



Friendly Fork Daily Menu November 2025

Monday, November 3	Pork Carnitas on a Wheat Tortilla topped with Red Cabbage Slaw & Salsa, Black Bean / Corn / Jicama Salad, Orange Slices
Tuesday, November 4	Chicken Breast & Mashed Potatoes with Gravy, Coleslaw, Banana
Wednesday, November 5	Beef Goulash with Egg Noodles, Lima Beans with Bacon, Honeydew & Cantaloupe
Thursday, November 6	Krautburger with Mustard, Marinated Kale Salad, Pineapple
Friday, November 7	Chicken Parmesan over Wheat Penne with Marinara, Caesar Side Salad, Diced Pears, Gelatin Parfait*
Monday, November 10	Beef Stew, Cheesy Breadstick, Tossed Salad with Low-Fat Ranch Dressing, Banana
Tuesday, November 11	Closed in Honor of Veteran's Day
Wednesday, November 12	Pork Spare Ribs, Roasted Red Potatoes, Asparagus, Peas, Orange
Thursday, November 13	Chicken a La King with Mushrooms over a Biscuit, Balsamic Roasted Brussels Sprouts, Kiwi, Peach Crisp
Friday, November 14	Chicken Salad on Sunflower Panini Bread* with Lettuce & Tomato, Broccoli Pasta Salad, Mixed Fruit
Monday, November 17	Cranberry Harvest Chicken Breast with Gravy, Brown Rice Pilaf, Lemon Garlic Broccoli, Apple Slices
Tuesday, November 18	Spaghetti with Beef & Pork Bolognese & Parmesan Cheese, Italian Blend Vegetables, Apricots

Wednesday, November 19	Roast Beef & Mashed Potatoes with Gravy, Kale Caesar Salad, Banana
Thursday, November 20	Tilapia Provencal, Macaroni & Cheese, Wheat Roll with Butter, Maple Glazed Carrots, Fruit Salad
Friday, November 21	Sweet & Sour Pork over Basmati Rice, Side of Light Soy Sauce, Asian Vegetable Blend with Edamame, Orange Slices
Monday, November 24	Glazed Ham, Sweet Potato Casserole, Wheat Roll with Butter, Brussels Sprouts with Cranberries, Pumpkin Spice Cookie
Tuesday, November 25	Roasted Turkey Breast & Sage Stuffing with Gravy, Wheat Roll with Butter, Roasted Beets, Cranberry Relish
Wednesday, November 26	Roasted Turkey Breast with Gravy, Cheesy Broccoli & Rice Casserole, Wheat Roll with Butter, Green Beans with Bacon, Cranberry Relish
Thursday, November 27	Closed for Holiday – Happy Thanksgiving!
Friday, November 28	Closed

All meals include 2% milk.

*Indicates menu item contains nuts or may not be suitable for individuals with a nut or seed allergy

Need to order or cancel?

Please call the designated meal site or the Nutrition Hotline at (970) 400-6955 by 11 a.m. the business day prior to the meal.

Nutritional content of the meals 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.