

Friendly Fork 2019 JULY

* Contains Nuts

Monday				Tuesday				Wednesday				Thursday				Friday			
1				2				3				4				5			
Austrian Pork over Mashed Potatoes, Green Beans and Tomatoes, Pineapple Waldorf Salad *, Wheat Roll, Butter, Milk 1%	Calories	871.00	kcal	Salisbury Steak, Mashed Potatoes, Gravy, Broccoli with Garden Seasoning, Tomato-Onion-Cucumber Salad, Dill Roll, Butter, Peaches, Milk 1%	Calories	853.00	kcal	Turkey/Bacon Wrap, Southwest Coleslaw, Melon and Jicama, Kiwi, Fig Bar, Milk 1%	Calories	722.00	kcal	Happy 4th of July  No meals							
	Carbs	91.97	gm		Carbs	77.35	gm		Carbs	107.12	gm								
	Fiber	15.40	gm		Fiber	10.20	gm		Fiber	10.00	gm								
	Protein	47.41	gm		Protein	46.54	gm		Protein	32.83	gm								
	Fat	35.05	gm		Fat	41.72	gm		Fat	20.58	gm								
	Sodium	594.00	mg		Sodium	906.00	mg		Sodium	1124.00	mg								
8				9				10				11				12			
Hamburger, Wheat Bun, Lettuce, Tomato, Onion, Ketchup, Mustard, Mayonnaise, Roasted Red Potatoes, Three Bean Salad, Nut Cup, Milk 1%	Calories	996.00	kcal	Meatloaf and Gravy, Mashed Potatoes and Gravy, Peas and Onions, Peach Crisp, Milk 1%	Calories	969.00	kcal	Turkey Cutlet with Mango Salsa, Creamy Rice Pilaf, Roasted Carrots and Zucchini, Banana Craisin, Sunflower Seed Muffin*, Butter, Melon Mix, Milk 1%	Calories	729.00	kcal	Beef Stew, Mint Tomato-Cucumber Salad, Wheat Biscuit, Butter, Orange-Apple-Banana Salad, Milk 1%	Calories	1,020.00	kcal	Full Egg Salad on Hoagie, Spinach Salad with Raspberry Vinaigrette, Rainbow Fruit Salad, Blueberry Crisp, Milk 1%	Calories	929.00	kcal
	Carbs	89.79	gm		Carbs	104.31	gm		Carbs	103.98	gm		Carbs	105.80	gm		Carbs	108.70	gm
	Fiber	12.60	gm		Fiber	13.80	gm		Fiber	10.20	gm		Fiber	10.00	gm		Fiber	10.60	gm
	Protein	45.38	gm		Protein	43.59	gm		Protein	42.03	gm		Protein	45.66	gm		Protein	28.55	gm
	Fat	54.49	gm		Fat	44.16	gm		Fat	19.73	gm		Fat	47.74	gm		Fat	42.99	gm
	Sodium	1,238.00	mg		Sodium	778.00	mg		Sodium	1,054.00	mg		Sodium	971.00	mg		Sodium	911.00	mg
15				16				17				18				19			
Fish Sandwich on Flat Bread, Lettuce-Tomato-Onion, Tartar Sauce, Coleslaw, Pineapple-Grape-Banana-Orange Salad, Banana Bar with Cream Cheese Icing*, Milk 1%	Calories	983.00	kcal	Mexican Chicken Bake, Tomato and Zucchini, Cornbread Muffin, Butter, Honey, Mango Crisp, Milk 1%	Calories	796.00	kcal	Chicken Cordon Bleu, Roasted Red Potatoes, Spinach Salad with Strawberries and Balsamic Dressing, Pumpkin Roll, Butter, Buttered Apples, Milk 1%	Calories	949.00	kcal	Hot Roast Beef Sandwich Topped with Mashed Potatoes and Gravy, Asparagus and Carrots, Melon Mix, Oatmeal-Raisin Cookie, Milk 1%	Calories	1,094.00	kcal	Baked Ziti, California Blend Vegetables, Bread Stick, Butter, Fresh Pear, Milk 1%	Calories	808.00	kcal
	Carbs	118.01	gm		Carbs	104.88	gm		Carbs	127.04	gm		Carbs	125.85	gm		Carbs	115.85	gm
	Fiber	10.80	gm		Fiber	10.10	gm		Fiber	13.00	gm		Fiber	10.50	gm		Fiber	16.90	gm
	Protein	30.84	gm		Protein	38.63	gm		Protein	35.38	gm		Protein	66.92	gm		Protein	37.17	gm
	Fat	45.53	gm		Fat	31.93	gm		Fat	38.04	gm		Fat	38.32	gm		Fat	25.19	gm
	Sodium	1,047.00	mg		Sodium	1,073.00	mg		Sodium	1,058.00	mg		Sodium	1,179.00	mg		Sodium	1,181.00	mg
22				23				24				25				26			
Beef and Bean Chili, Wheat Crackers, Carrot-Raisin Salad, Cinnamon Roll with Frosting, Butter, Pineapple and Grapes, Milk 1%	Calories	999.00	kcal	BBQ Pork on Wheat Bun, Baked Sweet Potato, Butter, Marinated Vegetable Salad, Spice Cake, Milk 1%	Calories	1,103.00	kcal	Full Tuna Salad on Marble Rye, Caesar Salad, Mandarin Orange-Pineapple-Raspberry Salad, Crunchy Fruit and Nut Cup*, Milk 1%	Calories	966.00	kcal	Spaghetti with Meat Sauce, California Blend Vegetables, Wheat Roll, Butter, Oranges-Pineapple, Banana Pudding, Milk 1%	Calories	859.00	kcal	Chicken with Honey Mustard Glaze, Baked Potato, Sour Cream, Butter, Green Beans with Red Peppers, Raisin Bran Muffin, Butter, Milk 1%	Calories	849.00	kcal
	Carbs	142.85	gm		Carbs	117.15	gm		Carbs	138.11	gm		Carbs	110.60	gm		Carbs	108.75	gm
	Fiber	16.10	gm		Fiber	12.30	gm		Fiber	15.70	gm		Fiber	10.80	gm		Fiber	12.70	gm
	Protein	37.21	gm		Protein	67.64	gm		Protein	33.95	gm		Protein	39.68	gm		Protein	41.30	gm
	Fat	32.58	gm		Fat	43.50	gm		Fat	34.05	gm		Fat	27.38	gm		Fat	33.04	gm
	Sodium	1,160.00	mg		Sodium	965.00	mg		Sodium	1,200.00	mg		Sodium	1,079.00	mg		Sodium	982.00	mg
29				30				31				The Continental Congress voted for American independence on July 2, 1776. So why isn't that the day we stuff our mouths with tri-colored pie and shoot fire into the sky? Well, it was two days later that Congress fully accepted the Declaration of Independence. While American independence became official in 1776, the first full-fledged Independence Day celebrations took place a year later in 1777. The festivities happened in Bristol, Rhode Island, and Philadelphia, Pennsylvania. Philly set the stage for everyone with decadent food, and lots of fireworks. 							
Chicken and Dumplings, Peas-Carrots, Cantaloupe Cubes, Fruity Nut Bar*, Milk 1%	Calories	831.00	kcal	Krautburger, German Potato Salad, Spicy Mustard, Green Beans with Almonds and Garlic*, Tomatoes-Cucumbers with Oil- Vinegar, Brownie, Milk 1%	Calories	1,060.00	kcal	Creamy Pesto Chicken Wrap, Red Roasted Potatoes, Cabbage Slaw with Green Peppers, Chocolate Zucchini Muffin, Butter, Apple-Orange Wedges, Milk 1%	Calories	1,057.00	kcal								
	Carbs	97.17	gm		Carbs	102.27	gm		Carbs	97.42	gm								
	Fiber	10.70	gm		Fiber	10.30	gm		Fiber	10.20	gm								
	Protein	54.92	gm		Protein	43.44	gm		Protein	46.06	gm								
	Fat	32.75	gm		Fat	54.92	gm		Fat	59.55	gm								
	Sodium	869.00	mg		Sodium	1,153.00	mg		Sodium	986.00	mg								

Please contact Friendly Fork Dietitian, Lorrie Wellman, RDN for more information related to nutritional values at 970-400-6118, lwellman@weldgov.com or the weldaaa.org website.