



FTHRA Nutrition Program



January, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1). NEW YEAR'S HOLIDAY NO MEALS SERVED	2). Ham & Rice Black-eyed Peas Collard Greens Vanilla Pudding Dinner Roll	3). Café Connection Biscuit & Gravy Casserole Tater Tots Yogurt & Fruit Parfait	4). Soup Beans/Onions Oven Browned Potatoes Mixed Greens Applesauce Cornbread	5). Chicken Noodle Vegetable Soup Brussel Sprouts Peach Crisp Biscuit
8). Oven Fried Chicken Scalloped Potatoes Mix Vegetables Fruit Cocktail Dinner Roll	9). Beefy Cabbage Soup Boiled Potatoes Carrots Ambrosia Cornbread	10). Café Connection Sloppy Joes Steak Fries Vegetable	11). Chili Dog/Onions Mustard/Mayo/Ketchup Potato Wedges Baked Beans Tropical Fruit Bun	12). Shepherd's Pie Corn Pears Dinner Roll
15). MLK BDAY HOLIDAY NO MEALS SERVED	16). Pizza Casserole Cauliflower Green Beans Peaches Dinner Roll	17). Café Connection Sausage, Egg & Cheese English Muffin Tater Tots Fruit	18). Meatloaf Mashed Potatoes Green Peas Mandarin Oranges Dinner Roll	19). BBQ Riblet Sandwich Scalloped Potatoes Beets Fruited Jell-O Bun
22). Breaded Chicken Tenders Macaroni & Tomatoes Broccoli Mandarin Oranges Dinner Roll	23). Soup Beans/Onions Oven Browned Potatoes Turnip Greens Fruited Yogurt Cornbread	24). Café Connection Potato Soup Hot Ham & Cheese Sandwich Fruit	25). Beefy Taco Soup Broccoli Pear Crisp Cornbread	26). Chicken & Rice Calif. Blend Vegetables Baked Apples Graham Cracker Dinner Roll
29). Chicken Fried Steak Mashed Potatoes Brussel Sprouts Fudge Cookie Dinner Roll	30). Spaghetti w/meatsauce Italian Mix Vegetables Beets Tropical Fruit Dinner Roll	31). Café Connection Waffles Sausage Patties Fruit		

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, AMY CAPLE, AT 423-753-1080 TO SIGN UP FOR LUNCH 72 BUSINESS HOURS IN ADVANCE.**