


\*Contains nuts

# Friendly Fork Menu - July 2020

Need to order or cancel?  
Please call by 11am the business day prior to the meal  
to the designated meal site or by calling the  
Nutrition Hotline at 970-346-6955.

Monday		Tuesday		Wednesday		Thursday		Friday			
				<b>1</b> Hamburger on a Bun, Sliced Tomato, Red Onion & Lettuce, Roasted Red Potatoes, Three Bean Salad, Orange Wedges, Mayonnaise, Mustard, Ketchup, Milk, 1%		<b>2</b> Chicken Florentine, Baked Sweet Potato, Butter, Green Beans & Pimentos, Pineapple Tidbits, Red Grapes and Banana, Milk, 1%		<b>3</b>  No Meal - Happy 4th of July Holiday			
										Calories 859 kcal	Calories 996 kcal
										Carbs 91 gm	Carbs 136 gm
										Fiber 10 gm	Fiber 14 gm
										Protein 42 gm	Protein 51 gm
										Fat 39 gm	Fat 30 gm
Sodium 946 mg	Sodium 858 mg										
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>			
Turkey and Swiss on Wheat Sandwich, Mayonnaise, Garden Pasta Salad, Sliced Tomato, Red Onion, Mixed Melon Salad, Nut Cup*, Milk 1%	Calories 800 kcal	Krautburger, Spicy Mustard, Roasted Red Potatoes, Mint Tomato-Cucumber Salad, Mandarin Orange-Apple-Banana Salad, Milk 1%	Calories 742 kcal	Egg Salad Sandwich, Spinach Salad with Raspberry Vinaigrette, Mandarin Oranges and Pineapple Tidbits, Blueberry Crisp, Milk 1%	Fish Sandwich, Tartar Sauce, Sliced Tomato-Lettuce-Onion, Pineapple-Grape-Banana-Orange Salad, Roasted Carrot-Red Pepper Medley, Fruity Nut Granola Bar*. Milk 1%	Mexican Chicken Bake, Stewed Tomatoes and Zucchini, Cornbread Muffin, Butter, Honey, Apple Cranberry Crisp, Milk 1%	Calories 1012 kcal	Calories 704 kcal			
	Carbs 111 gm		Carbs 91 gm				Carbs 121 gm		Carbs 136 gm	Carbs 98 gm	
	Fiber 11 gm		Fiber 10 gm				Fiber 11 gm		Fiber 12 gm	Fiber 10 gm	
	Protein 38 gm		Protein 43 gm				Protein 29 gm		Protein 35 gm	Protein 32 gm	
	Fat 26 gm		Fat 23 gm				Fat 46 gm		Fat 41 gm	Fat 24 gm	
	Sodium 1112 mg		Sodium 617 mg				Sodium 933 mg		Sodium 1255 mg	Sodium 1022 mg	
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>			
Turkey Puttanesca with Marinara Sauce, Spaghetti, Peas, Honey Dew, Milk 1%	Calories 616 kcal	Green Pepper Casserole, Roasted Red Potatoes, Glazed Baby Carrots, Pineapple-Grapes, Oatmeal Raisin Cookie, Milk 1%	Calories 865 kcal	Neptune Tuna Salad on Flatbread, Creamy Coleslaw, Creamy Mixed Fruit Salad, Crunchy Fruit Snack Mix*, Milk 1%	Ziti Bake, California Blend, Bread Stick, Butter, Fresh Peach, Milk 1%	White Chicken Chili, Wheat Crackers, Tossed Salad with Raspberry Vinaigrette, Cinnamon Roll, Butter, Banana, Milk 1%	Calories 747 kcal	Calories 742 kcal			
	Carbs 96 gm		Carbs 117 gm				Carbs 109 gm		Carbs 102 gm	Carbs 118 gm	
	Fiber 16 gm		Fiber 10 gm				Fiber 10 gm		Fiber 14 gm	Fiber 13 gm	
	Protein 47 gm		Protein 29 gm				Protein 26 gm		Protein 38 gm	Protein 35 gm	
	Fat 9 gm		Fat 35 gm				Fat 39 gm		Fat 25 gm	Fat 16 gm	
	Sodium 1096 mg		Sodium 824 mg				Sodium 747 mg		Sodium 1072 mg	Sodium 1031 mg	
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>			
BBQ Pork on Wheat Bun, Baked Sweet Potato, Butter, Marinated Vegetable Salad, Spice Cake, Milk 1%	Calories 1199 kcal	Chicken Taco, Taco Toppings, Southwest Coleslaw, Pinto Beans, Salsa, Mandarin Oranges-Apple-Banana, Milk 1%	Calories 763 kcal	Meat Sauce over Spaghetti, California Blend, Wheat Roll, Butter, Mandarin Oranges-Pineapple Tidbits, Milk 1%	Honey Mustard Glazed Chicken, Baked Potato, Sour Cream, Butter, Baby Lima Beans, Banana-Craisin-Sunflower Muffin*, Butter, Orange Wedges, Milk 1%	Chicken and Dumplings, Peas and Onions, Cantaloupe Cubes, Blueberry Crisp, Milk 1%	Calories 884 kcal	Calories 864 kcal			
	Carbs 131 gm		Carbs 80 gm				Carbs 105 gm		Carbs 124 gm	Carbs 109 gm	
	Fiber 10 gm		Fiber 15 gm				Fiber 14 gm		Fiber 15 gm	Fiber 10 gm	
	Protein 68 gm		Protein 50 gm				Protein 45 gm		Protein 45 gm	Protein 42 gm	
	Fat 48 gm		Fat 28 gm				Fat 23 gm		Fat 28 gm	Fat 30 gm	
	Sodium 982 mg		Sodium 1165 mg				Sodium 892 mg		Sodium 783 mg	Sodium 783 mg	
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>			
Cabbage Casserole, Green Beans with Almonds and Garlic*, Hot German Potato Salad, Fudge Brownie, Milk 1%	Calories 830 kcal	Chicken Pesto Wrap, Roasted Red Potatoes, Cabbage-Pepper Slaw, Apple-Orange Wedges, Blueberry Yogurt, Milk 1%	Calories 1185 kcal	Dill Chicken Salad with Grapes*, Spinach Salad with Raspberry Vinaigrette, Morning Glory Muffin, butter, Melon-Pineapple-Strawberry Salad, Milk 1%	Sloppy Joe on Bun, Oven Browned Potatoes, Beanalicious Salad, Orange-Banana-Pear Salad, Milk 1%	Beef Enchilada Casserole, Refried Beans, Pepi Corn, Mango Crisp, Milk 1%	Calories 753 kcal	Calories 897 kcal			
	Carbs 91 gm		Carbs 113 gm				Carbs 92 gm		Carbs 99 gm	Carbs 108 gm	
	Fiber 10 gm		Fiber 11 gm				Fiber 10 gm		Fiber 9 gm	Fiber 14 gm	
	Protein 41 gm		Protein 45 gm				Protein 44 gm		Protein 39 gm	Protein 43 gm	
	Fat 35 gm		Fat 61 gm				Fat 58 gm		Fat 25 gm	Fat 39 gm	
	Sodium 605 mg		Sodium 1072 mg				Sodium 970 mg		Sodium 741 mg	Sodium 716 mg	