



Friendly Fork Menu - July 2021

*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>Need to order or cancel? Please call the designated meal site or the Nutrition Hotline (970-346-6955) by 11 a.m. the business day prior to the meal.</p>		<p>The Greeley Stampede has been a colorful part of Greeley's activities for almost 100 years. The rodeo began in 1922 and was first called the <i>Spud Rodeo</i> in honor of the potato being the major crop of the town. The name was changed to the <i>Go West With Greeley Rodeo</i> in 1949. It became the <i>Greeley Independence Stampede</i> in 1972. In 2003, the name was changed to <i>Rocky Mountain Stampede</i>. In 2005, the name became the <i>Greeley Stampede</i> once again.</p>				<p>1</p> <p>Hamburger on a Bun, Sliced Tomato, Red Onion & Lettuce, Roasted Red Potatoes, Three Bean Salad, Orange Wedges, Mayonnaise, Mustard, Ketchup, Milk, 1%</p>		<p>2</p> <p>Chicken Florentine, Baked Sweet Potato, Butter, Green Beans & Pimentos, Pineapple Tidbits, Red Grapes and Banana, Milk, 1%</p>	
						<p>Calories 859 kcal</p> <p>Carbs 91 gm</p> <p>Fiber 10 gm</p> <p>Protein 42 gm</p> <p>Fat 39 gm</p> <p>Sodium 946 mg</p>	<p>Calories 996 kcal</p> <p>Carbs 136 gm</p> <p>Fiber 14 gm</p> <p>Protein 51 gm</p> <p>Fat 30 gm</p> <p>Sodium 858 mg</p>		
<p>5</p> <p>Happy 4th of July Holiday - No Meal</p> 		<p>6</p> <p>BBQ Pork on Wheat Bun, Baked Sweet Potato, Butter, Marinated Vegetable Salad, Spice Cake, Milk 1%</p>		<p>7</p> <p>Krautburger, Spicy Mustard, Roasted Red Potatoes, Mint Tomato-Cucumber Salad, Mandarin Orange-Apple-Banana Salad, Milk 1%</p>		<p>8</p> <p>Chicken Salad on Flat Bread, Peas, Apple and Orange Slices, Blueberry Crisp, Milk 1%</p>		<p>9</p> <p>Mexican Chicken Bake, Sour Cream, Stewed Tomatoes and Zucchini, Cornbread Muffin, Butter, Honey, Apple Cranberry Crisp, Milk 1%</p>	
<p>Calories 1202 kcal</p> <p>Carbs 132 gm</p> <p>Fiber 11 gm</p> <p>Protein 68 gm</p> <p>Fat 48 gm</p> <p>Sodium 993 mg</p>		<p>Calories 738 kcal</p> <p>Carbs 90 gm</p> <p>Fiber 10 gm</p> <p>Protein 43 gm</p> <p>Fat 23 gm</p> <p>Sodium 615 mg</p>		<p>Calories 812 kcal</p> <p>Carbs 107 gm</p> <p>Fiber 14 gm</p> <p>Protein 30 gm</p> <p>Fat 30 gm</p> <p>Sodium 777 mg</p>		<p>Calories 792 kcal</p> <p>Carbs 109 gm</p> <p>Fiber 11 gm</p> <p>Protein 33 gm</p> <p>Fat 28 gm</p> <p>Sodium 1090 mg</p>			
<p>12</p> <p>Fish Sandwich on Wheat, Tartar Sauce, Tomato-Onion-Lettuce Slice, Roasted Carrot-Red Pepper Medley, Pineapple-Grape-Banana-Orange Salad, Fruity Granola Bar*, Milk 1%</p>		<p>13</p> <p>Turkey Puttanesca with Marinara Sauce over Spaghetti, Spinach-Strawberry-Almond Salad* with Balsamic Dressing, Honey Dew Melon, Sandy's Chocolate Cookie, Milk 1%</p>		<p>14</p> <p>Green Pepper Casserole, Roasted Red Potatoes, Glazed Baby Carrots, Cantaloupe-Grapes, Oatmeal Raisin Cookie, Milk 1%</p>		<p>15</p> <p>Beef Enchilada Casserole, Pico, Sour Cream, Refried Beans, Pepi Corn, Mango Crisp, Milk 1%</p>		<p>16</p> <p>Ziti Bake, Asparagus and Baby Carrots, Pumpkin Roll, Butter, Peach, Sugar Cookie, Milk 1%</p>	
<p>Calories 957 kcal</p> <p>Carbs 124 gm</p> <p>Fiber 11 gm</p> <p>Protein 33 gm</p> <p>Fat 41 gm</p> <p>Sodium 935 mg</p>		<p>Calories 787 kcal</p> <p>Carbs 103 gm</p> <p>Fiber 13 gm</p> <p>Protein 45 gm</p> <p>Fat 26 gm</p> <p>Sodium 953 mg</p>		<p>Calories 865 kcal</p> <p>Carbs 113 gm</p> <p>Fiber 10 gm</p> <p>Protein 30 gm</p> <p>Fat 35 gm</p> <p>Sodium 864 mg</p>		<p>Calories 1034 kcal</p> <p>Carbs 127 gm</p> <p>Fiber 18 gm</p> <p>Protein 47 gm</p> <p>Fat 41 gm</p> <p>Sodium 1090 mg</p>		<p>Calories 965 kcal</p> <p>Carbs 116 gm</p> <p>Fiber 12 gm</p> <p>Protein 39 gm</p> <p>Fat 44 gm</p> <p>Sodium 984 mg</p>	
<p>19</p> <p>Turkey and Swiss on Wheat Sandwich, Mayonnaise, Garden Pasta Salad, Sliced Tomato-Red Onion-Lettuce, Mixed Melon Salad, Nut Cup*, Milk 1%</p>		<p>20</p> <p>Beef & Bean Taco, Cheese, Sour Cream, Spanish Brown Rice, Southwest Coleslaw, Pico, Mandarin Oranges-Apple-Banana, Milk 1%</p>		<p>21</p> <p>Meat Sauce over Spaghetti, California Blend, Bread Stick, Butter, Peaches- Banana-Raspberry, Milk 1%</p>		<p>22</p> <p>Honey Mustard Glazed Chicken, Baked Potato, Sour Cream, Butter, Cheese, 3 Bean Salad, Orange Wedges, Chocolate Chip Cookie, Milk 1%</p>		<p>23</p> <p>BBQ Salmon with Citrus Glaze, Baked Beans, Green Beans with Red Peppers, Lemon Coconut Cookie Bar, Milk 1%</p>	
<p>Calories 800 kcal</p> <p>Carbs 111 gm</p> <p>Fiber 11 gm</p> <p>Protein 38 gm</p> <p>Fat 26 gm</p> <p>Sodium 1112 mg</p>		<p>Calories 854 kcal</p> <p>Carbs 107 gm</p> <p>Fiber 11 gm</p> <p>Protein 39 gm</p> <p>Fat 31 gm</p> <p>Sodium 822 mg</p>		<p>Calories 817 kcal</p> <p>Carbs 103 gm</p> <p>Fiber 15 gm</p> <p>Protein 46 gm</p> <p>Fat 26 gm</p> <p>Sodium 1013 mg</p>		<p>Calories 930 kcal</p> <p>Carbs 105 gm</p> <p>Fiber 11 gm</p> <p>Protein 48 gm</p> <p>Fat 38 gm</p> <p>Sodium 731 mg</p>		<p>Calories 767 kcal</p> <p>Carbs 91 gm</p> <p>Fiber 10 gm</p> <p>Protein 50 gm</p> <p>Fat 24 gm</p> <p>Sodium 664 mg</p>	
<p>26</p> <p>Cabbage Casserole, Green Beans with Almonds and Garlic*, Hot German Potato Salad, Fudge Brownie, Milk 1%</p>		<p>27</p> <p>Lasagna, Spinach Garbanzo Salad with Italian Dressing, Italian Vegetable Medley, Fruit Granola Bar*, Milk 1%</p>		<p>28</p> <p>Dill Chicken Salad with Grapes*, Spinach Salad with Raspberry Vinaigrette, Morning Glory Muffin*, Butter, Melon-Pineapple-Strawberry Salad, Nut Cup*, Milk 1%</p>		<p>29</p> <p>Sloppy Joe on Bun, Oven Browned Potatoes, Beanalicious Salad, Orange-Banana-Pear Salad, Strawberry Banana Bar, Milk 1%</p>		<p>30</p> <p>Neptune Tuna Salad on Flatbread, Confetti Bean Salad*, Creamy Fruit Salad, Crunchy Fruit Snack Mix*, Milk 1%</p>	
<p>Calories 828 kcal</p> <p>Carbs 90 gm</p> <p>Fiber 10 gm</p> <p>Protein 41 gm</p> <p>Fat 35 gm</p> <p>Sodium 586 mg</p>		<p>Calories 842 kcal</p> <p>Carbs 81 gm</p> <p>Fiber 11 gm</p> <p>Protein 52 gm</p> <p>Fat 37 gm</p> <p>Sodium 1044 mg</p>		<p>Calories 1107 kcal</p> <p>Carbs 99 gm</p> <p>Fiber 12 gm</p> <p>Protein 45 gm</p> <p>Fat 63 gm</p> <p>Sodium 861 mg</p>		<p>Calories 894 kcal</p> <p>Carbs 127 gm</p> <p>Fiber 17 gm</p> <p>Protein 44 gm</p> <p>Fat 29 gm</p> <p>Sodium 803 mg</p>		<p>Calories 942 kcal</p> <p>Carbs 110 gm</p> <p>Fiber 12 gm</p> <p>Protein 40 gm</p> <p>Fat 40 gm</p> <p>Sodium 856 mg</p>	