



FTHRA Nutrition Program August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Beef Goulash Carrots Mixed Greens Dinner Roll	3. Meatloaf Mashed Potatoes Green Peas Dinner Roll	4. Chicken Salad Shredded Lettuce Pasta Salad Tropical Fruit Bread (2)	5. Hamburger w/ onions Potato Wedges Corn Bun	6. Pizza Casserole Cauliflower Pineapple Texas Toast
9. Breaded Chicken Tenders Macaroni & Cheese Broccoli Dinner Roll	10. Spaghetti w/meatsauce Italian Mix Vegetables Pears Texas Toast	11. BBQ Chicken Au Gratin Potatoes Sautéed Squash Biscuit	12. Sliced Ham Lettuce & Tomato Cole Slaw Fruited Jell-O Bread (2)	13. Sloppy Joe Potato Wedges Corn Bun
16. Country Style Steak Mashed Potatoes Mixed Vegetables Dinner Roll	17. Cheese Omelet Sausage Patty Grits Orange Juice Biscuit w/ Gravy	18. Chicken Parmesan Pasta w/sauce Italian Mix Vegetables Pineapple Tidbits Texas Toast	19. Tuna Salad Shredded Lettuce Macaroni Salad Mandarin Oranges Bread (2)	20. Chili Dog w/onions Potato Wedges Baked Beans Bun
23. Oven Fried Chicken Scalloped Potatoes Green Beans Dinner Roll	24. Chicken Spaghetti Broccoli Baked Apples Texas Toast	25. Meatball Sub Sandwich Brussel Sprouts Peach Cobbler Bun	26. Turkey Sandwich w/mayo Shredded Lettuce Marinated Cucumber Salad Tropical Fruit Bread	27. Chicken Philly w/peppers & onions Potato Wedges Applesauce Bun
30. Salisbury Steak w/gravy Mashed Potatoes Corn Carrots Dinner Roll	31. BBQ Pork Riblet Potato Wedges Baked Beans Bun			

One 2% milk is included with each meal. All servings are ½ cup. All entrees are 3 oz. servings or one portion.

**Menu may change due to weather and availability.

****CALL OUR NUTRITION COORDINATOR AT 423-753-1080 TO SIGN UP FOR LUNCH 72 BUSINESS HOURS
IN ADVANCE.**