

Friendly Fork Menu - March 2021

*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday	
8		9		10		11		12	
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.		Tahitian Chicken, Creamy Brown Rice Pilaf* with Orange Ginger Sauce, Broccoli, Banana-Craisin-Sunflower Muffin*, Butter, Apple Milk 1%		BBQ Pork on a Wheat Bun, Creamy Potato Salad, Corn on the Cob, Butter, Watermelon, Milk 1%		Roast Turkey, Gravy, Mashed Red Potatoes, Gravy, Glazed Carrots, Orange-Banana-Pineapple Salad, Pumpkin Roll, Butter, Milk 1%		Tuna Noodle Casserole, Italian Vegetables, Pineapple Tidbits, Chocolate Chip Cookie, Milk 1%	
		Calories 777 kcal	Calories 1251 kcal	Calories 784 kcal	Calories 847 kcal				
		Carbs 113 gm	Carbs 138 gm	Carbs 88 gm	Carbs 117 gm				
		Fiber 11 gm	Fiber 11 gm	Fiber 10 gm	Fiber 11 gm				
		Protein 45 gm	Protein 71 gm	Protein 40 gm	Protein 43 gm				
		Fat 21 gm	Fat 50 gm	Fat 33 gm	Fat 24 gm				
Sodium 802 mg	Sodium 848 mg	Sodium 918 mg	Sodium 726 mg						
Soft Beef and Bean Taco, Pico De Gallo, Sour Cream, Mexicorn, Spanish Brown Rice*, Tropical Fruit Salad, Milk 1%		Chicken Florentine with Rotini, Roasted Vegetables, Wheat Roll, Butter, Lemon Coconut Cookie Bar, Milk 1%		Cabbage Casserole, Marinated Vegetables, Morning Glory Muffin*, Butter, Orange Wedges, Milk 1%		Lemon Dijon Chicken Breast, Brussel Sprouts with Malt Vinegar, Brown Rice Pilaf* with Cream Gravy, Chocolate Zucchini Muffin*, Butter, Milk 1%		Tomato Bisque Soup, Wheat Crackers, 1/2 Egg Salad on Wheat, Lettuce/Tomato, Three Bean Salad, Apple-Banana Orange Fruit Salad, Oatmeal Cookie, Milk 1%	
Calories 811 kcal	Calories 1224 kcal	Calories 767 kcal	Calories 689 kcal	Calories 1012 kcal					
Carbs 117 gm	Carbs 148 gm	Carbs 82 gm	Carbs 84 gm	Carbs 116 gm					
Fiber 11 gm	Fiber 12 gm	Fiber 11 gm	Fiber 13 gm	Fiber 11 gm					
Protein 37 gm	Protein 60 gm	Protein 39 gm	Protein 42 gm	Protein 31 gm					
Fat 23 gm	Fat 44 gm	Fat 34 gm	Fat 24 gm	Fat 49 gm					
Sodium 757 mg	Sodium 1219 mg	Sodium 617 mg	Sodium 785 mg	Sodium 1177 mg					
Chicken and Noodles, California Blend, Pumpkin Roll, Butter, Red Grapes, Butterscotch Pudding, Milk 1%		French Dip Sandwich, Au Jus Sauce, Oven Browned Potatoes, Creamy Coleslaw, Strawberries and Bananas, Milk 1%		"Happy St. Patrick's Day" Corned Beef, Cabbage, Carrots, Celery, Potatoes, Spicy Mustard, Banana, Marble Rye Bread, Butter, Mint Brownie, Milk 1%		Meatballs with Gravy over Mashed Red Potatoes, Italian Vegetable Medley, Apple Waldorf Salad, Cherry Crisp, Milk 1%		Crispy Fish on Wheat Bun, Tartar Sauce, Sliced Tomato-Lettuce-Onion, Roasted Red Potatoes, Confetti Bean Salad*, Orange Wedges, Nut Cup*, Milk 1%	
Calories 769 kcal	Calories 1010 kcal	Calories 1087 kcal	Calories 848 kcal	Calories 965 kcal					
Carbs 107 gm	Carbs 85 gm	Carbs 131 gm	Carbs 100 gm	Carbs 121 gm					
Fiber 11 gm	Fiber 12 gm	Fiber 11 gm	Fiber 12 gm	Fiber 12 gm					
Protein 37 gm	Protein 61 gm	Protein 47 gm	Protein 42 gm	Protein 39 gm					
Fat 26 gm	Fat 49 gm	Fat 42 gm	Fat 35 gm	Fat 41 gm					
Sodium 662 mg	Sodium 720 mg	Sodium 1157 mg	Sodium 363 mg	Sodium 745 mg					
Austrian-Style Pork over Mashed Potatoes, Broccoli Florets, Peaches, Rice Pudding with Raisins, Milk 1%		Spaghetti with Meat Sauce, Broccoli Salad, Pumpkin Roll, Butter, Pineapple-Grape Salad, Rocky Road Pudding*, Milk 1%		Chicken Cacciatore over Rotini, Tuscan Vegetables, Wheat Roll, Butter, Mango Crisp, Milk 1%		Roast Beef, Baked Potato, Sour Cream, Butter, Bacon, Brussels Sprouts with Malt Vinegar, Wheat Roll, Butter, Milk 1%		Neptune Tuna Fish in Pita, Spinach Salad with Garbanzo Beans and Oil-Vinegar Dressing, Grapes-Melons-Bananas, Crunchy Fruit Snack*, Milk 1%	
Calories 1011 kcal	Calories 812 kcal	Calories 958 kcal	Calories 705 kcal	Calories 777 kcal					
Carbs 115 gm	Carbs 115 gm	Carbs 131 gm	Carbs 83 gm	Carbs 93 gm					
Fiber 10 gm	Fiber 12 gm	Fiber 13 gm	Fiber 11 gm	Fiber 10 gm					
Protein 57 gm	Protein 28 gm	Protein 53 gm	Protein 48 gm	Protein 42 gm					
Fat 37 gm	Fat 30 gm	Fat 25 gm	Fat 21 gm	Fat 29 gm					
Sodium 490 mg	Sodium 947 mg	Sodium 745 mg	Sodium 832 mg	Sodium 1026 mg					