

# Friendly Fork MAY

Monday	Tuesday	Wednesday	Thursday	Friday															
 <b>The pansy is one of the most popular flowers in the garden, they are one of the oldest cultivated flowers in history, are edible and have a minty flavor, and can be added to salads and desserts</b>	1	2	3	4															
	Pot Roast, Glazed Carrots, Au Gratin Potatoes with Parsley, Wheat Roll, Butter, Creamy Coleslaw, Rocky Road Pudding, Milk 1%	Calories	1,118.00	kcal	Baked Salmon, Lemon, Tartar Sauce, Lemon Wedge, Brown Rice Pilaf, Melon and Jicama Mix, Nut Cup, Wheat Roll, Butter, Milk 1%	Calories	865.00	kcal	Swiss Steak, Mashed Red Potatoes, Green Bean Casserole, Wheat Roll, Butter, Cinnamon Applesauce, Milk 1%	Calories	980.00	kcal	Cornflake Baked Chicken, Gravy, Macaroni and Cheese, Broccoli, Cucumber Watermelon Salad, Apple Crisp, Milk 1%	Calories	1,198.00	kcal			
		Carbs	136.10	gm		Carbs	72.90	gm		Carbs	94.10	gm		Carbs	160.02	gm			
		Fiber	11.30	gm		Fiber	10.20	gm		Fiber	11.10	gm		Fiber	12.20	gm			
		Protein	35.14	gm		Protein	49.68	gm		Protein	43.72	gm		Protein	58.29	gm			
		Fat	50.92	gm		Fat	44.31	gm		Fat	48.74	gm		Fat	40.79	gm			
Sodium	1,140.00	mg	Sodium	663.00	mg	Sodium	879.00	mg	Sodium	948.00	mg								
7	8	9	10	11															
Beef and Bean Burrito, Pico De Gallo, Mexi Corn, Orange, Apple, Banana, Morning Glory Muffin, Butter, Milk 1%	Calories	769.00	kcal	Beef Enchilada Casserole, Lettuce, Tomato, Spanish Rice, Black Bean Salad, Tropical Fruit, Milk 1%	Calories	752.00	kcal	Potato Soup, Wheat Crackers, Dill Chicken Salad with Grapes, Wheat Roll, Butter, Kiwi, Rice Krispie Treat, Milk 1%	Calories	1,060.00	kcal	Country Fried Steak with Gravy, Mashed Potatoes, Gravy, Strawberry Spinach Salad with Balsamic Vinaigrette, Mandarin Oranges, Pears, Blueberries, Milk 1%	Calories	1,019.00	kcal	Beef and Cabbage Casserole, Corn, Fruit Salad, Sunny Lemon Raspberry Muffin, Butter, Milk 1%	Calories	756.00	kcal
	Carbs	105.82	gm		Carbs	82.17	gm		Carbs	132.04	gm		Carbs	107.55	gm		Carbs	80.68	gm
	Fiber	12.60	gm		Fiber	10.10	gm		Fiber	11.20	gm		Fiber	11.20	gm		Fiber	10.90	gm
	Protein	32.00	gm		Protein	38.25	gm		Protein	28.37	gm		Protein	46.67	gm		Protein	43.15	gm
	Fat	28.97	gm		Fat	34.91	gm		Fat	50.36	gm		Fat	48.69	gm		Fat	32.87	gm
Sodium	810.00	mg	Sodium	1,023.00	mg	Sodium	851.00	mg	Sodium	649.00	mg	Sodium	557.00	mg					
14	15	16	17	18															
Roast Turkey with Gravy, Apple Cranberry Dressing, Baked Sweet Potato, Cranberry Velvet, Milk 1%	Calories	889.00	kcal	Split Pea and Ham Soup, Wheat Crackers, Chicken Salad Sandwich, Lettuce, Onion, Tomato, Melon Mix, Carrot Cake, Milk 1%	Calories	826.00	kcal	Chicken Pot Pie with Biscuit, Mint Cucumber Salad, Grapes, Pineapple, Banana, Fig Bar, Milk 1%	Calories	1,007.00	kcal	Teriyaki Beef, Fried Rice, Soy Sauce, Snap Peas, Orange and Apple Slices, Chocolate Muffin, Milk 1%	Calories	797.00	kcal	Roast Beef With Gravy, Green Beans with Red Peppers, Fresh Strawberries, Rice Pudding, Milk 1%	Calories	954.00	kcal
	Carbs	93.77	gm		Carbs	93.47	gm		Carbs	153.31	gm		Carbs	110.89	gm		Carbs	129.37	gm
	Fiber	11.70	gm		Fiber	14.60	gm		Fiber	11.60	gm		Fiber	10.90	gm		Fiber	10.60	gm
	Protein	50.90	gm		Protein	43.82	gm		Protein	50.71	gm		Protein	57.21	gm		Protein	55.69	gm
	Fat	38.47	gm		Fat	33.78	gm		Fat	25.48	gm		Fat	16.11	gm		Fat	24.81	gm
Sodium	532.00	mg	Sodium	1,057.00	mg	Sodium	997.00	mg	Sodium	710.00	mg	Sodium	1,195.00	mg					
21	22	23	24	25															
Tomato Bisque, Wheat Crackers, Egg Salad Sandwich on Wheat Bread, Lettuce, Onion, Tomato, Carrot Raisin Slaw, Banana Muffin, Butter, Milk 1%	Calories	956.00	kcal	Turkey Bacon Wrap, Broccoli and Cauliflower, Mixed Fruit with Grapes, Strawberry Banana Bar, Milk 1%	Calories	745.00	kcal	French Dip, Au Jus Sauce, California Blend, Peaches, Pears and Cherries, Lemon Pudding, Milk 1%	Calories	779.00	kcal	Grilled Chicken on a Wheat Bun, Monterey Jack Cheese, Tomato, Onion, Lettuce, Apricots, Baked Beans, Mayonnaise and Mustard, Milk 1%	Calories	652.00	kcal	Tilapia, Lemon, Tartar Sauce, Creamy Rice Pilaf with Mushrooms, Spinach and Strawberries with Balsamic Vinegar Dressing, Citrus Cup, Fruit and Nut Bar Granola Bar, Milk 1%	Calories	1,069.00	kcal
	Carbs	111.30	gm		Carbs	120.56	gm		Carbs	93.90	gm		Carbs	71.83	gm		Carbs	121.16	gm
	Fiber	10.10	gm		Fiber	21.40	gm		Fiber	10.80	gm		Fiber	10.10	gm		Fiber	11.60	gm
	Protein	27.56	gm		Protein	37.81	gm		Protein	53.59	gm		Protein	51.23	gm		Protein	48.00	gm
	Fat	47.61	gm		Fat	19.55	gm		Fat	21.86	gm		Fat	18.44	gm		Fat	49.74	gm
Sodium	1,148.00	mg	Sodium	1,228.00	mg	Sodium	855.00	mg	Sodium	953.00	mg	Sodium	775.00	mg					
28	29	30	31																
<b>Memorial Day No Meals</b>	BBQ Beef on Bun, Creamy Coleslaw, Peas and Carrots, Pear, Peach, Orange, Apple and Grape Salad, Pumpkin Square, Milk 1%	Calories	954.00	kcal	Cream of Broccoli Soup, Wheat Crackers, Neptune Tuna in Pita Pocket, Cantaloupe with Fresh Strawberries, Sandy's Cookie, Milk 1%	Calories	950.00	kcal	Meat Sauce with Whole Wheat Pasta, Glazed Carrots, Marinated Vegetable Salad, Tropical Fruit, Oatmeal Cookie, Milk 1%	Calories	773.00	kcal							
		Carbs	90.50	gm		Carbs	150.73	gm		Carbs	95.21	gm							
		Fiber	13.50	gm		Fiber	14.90	gm		Fiber	10.20	gm							
		Protein	58.05	gm		Protein	43.35	gm		Protein	31.44	gm							
		Fat	40.78	gm		Fat	22.91	gm		Fat	31.93	gm							
		Sodium	769.00	mg		Sodium	1,049.00	mg		Sodium	565.00	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