



FTHRA Nutrition Program January, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. New Year's Holiday No Meals will be served	4. Salisbury Steak Mashed Potatoes Green Beans Dinner Roll	5. Chicken Casserole Carrots Peaches Graham Crackers Dinner Roll	6. Soup Beans w/onions Macaroni & Cheese Turnip Greens Cornbread	7. Meatballs w/noodles Brussel Sprouts Mandarin Oranges Dinner Roll
10. Oven Fried Chicken Scalloped Potatoes Mix Vegetables Dinner Roll	11. Chili Dog w/onions Potato Wedges Baked Beans Bun	12. Chicken Fried Steak Mashed Potatoes Broccoli Dinner Roll	13. Polish Sausage & Cabbage Stewed Potatoes Carrots Fruited Yogurt Cornbread	14. Chili Mac Casserole Spinach Pears Graham Crackers Dinner Roll
17. Martin Luther King Holiday No Meals will be served	18. Meatloaf Mashed Potatoes Green Peas Dinner Roll	19. Chicken Pot Pie Brussel Sprouts Applesauce Biscuit	20. Vegetable Beef Soup Mix Green Baked Apples Rice Krispy Treat Cornbread	21. BBQ Riblet Sandwich Potato Wedges Corn Chocolate Pudding Bun
24. Breaded Chicken Tenders Macaroni & Cheese Broccoli Dinner Roll	25. Taco Soup Brown Rice Mandarin Oranges Oatmeal Cookie Saltine Crackers	26. Scrambled Egg Patty Sausage Grits Orange Juice Biscuit w/gravy	27. Chicken & Dumplings Green Beans Carrots Graham Crackers Dinner Roll	28. Sloppy Joe Potato Wedges Spinach Fruited Yogurt Bun
31. Spaghetti & Meatsauce Italian Mix Vegetables Green Peas 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.**