



## FTHRA Nutrition Program Menu July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Meatballs w/Gravy Steamed Rice Green Beans & Tomatoes Pears Dinner Roll	2. Chili Dog w/onions Potato Wedges Baked Beans Bun
5.  <b>Holiday</b>  <b>No Meals Served</b>	6. Chicken Pot Pie Brussel Sprouts Applesauce Biscuit	7. Hamburger w/Onion & Mayo Sweet Potato Fries Corn Bun	8. Sliced Turkey Breast Lettuce & Tomato Cole Slaw Mandarin Oranges Bread (2)	9. Lemon Pepper Fish Rice Pilaf Green Beans Peach Crisp Dinner Roll
12. Meatloaf Mashed Potatoes Green Peas Dinner Roll	13. BBQ Pork Potato Wedges Baked Beans Bun	14. Cheese Omelet Grits Orange Juice Biscuit / Gravy	15. Tuna Salad Shredded Lettuce Pasta Salad Fruited Jell-O Bread (2)	16. Chicken Spaghetti. Broccoli Baked Apples Texas Toast
19. Oven Fried Chicken Macaroni & Cheese Broccoli Dinner Roll	20. Meatball Sub Green Peas Pears Bun	21. Breaded Fish w/tartar sauce Scalloped Potatoes Lima Beans Cornbread	22. Sliced Ham Lettuce & Tomato Macaroni Salad Tropical Fruit Bread (2)	23. Salisbury Steak Mashed Potatoes Brussel Sprouts Peach Cobbler Dinner Roll
26. Chicken Tenders Scalloped Potatoes Greens Dinner Roll	27. Spaghetti & meatsauce Italian Mix Vegetables Green Beans Texas Toast	28. Country Style Steak Mashed Potatoes Mix Vegetables Cornbread	29. Chicken Salad Shredded Lettuce Broccoli Salad Fruit Fluff Bread (2)	30. BBQ Pork Riblet Potato Wedges Corn 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.