

Friendly Fork April 2020 Menu



1	Country Fried Steak with Cream Gravy, Yukon Mashed Potatoes, Gravy, Green Beans, Orange Wedges, Wheat Roll, Butter, Milk 1%
2	Hamburger on Wheat Bun, Tomato Slice on Lettuce Leaf, Baked Beans, Oven Browned Potatoes, Spicy Watermelon Salad, Ketchup, Mustard, Milk 1%
3	Tilapia with Pineapple Pepper Relish, Lemon, Tartar Sauce, Roasted Sweet Potato, Broccoli and Cauliflower, Wheat Roll, Butter, Milk 1%
6	Mexican Chicken Bake, Refried Beans, Broccoli- Squash-Carrots, Tropical Fruit Mix, Vanilla Pudding, Milk 1%
7	Fried Chicken Thighs, Mashed Potatoes, Gravy, Green Beans, Apple Slices and Orange Wedges, Morning Glory Muffin*, Butter, Milk 1%
8	Turkey Tetrazzini, Green Peas, Pears-Peaches-Oranges- Apples-Grapes, Wheat Roll, Butter, Milk 1%
9	Spaghetti with Meat Sauce, Tossed Salad with Peas and Italian Dressing, Wheat Roll, Butter, Pineapple-Grapes, Milk 1%
10	Tuna Casserole, Spinach- Mandarin Orange Salad with Balsamic Vinegar, Harvard Beets, Apple CranberryCrisp, Milk 1%
13	Beef-Bean Burrito, Pico De Gallo, Sour Cream, Refried Beans, Spanish Rice, Strawberries and Bananas, Blueberry Yogurt Parfait, Milk 1%
14	Open Faced Hot Roast Beef Sandwich with Mashed Red Potatoes and Gravy, Green Beans- Corn-Red Peppers, Cherry Crisp, Milk 1%
15	Meat Lasagna, Spinach and Garbanzo Salad with Poppy Seed Dressing, Italian Vegetable Blend, Fruit Nut Granola Bar, Milk 1%
16	BBQ Pork on Wheat Bun, Spicy Black Beans, Green Pepper Slaw, Pineapple- Grapes-Banana Salad, Milk 1%
17	Lentil and Black Bean Soup, Wheat Crackers, 1/2 Egg Salad Sandwich on Bread, Tomato-Lettuce, Broccoli Salad, Melon Mix, Milk 1%

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20	Salisbury Steak with Gravy, Garlic Mashed Potatoes, Gravy, California Blend Vegetables, Cinnamon Applesauce, Nut Cup, Milk 1%
21	Beef Stew, Southwest Coleslaw, Buttermilk Biscuit, Butter, Honey, Watermelon, Milk 1%
22	Chicken Pesto Wrap, Cabbage- Pear-Cranberry-Slaw, Apple- Orange Wedges, Spice Cake, Milk 1%
23	Turkey Shepard's Pie, Green Beans with Mushrooms, Mandarin Orange-Pineapple-Raspberries, Chocolate Chip Cookie, Milk 1%
24	Split Pea Soup, Wheat Crackers, Tuna Salad on Marble Rye, Lettuce, Tomato, Coleslaw with Pineapple, Oatmeal Raisin Cookie, Milk 1%
27	Asian Chicken and Noodles, Sugar Snap Peas with Almonds*, Carrot-Pineapple- Walnut Salad* Raisin Muffin, Butter, Milk 1%
28	Chicken Soft Taco, Pico De Gallo, Shredded Lettuce, Cheese, Sour Cream, Mexicorn, Refried Beans, Banana, Milk 1%
29	Chicken White Chili, Wheat Crackers, Spinach Strawberry Salad with Poppy Seed Dressing, Mixed Melon Salad, Cinnamon Roll, Milk 1%
30	BBQ Beef Brisket, Cooked Carrots-Celery-Potatoes, Green Apple Coleslaw, Cornbread Muffin, Honey, Butter, Cinnamon Applesauce, Milk 1%

Nutrition content of meals is reviewed by Lorrie Wellman, RDN at 970-400-6118, lwellman@weldgov.com. Detailed nutritional values for the menu, nutrition education and nutrition counseling can also be provided upon request.

***Contains nuts**