



FTHRA Nutrition Program

Menu March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Salisbury Steak w/Gravy Mashed Potatoes Green Beans Applesauce Dinner Roll	2. Scrambled Egg Patty Sausage Oatmeal Biscuit w/ Gravy Orange Juice	3. Chicken Parmesan Pasta w/sauce Italian Mix Vegetables Pineapple Dinner Roll	4. Beef Goulash Brussel Sprouts Baked Apples Dinner Roll	5. Taco Soup Cauliflower Peach Crisp Cornbread
8. Oven Fried Chicken Au Gratin Potatoes Peas & Carrots Dinner Roll	9. Chili Dog w/mustard & onions Potato Wedges Baked Beans Bun	10. Soup Beans w/onions Oven Browned Potatoes Mixed Greens Cornbread	11. Chicken Pot Pie Brussel Sprouts Pear Crisp Biscuit	12. Polish Sausage w/cabbage Mix Vegetables Whole Potatoes Cornbread
15. Sloppy Joe Potato Wedges Corn Bun	16. Meatloaf Mashed Potatoes Green Peas Dinner Roll	17. Breaded Chicken Tenders Macaroni & Cheese Green Beans Dinner Roll	18. Baked Ham Sweet Potatoes Broccoli Dinner Roll	19. Beefy Vegetable Soup Oven Browned Potatoes Cinnamon Applesauce Cornbread
22. Country Style Steak w/gravy Mashed Potatoes Peas & Carrots Dinner Roll	23. Spaghetti w/meatsauce Broccoli Pears Texas Toast	24. Breaded Fish w/tartar sauce Scalloped Potatoes Green Beans & Tomatoes Cornbread	25. BBQ Pork Riblet Potato Wedges Baked Beans Bun	26. Chili Mac Casserole Green Beans Corn Dinner Roll
29. Oven Fried Chicken Macaroni & Tomatoes Mixed Greens Dinner Roll	30. Meatballs w/gravy Steamed Rice Carrots Pears Dinner Roll	31. Pizza Casserole Cauliflower Peaches 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.**