


# Friendly Fork December 2017

Monday		Tuesday		Wednesday		Thursday		Friday						
														
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								Krautburger, California Blend Vegetables, Mixed Fruit Salad with Grapes, Rice Krispy, Milk 1%	Calories	790				
									Sodium	1,093				
									Fiber	10.2				
									Protein	35.86				
									Carbs	115.2				
								Fat	21.21					
4		5		6		7		8						
Chicken Cacciatore, Multi Grain Penne, Italian Blend Vegetable, Breadstick, Pears and Raspberries, Milk 1%	Calories	900	Prime Rib, Baked Potato/Sour Cream/Butter, Green Bean with Red Pepper, Cranberry Dream Salad, Whole Wheat Roll, Butter, Horseradish Sauce, Cream Puff, Milk 1%	Calories	1,166	Prime Rib, Baked Potato/Sour Cream/Butter, Green Bean with Red Pepper, Cranberry Dream Salad, Whole Wheat Roll, Butter, Horseradish Sauce, Cream Puff, Milk 1%	Calories	1,166	Baked Ham and Sweet Potatoes, Peas and Carrots, Wheat Roll, Butter, Apple-Cranberry Crisp, Milk 1%	Calories	651	Chicken Cordon Bleu, Roasted Red Potatoes, Lemon Broccoli, Ambrosia Salad, Multigrain Roll, Butter, Sugar Cookie, Milk 1%	Calories	938
	Sodium	838		Sodium	808		Sodium	808		Sodium	1,426		Sodium	1,169
	Fiber	15.8		Fiber	12.1		Fiber	12.1		Fiber	13.7		Fiber	11.4
	Protein	59.14		Protein	45.36		Protein	45.36		Protein	25.21		Protein	37.35
	Carbs	143.7		Carbs	114.2		Carbs	114.2		Carbs	101.7		Carbs	115.5
	Fat	21.62		Fat	60.63		Fat	60.63		Fat	18.62		Fat	39.86
11		12		13		14		15						
Spaghetti with Meat Sauce, Vegetable Medley; Squash/Broccoli/Carrots, Melon Mix, Breadstick, Crunch Fruit Snack Mix, Milk 1%	Calories	957	Vegetarian Lasagna, Vegetable Blend, Spinach Salad with Dried Cranberries and Raspberry Dressing, Breadstick, Lemon Coconut Cookie Bar, Milk 1%	Calories	1,104	Southwest Chicken Macaroni and Cheese, Broccoli, Red Seedless Grapes, Whole Wheat Pumpkin Roll, Butter, Milk 1%	Calories	815	Tuna Noodle Casserole, Peas, Spinach and Cauliflower Salad, Blushing Pear Halves, Oatmeal Raisin Cookie, Milk 1%	Calories	932	Hamburger on a Whole Wheat Bun, Lettuce, Tomato and Onion, Roasted Yukon Potato, Chilled Coleslaw, Peach Crisp, Milk 1%	Calories	1,077
	Sodium	1,056		Sodium	1,494		Sodium	699		Sodium	135		Sodium	998
	Fiber	17.2		Fiber	10.4		Fiber	15.9		Fiber	17		Fiber	11.4
	Protein	44.56		Protein	41.17		Protein	41.14		Protein	52		Protein	38.66
	Carbs	153.5		Carbs	152.5		Carbs	144.2		Carbs	135		Carbs	117.6
	Fat	19.86		Fat	39.62		Fat	24.8		Fat	26		Fat	51.54

## Weld County Senior Nutrition Program

December is the first month of winter and the last month of the year. December 21st is the first day of winter and is the shortest day of the year. National Cookie Day is December 4th.

**About Our Nutrition Information:** Nutrition content of meals is reviewed by a Registered Dietitian Nutritionist. Nutritional values for recipes come from the USDA Agricultural Research Service Nutrient Data Laboratory, the source of the CBORD® nutrient data base, and food manufacturer's nutrient information. Nutrition findings are developed and evaluated to meet guidelines. Due to variations in ingredients, nutrition values are approximations. Monthly menu analysis with additional nutrients may be found at: [weldaaa.org](http://weldaaa.org). If you have any questions, contact Lorrie Wellman, RD at 970-400-6118