



# Friendly Fork Menu - February 2026

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

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
Chicken Fried Steak & Mashed Potatoes with Country Gravy, Roasted Zucchini / Mushrooms / Peppers, Apple Slices	Cal 695 Carb 97 g Fiber 7 g Pro 32 g Fat 20 g Sod 1287 mg	Pork Carnitas on Wheat Tortillas with Slaw & Salsa, Black Bean / Corn / Jicama Salad, Honeydew, Pumpkin Sugar Cookie	Cal 789 Carb 75 g Fiber 11 g Pro 44 g Fat 34 g Sod 969 mg	Beef Enchilada Casserole, Refried Beans, Peppers & Mushrooms, Pineapple	Cal 701 Carb 67 g Fiber 14 g Pro 38 g Fat 34 g Sod 666 mg	Beef Meatballs over Egg Noodles with Gravy, Creamed Spinach, Apricots	Cal 711 Carb 83 g Fiber 8 g Pro 39 g Fat 26 g Sod 601 mg	Honey Ginger Chicken, Fried Rice, Side of Soy Sauce, Edamame & Corn Salad, Banana	Cal 746 Carb 75 g Fiber 9 g Pro 37 g Fat 29 g Sod 738 mg
9		10		11		12		13	
Pork Spare Ribs, Tropical Pasta Salad, California Vegetable Blend, Mandarin Oranges	Cal 751 Carb 72 g Fiber 6 g Pro 41 g Fat 33 g Sod 720 mg	Tilapia with Lemon Butter Sauce, Roasted Red Potatoes, Peas & Mushrooms with Bacon, Coleslaw, Pears	Cal 756 Carb 77 g Fiber 11 g Pro 41 g Fat 34 g Sod 893 mg	Beef Pot Pie, Garlic Green Beans, Pickled Beets, Orange Slices	Cal 704 Carb 73 g Fiber 10 g Pro 38 g Fat 30 g Sod 669 mg	Lemon Chicken with Gravy, Rice & Orzo Pilaf with Almonds*, Balsamic Brussels Sprouts, Apple Slices	Cal 803 Carb 79 g Fiber 10 g Pro 49 g Fat 33 g Sod 695 mg	Roast Turkey Breast with Gravy, Smashed Yams, Broccoli & Sun-Dried Tomato Salad, Fruit Salad, Chocolate Peanut Butter Cookie*	Cal 759 Carb 85 g Fiber 11 g Pro 38 g Fat 31 g Sod 1252 mg
16		17		18		19		20	
Closed <b>PRESIDENTS Day</b>		Split Pea & Ham Soup, Garden Salad with Chicken & Balsamic Dressing, Wheat Roll with Butter, Pineapple	Cal 708 Carb 77 g Fiber 14 g Pro 44 g Fat 29 g Sod 1045 mg	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Ketchup, Mustard & Mayo, Mixed Vegetables, Grapes	Cal 744 Carb 72 g Fiber 10 g Pro 40 g Fat 33 g Sod 1144 mg	Chicken Alfredo over Wheat Penne, Breadstick, Farmer's Market Vegetable Medley, Kiwi	Cal 748 Carb 82 g Fiber 9 g Pro 43 g Fat 31 g Sod 820 mg	Chicken Noodle Bake, Sourdough Bread with Butter, Broccoli & Cauliflower, Strawberries & Blueberries	Cal 719 Carb 83 g Fiber 6 g Pro 39 g Fat 26 g Sod 841 mg
23		24		25		26		27	
Beef & Turkey Bolognese over Wheat Spaghetti, Orange & Spinach Salad with Italian Dressing, Orange Slices, Blueberry Cheesecake Bar	Cal 748 Carb 81 g Fiber 11 g Pro 36 g Fat 34 g Sod 1116 mg	Roast Beef & Mashed Potatoes with Gravy, Corn Muffin with Butter, Green Bean Almondine*, Cantaloupe	Cal 772 Carb 76 g Fiber 6 g Pro 44 g Fat 33 g Sod 785 mg	Chicken a La King over Wheat Penne, Roasted Winter Vegetables, Fruit Salad, Apricot Walnut Bar*	Cal 728 Carb 81 g Fiber 10 g Pro 38 g Fat 30 g Sod 575 mg	Lentil & Sausage Soup, Turkey & Cheddar Sandwich on Sunflower Bread* with Tomato, Mustard & Mayo, Carrots, Grapes	Cal 738 Carb 82 g Fiber 10 g Pro 38 g Fat 29 g Sod 1237 mg	Kalua Pork, Baked Beans, Corn & Lima Bean Succotash, Banana	Cal 705 Carb 85 g Fiber 16 g Pro 36 g Fat 31 g Sod 599 mg
<b>Need to order or cancel?</b> Please call the designated meal site or the Nutrition Hotline at <b>970-400-6955</b> by 11 am the business day <b>prior</b> to the meal. All meals include 2% milk.				<b>February Fun Facts</b>		<ul style="list-style-type: none"> <li>Colorado has more than 300 days of sunshine each year, even during snowy February winters.</li> <li>In the 40s, 50s, and 60s, many Coloradans relied on coal and wood stoves to stay warm.</li> <li>Before modern snowplows, trains were often the most reliable winter transportation in mountain towns.</li> <li>During wartime years, when supplies were scarce, many people showed their affection by making or handwriting Valentine's cards.</li> </ul>			



# Friendly Fork Meal Schedule

## Monday

Birchwood	11:30am	2830 W. 27 <sup>th</sup> St Lane	970-400-6955
Fort Lupton	12:00pm	203 S. Harrison Ave	303-857-4200 x 6166
Greeley Manor	11:30am	1000 13 <sup>th</sup> St	970-400-6955
Greeley Active Adult Center	11:30am	1010 6 <sup>th</sup> St	970-350-9440
Greeley Senior Housing	11:45am	1717 30 <sup>th</sup> St	970-400-6955
Milliken	11:00am	1101 Broad St	970-660-5040
Platteville	11:30am	508 Reynolds	970-785-2245
Windsor	11:15am	250 N. 11 <sup>th</sup> St	970-674-3500

## Tuesday

Broadview	11:00am	2915 W. 8 <sup>th</sup> St.	970-400-6955
Carbon Valley	12:00pm	151 Grant Ave, Firestone	303-833-3660 x123
Evans	11:00am	1100 37 <sup>th</sup> St	970-475-1132
Kersey	11:30am	215 2 <sup>nd</sup> St	970-353-1681 ext 2
LaSalle	11:00am	101 Todd Ave	970-284-0900
Lochbuie	12:15pm	501 Willow Drive	303-659-8262
Windsor	11:15am	250 N. 11 <sup>th</sup> St	970-674-3500

## Wednesday

Birchwood	11:30am	2830 W. 27 <sup>th</sup> St Lane	970-400-6955
Eaton	12:00pm	1675 3 <sup>rd</sup> St	970-454-1070
Greeley Manor	11:30am	1000 13 <sup>th</sup> St	970-400-6955
Greeley Active Adult Center	11:30am	1010 6 <sup>th</sup> St	970-350-9440
Hill 'N Park	11:30am	4205 Yosemite Drive, Greeley	970-301-5574
Johnstown	11:30am	101 W. Charlotte	970-587-5251
Rodarte	11:00am	920 A St, Greeley	970-400-6955
Windsor	11:15am	250 N. 11 <sup>th</sup> St	970-674-3500

## Thursday

Broadview	11:00am	2915 W. 8 <sup>th</sup> St.	970-400-6955
Carbon Valley	12:00pm	151 Grant Ave, Firestone	303-833-3660 x123
Erie	12:15pm	450 Powers St	303-926-2795
Greeley Senior Housing	11:45am	1717 30 <sup>th</sup> St	970-400-6955
Kersey	11:30am	215 2 <sup>nd</sup> St	970-353-1681 ext 2
Mead	11:45am	109 3rd St	970-400-6955
Nunn	11:45am	775 3 <sup>rd</sup> St	925-683-6449
Pierce	11:30am	221 Main Ave	970-834-2655
Windsor	11:15am	250 N. 11 <sup>th</sup> St	970-674-3500

## Friday

Birchwood	11:30am	2830 W. 27 <sup>th</sup> St Lane	970-400-6955
Evans	11:00am	1100 37 <sup>th</sup> St	970-475-1132
Greeley Manor	11:30am	1000 13 <sup>th</sup> St	970-400-6955
Milliken	11:00am	1101 Broad St	970-660-5040
Platteville	11:30am	508 Reynolds	970-785-2245
Windsor	11:15am	250 N. 11 <sup>th</sup> St	970-674-3500