







Friendly Fork Menu - November 2025

*Contains nuts or may not be suitable for individuals with a nut allergy

Monday		Tuesday		Wednesday		Thursday		Friday	
Need to order or cancel? Please call the designated meal site or the Nutrition Hotline at 970-400-6955 by 11 am the business day prior to the meal. All meals include 2% milk.		Cabbage Roll Soup Serves 4 		1 pound ground beef ½ cup basmati rice 1 onion, chopped 6 cloves garlic, minced 14 ounces crushed tomatoes 1 cup sauerkraut + ½ cup brine 1 bunch fresh parsley (or 1 tbs dried)		Preheat a large pot on medium-high. Add beef and a pinch of salt. Spread the beef in an even layer. Sear for 3 minutes. Break up beef. Cook until browned. Add rice. Stir for 3 minutes, until rice turns golden. Add onion. Stir for 5 minutes. Add paprika and garlic and cook. Cook and stir another minute. Add the tomatoes, 6 cups of water, sauerkraut and brine, and the entire bunch of parsley. Bring to boil, loosely cover the pot. Boil for 15 minutes. Discard the parsley bunch if using fresh. If using dried, add after removing from heat. Salt to taste. Enjoy!			
3		4		5		6		7	
Pork Carnitas on a Wheat Tortilla topped with Red Cabbage Slaw & Salsa, Black Bean / Corn / Jicama Salad, Orange Slices	Cal 672	Chicken Breast & Mashed Potatoes with Gravy, Coleslaw, Banana	Cal 699	Beef Goulash with Egg Noodles, Lima Beans with Bacon, Honeydew & Cantaloupe	Cal 675	Krautburger with Mustard, Marinated Kale Salad, Pineapple	Cal 742	Chicken Parmesan over Wheat Penne with Marinara, Caesar Side Salad, Diced Pears, Gelatin Parfait*	Cal 693
	Carb 63 g		Carb 77 g		Carb 78 g		Carb 87 g		Carb 85 g
	Fiber 9 g		Fiber 7 g		Fiber 8 g		Fiber 9 g		Fiber 12 g
	Pro 40 g		Pro 40 g		Pro 34 g		Pro 45 g		Pro 41 g
	Fat 29 g		Fat 27 g		Fat 26 g		Fat 24 g		Fat 21 g
	Sod 683 mg		Sod 600 mg		Sod 729 mg		Sod 558 mg		Sod 526 mg
10		11		12		13		14	
Beef Stew, Cheesy Breadstick, Tossed Salad with Low-Fat Ranch Dressing, Banana	Cal 668	 Closed	Pork Spare Ribs, Roasted Red Potatoes, Asparagus, Peas, Orange	Cal 748	Chicken a La King with Mushrooms over a Biscuit, Balsamic Roasted Brussels Sprouts, Kiwi, Peach Crisp	Cal 765	Chicken Salad on Sunflower Panini Bread* with Lettuce & Tomato, Broccoli Pasta Salad, Mixed Fruit	Cal 770	
	Carb 73 g			Carb 71 g		Carb 83 g		Carb 82 g	
	Fiber 8 g			Fiber 10 g		Fiber 10 g		Fiber 7 g	
	Pro 40 g			Pro 44 g		Pro 39 g		Pro 44 g	
	Fat 25 g			Fat 33 g		Fat 32 g		Fat 30 g	
	Sod 1198 mg			Sod 720 mg		Sod 786 mg		Sod 1115 mg	
17		18		19		20		21	
Cranberry Harvest Chicken Breast with Gravy, Brown Rice Pilaf, Lemon Garlic Broccoli, Apple Slices	Cal 695	Spaghetti with Beef & Pork Bolognese & Parmesan Cheese, Italian Blend Vegetables, Apricots	Cal 747	Roast Beef & Mashed Potatoes with Gravy, Kale Caesar Salad, Banana	Cal 698	Tilapia Provencal, Macaroni & Cheese, Wheat Roll with Butter, Maple Glazed Carrots, Fruit Salad	Cal 698	Sweet & Sour Pork over Basmati Rice, Side of Light Soy Sauce, Asian Vegetable Blend with Edamame, Orange Slices	Cal 798
	Carb 72 g		Carb 78 g		Carb 73 g		Carb 79 g		Carb 88 g
	Fiber 9 g		Fiber 11 g		Fiber 7 g		Fiber 8 g		Fiber 8 g
	Pro 40 g		Pro 36 g		Pro 41 g		Pro 42 g		Pro 37 g
	Fat 17 g		Fat 20 g		Fat 28 g		Fat 20 g		Fat 34 g
	Sod 395 mg		Sod 578 mg		Sod 928 mg		Sod 855 mg		Sod 516 mg
24		25		26		27		28	
Glazed Ham, Sweet Potato Casserole, Wheat Roll with Butter, Brussels Sprouts with Cranberries, Pumpkin Spice Cookie	Cal 701	Roasted Turkey Breast & Sage Stuffing with Gravy, Wheat Roll with Butter, Roasted Beets, Cranberry Relish	Cal 726	Roasted Turkey Breast with Gravy, Cheesy Broccoli & Rice Casserole, Wheat Roll with Butter, Green Beans with Bacon, Cranberry Relish	Cal 787	Closed <div>WITH</div> <div><i>a Grateful Heart</i></div> <div> HAPPY THANKSGIVING </div>			
	Carb 103 g		Carb 79 g		Carb 88 g				
	Fiber 8 g		Fiber 9 g		Fiber 10 g				
	Pro 32 g		Pro 38 g		Pro 44 g				
	Fat 20 g		Fat 29 g		Fat 29 g				
	Sod 1362 mg		Sod 1344 mg		Sod 1211 mg				

Nutritional content is reviewed by Jessi Like, RD (970-400-6118, jlike@weld.gov). Detailed nutritional values, allergen information, nutrition education, and nutrition counseling can be provided upon request.