


Friendly Fork Menu - April 2021

*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday	
5		6		7		8		9	
<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>April showers, bring May flowers</p> 				<p>Country Fried Steak with Cream Gravy, Yukon Mashed Potatoes with Gravy, Green Beans, Orange Wedges, Wheat Roll, Butter, Milk 1%</p> <p>Calories 808 kcal Carbs 86 gm Fiber 10 gm Protein 44 gm Fat 34 gm Sodium 617 mg</p>		<p>Hamburger on Wheat Bun, Tomato Slice- Lettuce Leaf-Onion, Baked Beans, Oven Browned Potatoes, Melon Salad, Ketchup, Mustard, Milk 1%</p> <p>Calories 864 kcal Carbs 108 gm Fiber 14 gm Protein 45 gm Fat 30 gm Sodium 1057 mg</p>	
<p>Tilapia with Pineapple Pepper Relish, Lemon, Tartar Sauce, Roasted Sweet Potato, Broccoli and Cauliflower, Wheat Roll, Butter, Milk 1%</p> <p>Calories 775 kcal Carbs 67 gm Fiber 10 gm Protein 48 gm Fat 37 gm Sodium 873 mg</p>		<p>Mexican Chicken Bake, Refried Beans, Broccoli-Squash-Carrots, Tropical Fruit Mix, Vanilla Pudding, Milk 1%</p> <p>Calories 700 kcal Carbs 103 gm Fiber 10 gm Protein 33 gm Fat 19 gm Sodium 1026 mg</p>		<p>Fried Chicken Thigh, Mashed Potatoes, with Gravy, Green Beans, Apple and Orange Wedges, Morning Glory Muffin*, Butter, Milk 1%</p> <p>Calories 766 kcal Carbs 93 gm Fiber 12 gm Protein 44 gm Fat 27 gm Sodium 928 mg</p>		<p>Turkey Tetrazzini, Green Peas, Pears-Peaches-Oranges-Apples-Grapes, Wheat Roll, Butter, Milk 1%</p> <p>Calories 789 kcal Carbs 106 gm Fiber 16 gm Protein 41 gm Fat 25 gm Sodium 1059 mg</p>		<p>Spaghetti with Meat Sauce, Tossed Salad with Peas and Italian Dressing, Wheat Roll, Butter, Pineapple-Grapes, Milk 1%</p> <p>Calories 721 kcal Carbs 97 gm Fiber 13 gm Protein 40 gm Fat 23 gm Sodium 590 mg</p>	
<p>BBQ Pork on Wheat Bun, Spicy Black Beans, Green Pepper Slaw, Pineapple-Grapes-Banana Salad, Milk 1%</p> <p>Calories 973 kcal Carbs 115 gm Fiber 10 gm Protein 69 gm Fat 28 gm Sodium 956 mg</p>		<p>Split Pea Soup, Wheat Crackers, Tuna Salad on Marble Rye, Lettuce, Tomato, Coleslaw with Pineapple, Nut Cup, Milk 1%</p> <p>Calories 810 kcal Carbs 75 gm Fiber 13 gm Protein 29 gm Fat 46 gm Sodium 710 mg</p>		<p>Open Faced Hot Roast Beef Sandwich with Mashed Red Potatoes with Gravy, Green Beans-Corn-Red Peppers, Cherry Crisp, Milk 1%</p> <p>Calories 879 kcal Carbs 107 gm Fiber 10 gm Protein 66 gm Fat 24 gm Sodium 590 mg</p>		<p>Meat Lasagna, Spinach and Garbanzo Salad with Italian Dressing, Italian Vegetable Blend, Fruit Nut Granola Bar, Milk 1%</p> <p>Calories 842 kcal Carbs 81 gm Fiber 11 gm Protein 52 gm Fat 37 gm Sodium 1044 mg</p>		<p>Tuna Casserole, Spinach-Mandarin Orange Salad with Balsamic Vinegar, Harvard Beets, Apple Cranberry Crisp, Milk 1%</p> <p>Calories 881 kcal Carbs 138 gm Fiber 12 gm Protein 42 gm Fat 20 gm Sodium 818 mg</p>	
<p>Lentil and Black Bean Soup, Wheat Crackers, 1/2 Chicken Salad Sandwich on Wheat Bread, Tomato-Lettuce, Spinach-Strawberry Salad with Balsamic Dressing, Melon Mix, Milk 1%</p> <p>Calories 757 kcal Carbs 104 gm Fiber 12 gm Protein 33 gm Fat 25 gm Sodium 885 mg</p>		<p>Salisbury Steak with Gravy, Garlic Mashed Potatoes, Gravy, California Blend Vegetables, Cinnamon Applesauce, Nut Cup, Milk 1%</p> <p>Calories 930 kcal Carbs 94 gm Fiber 10 gm Protein 49 gm Fat 42 gm Sodium 404 mg</p>		<p>Beef Stew, Southwest Coleslaw, Buttermilk Biscuit, Butter, Honey, Watermelon, Milk 1%</p> <p>Calories 860 kcal Carbs 118 gm Fiber 10 gm Protein 27 gm Fat 35 gm Sodium 826 mg</p>		<p>Chicken Pesto Wrap, Cabbage-Pear-Cranberry-Slaw, Apple-Orange Wedges, Spice Cake, Milk 1%</p> <p>Calories 1004 kcal Carbs 136 gm Fiber 11 gm Protein 37 gm Fat 38 gm Sodium 1068 mg</p>		<p>Turkey Shepard's Pie, Green Beans with Mushrooms, Mandarin Orange-Pineapple-Bananas, Rocky Road Pudding, Milk 1%</p> <p>Calories 682 kcal Carbs 97 gm Fiber 12 gm Protein 35 gm Fat 22 gm Sodium 818 mg</p>	
<p>Beef-Bean Burrito, Pico De Gallo, Sour Cream, Refried Beans, Spanish Rice, Strawberries and Bananas, Blueberry Yogurt Parfait, Milk 1%</p> <p>Calories 928 kcal Carbs 130 gm Fiber 12 gm Protein 40 gm Fat 28 gm Sodium 865 mg</p>		<p>Asian Chicken and Noodles, Sugar Snap Peas with Almonds*, Carrot-Pineapple-Walnut Salad* Raisin Muffin, Butter, Milk 1%</p> <p>Calories 1159 kcal Carbs 137 gm Fiber 12 gm Protein 48 gm Fat 50 gm Sodium 1001 mg</p>		<p>Chicken Soft Taco, Pico De Gallo, Shredded Lettuce, Cheese, Sour Cream, Mexicorn, Refried Beans, Banana, Milk 1%</p> <p>Calories 838 kcal Carbs 100 gm Fiber 11 gm Protein 53 gm Fat 27 gm Sodium 1132 mg</p>		<p>Chicken White Chili, Wheat Crackers, Aztec Bean Salad, Creamy Fruit Salad, Cinnamon Roll, Milk 1%</p> <p>Calories 841 kcal Carbs 125 gm Fiber 16 gm Protein 39 gm Fat 22 gm Sodium 767 mg</p>		<p>BBQ Beef Brisket, Cooked Carrots-Celery-Potatoes, Green Apple Coleslaw, Cornbread Muffin, Honey, Butter, Cinnamon Applesauce, Milk 1%</p> <p>Calories 953 kcal Carbs 87 gm Fiber 11 gm Protein 35 gm Fat 54 gm Sodium 977 mg</p>	