlet with Mango Salsa, Creamy Rice Pilaf, Broccoli, Banana Craisin, Sunflower Seed Muffin, Butter, Kiwi, Milk 1%	Calories	653.00 kcal	Beef Stew, Tomato and Cucumber Salad, Wheat Biscuit, Butter, Orange-Apple-Banana, Milk 1%	Calories	1,056.00 kcal	Herbed Pork Loin, Gravy, Whipped Sweet Potatoes, Brussel Sprouts with Vinegar, Apricots, Nut Cup, Milk 1%	Calories	889.00 kcal	Hot Roast Beef Sandwich Topped with Mashed Potatoes and Gravy over Bread, Asparagus, Watermelon Wedge, Blueberry Crisp, Milk 1%	Calories	890.00 kcal
	Carbs	112.75 gm		Carbs	95.66 gm		Carbs	116.06 gm		Carbs	82.80 gm		Carbs	98.56 gm
	Fiber	12.70 gm		Fiber	12.50 gm		Fiber	11.80 gm		Fiber	10.60 gm		Fiber	10.40 gm
	Protein	46.24 gm		Protein	33.05 gm		Protein	51.44 gm		Protein	41.89 gm		Protein	65.36 gm
	Fat	25.75 gm		Fat	18.01 gm		Fat	45.61 gm		Fat	45.89 gm		Fat	29.27 gm
	Sodium	719.00 mg		Sodium	663.00 mg		Sodium	925.00 mg		Sodium	1,049.00 mg		Sodium	859.00 mg
16			17			18			19			20		
Mexican Chicken Bake, Zucchini, Cornbread Muffin, Butter, Mango Crisp, Milk 1%	Calories	922.00 kcal	Chicken Cordon Bleu, Roasted Red Potatoes, Spinach Salad, Wheat Roll, Butter, Fresh Orange Slices, Milk 1%	Calories	857.00 kcal	Fish Sandwich on Wheat Bun, Lettuce, Tomato, and Onion, Tartar Sauce, Creamy Coleslaw, Fruit Salad, Rice-Raisin Pudding, Milk 1%	Calories	1,198.00 kcal	Tomato Bisque, Wheat Crackers, Tuna Salad Sandwich, Fresh Strawberries and Bananas, Crunchy Fruit and Nut Cup, Milk 1%	Calories	764.00 kcal	Creamy Pesto Chicken Wrap, Red Roasted Potatoes, Broccoli Bean Salad, Banana Bar, Milk 1%	Calories	1,255.00 kcal
	Carbs	115.39 gm		Carbs	104.84 gm		Carbs	131.13 gm		Carbs	97.76 gm		Carbs	160.99 gm
	Fiber	11.50 gm		Fiber	10.80 gm		Fiber	10.30 gm		Fiber	10.00 gm		Fiber	16.60 gm
	Protein	39.87 gm		Protein	35.16 gm		Protein	36.20 gm		Protein	30.49 gm		Protein	63.91 gm
	Fat	36.96 gm		Fat	34.54 gm		Fat	62.40 gm		Fat	31.38 gm		Fat	45.06 gm
	Sodium	889.00 mg		Sodium	1,149.00 mg		Sodium	1,201.00 mg		Sodium	864.00 mg		Sodium	1,120.00 mg
23			24			25			26			27		
Beef and Bean Chili, Wheat Crackers, Carrot-Raisin Salad, Cinnamon Roll with Frosting, Butter, Fresh Pineapple and Grapes, Milk 1%	Calories	1,028.00 kcal	BBQ Pork, Baked Sweet Potato, Broccoli and Cauliflower with Yogurt Dressing, Fresh Cantaloupe and Honey Dew Melon, Milk 1%	Calories	818.00 kcal	Meat Lasagna, Spinach and Garbanzo Bean Salad with Raspberry Vinaigrette, Wheat Roll, Butter, Orange-Apple-Banana, Milk 1%	Calories	933.00 kcal	Spaghetti with Meat Sauce, California Blend Vegetable, Wheat Roll, Butter, Fresh Oranges and Pineapple, Blonde Brownie, Milk 1%	Calories	880.00 kcal	Chicken with Honey Mustard Glaze, Baked Potato, Sour Cream, Butter, Green Beans with Red Peppers, Raisin Bran Muffin, Butter, Milk 1%	Calories	849.00 kcal
	Carbs	147.98 gm		Carbs	87.30 gm		Carbs	100.44 gm		Carbs	105.26 gm		Carbs	109.08 gm
	Fiber	16.60 gm		Fiber	11.30 gm		Fiber	12.70 gm		Fiber	10.70 gm		Fiber	12.00 gm
	Protein	39.48 gm		Protein	46.63 gm		Protein	55.88 gm		Protein	41.47 gm		Protein	35.65 gm
	Fat	32.84 gm		Fat	33.93 gm		Fat	34.76 gm		Fat	29.81 gm		Fat	33.09 gm
	Sodium	1,100.00 mg		Sodium	1,103.00 mg		Sodium	1,211.00 mg		Sodium	1,021.00 mg		Sodium	981.00 mg
30			31			<p>Tomatoes are a good source of Vitamin C, but if they are exposed to sunlight while in storage after being picked, they rapidly lose that Vitamin C. The highest concentration of the vitamin is in the jelly-like substance that holds the seeds. Those small cavities are known as locules. Tomatoes are also rich in the antioxidant lycopene, which may help prevent heart disease.</p> 								
Chicken and Dumplings, Peas-Carrots, Fruit and Nut Cup, Fresh Strawberries, Milk 1%	Calories	781.00 kcal	Hamburger, Wheat Bun, Lettuce, Tomato, Onion, Ketchup, Mustard, Roasted Red Potatoes, Fresh Pineapple, Milk 1%	Calories	889.00 kcal									
	Carbs	86.99 gm		Carbs	88.59 gm									
	Fiber	10.20 gm		Fiber	13.00 gm									
	Protein	50.52 gm		Protein	45.89 gm									
	Fat	28.46 gm		Fat	41.27 gm									
	Sodium	550.00 mg		Sodium	1,053.00 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