



FTHRA Nutrition Program



June, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1). Sliced Turkey Breast Lettuce & Tomato Carrot Raisin Salad Fruited Jell-O WW Bread (2)	2). Hamburger Potato Wedges Baked Beans Pineapple Tidbits WW Bun
5). Chicken Alfredo Broccoli Baked Apples Graham Crackers WW Roll	6). Meatloaf Mashed Potatoes Green Peas Tropical Fruit WW Roll	7). Café Connection (served on site only) Breakfast Burrito (sausage, egg, & cheese) Tater Tots Fruit	8). Tuna Salad Shredded Lettuce Marinated Cucumbers Salad Mandarin Oranges WW Bread (2)	9). Chili Mac Casserole Mixed Vegetables Sliced Peaches WW Roll
12). Country Style Steak Mashed Potatoes Peas & Carrots Fudge Cookie WW Roll	13). Chicken Spaghetti Broccoli/Cauliflower Mix Pear Slices WW Roll	14). Café Connection (served on site only) Turkey & Cheese Sandwich (w/Lettuce & Tomato) Macaroni Salad Fruit	15). Sliced Ham Lettuce & Tomato Potato Salad Jell-O w/Mandarin Oranges WW Bread (2)	16). Oven Fried Chicken Sweet Potatoes Brussel Sprouts Tropical Fruit WW Roll
19). Juneteenth Holiday No Meals Served	20). Taco Casserole Summer Squash Green Beans Pineapple Tidbits WW Roll	21). Café Connection (served on site only) French Toast Casserole Sausage Patties Fruit	22). Chicken Salad Shredded Lettuce Marinated Cucumber Salad Fruit Fluff WW Bread (2)	23). Breaded Fish w/tartar sauce Great Northern Beans Mixed Greens Oatmeal Cookie Cornbread
26). Salisbury Steak Mashed Potatoes Mixed Vegetables Butterscotch Pudding WW Roll	27). Chicken, Broccoli & Rice Cass. Beets Brussel Sprouts Graham Crackers WW Roll	28). Café Connection (served on site only) Ham & Cheese Sandwich (w/Lettuce & Tomato) Pasta Salad Fruit	29). Sliced Turkey Breast Lettuce & Tomato Green Pea Salad Tropical Fruit WW Bread (2)	30). Breaded Chicken Tenders Sweet Potatoes Broccoli Peaches WW 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**