



# FTHRA Nutrition Program



**July, 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1). Chili Dog w/onions Sweet Potato Fries Corn Tropical Fruit Bun
4).  <b>4<sup>th</sup> of July Holiday No Meals Served</b>	5). Breaded Chicken Tenders Scalloped Potatoes Green Beans Oatmeal Crème Cookie Dinner Roll	6). Spaghetti w/meatsauce Italian Vegetables Peach Cobbler Texas Toast	7). Tuna Salad Lettuce & Tomato Pasta Salad Banana Pudding Wheat Bread (2)	8). Chicken Alfredo Broccoli Pineapple Dinner Roll
11). Salisbury Steak w/gravy Mashed Potatoes Peas & Carrots Pears Graham Crackers Dinner Roll	12). BBQ Chicken Potato Wedges Baked Beans Fudge Cookie Bun	13). Egg Patty Grits Sausage Biscuit/ Gravy Orange Juice	14). Turkey Breast Lettuce & Tomato Potato Salad Mandarin Oranges Wheat Bread (2)	15). Chili Mac Casserole Cauliflower Peach Slices Dinner Roll
18). Oven Fried Chicken Breast Macaroni & Cheese Mixed Greens Raisins Dinner Roll	19). Meatloaf Mashed Potatoes Green Peas Fruit Cocktail Dinner Roll	20). Breaded Fish w/tartar sauce Scalloped Potatoes Mixed Vegetables Tropical Fruit Graham Crackers Bun	21). Chicken Salad Lettuce & Tomato Green Pea Salad Fruited Jell-O Wheat Bread (2)	22). Beefy Goulash Green Beans Carrots Rice Krispy Treat Dinner Roll
25). Chicken Spaghetti Brussel Sprouts Sliced Pears Oatmeal Cookie Dinner Roll	26). BBQ Pork Riblet Au Gratin Potatoes Spinach Chocolate Pudding Bun	27). Meatballs w/ rice & gravy Okra & Tomatoes Baked Apples Dinner Roll	28). Sliced Ham Lettuce & Tomato Potato Salad Mandarin Oranges Wheat Bread (2)	29). Breaded Chicken Tenders Sweet Potatoes Green Peas Pineapple Dinner Roll

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.**