



FTHRA Nutrition Program February, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Stuffed Pepper Casserole Corn Pear Slices Oatmeal Cookie Dinner Roll	2. Breaded Fish w/tartar sauce Sweet Potatoes Great Northern Beans Cornbread	3. Chicken Spaghetti Broccoli Baked Apples Graham Crackers Dinner Roll	4. Meatball Sub. Sandwich Au Gratin Potatoes Green Beans Jell-O cups WW Bun
7. Country Style Steak/gravy Mashed Potatoes Mix Vegetables Dinner Roll	8. Pizza Casserole Cauliflower Peach Slices Fudge Cookie Texas Toast	9. Hamburger Potato Wedges Carrots Graham Crackers Bun	10. Soup Beans Oven Browned Potatoes Turnip Greens Oatmeal Cookie Cornbread	11. Egg Patty Grits Sausage Orange Juice Biscuit/Gravy
14. Salisbury Steak w/gravy Oven Browned Potatoes Green Beans Chocolate Pudding cups WW Roll	15. Breaded Chicken Tenders Macaroni & Cheese Brussel Sprouts Dinner Roll	16. Chili w/beans & cheese Boiled Potatoes Broccoli Cornbread	17. Chicken Parmesan Pasta w/marinara sauce Italian Mix Vegetables Fruited Yogurt cups Dinner Roll	18. Meatballs w/ rice & gravy Okra & Tomatoes Pears Graham Crackers Dinner Roll
21. President's Day Holiday No Meals Served	22. Meatloaf Mashed Potatoes Green Peas Dinner Roll	23. Chili Dog Potato Wedges Baked Beans Bun	24. Lemon Pepper Fish Sweet Potatoes Mix Vegetables Fudge Cookie Dinner Roll	25. Oven Fried Chicken Scalloped Potatoes Spinach Dinner Roll
28. Spaghetti w/meatsauce Italian Mix Vegetables Brussel Sprouts Texas Toast				

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.**