



## FTHRA Nutrition Program



May, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1). Taco Casserole Cauliflower Baked Apples Graham Crackers Dinner Roll	2). Oven Fried Chicken Sweet Potatoes Green Beans Fruit Cocktail Dinner Roll	3). Café Connection (served on site only) Chicken & Waffles and Fruit	4). Pizza Casserole Corn Brussel Sprouts Fruited Jell-O Dinner Roll	5). Sloppy Joe Potato Wedges Peach Crisp Bun
8). Salisbury Steak Mashed Potatoes Peas & Carrots Pear Slices Dinner Roll	9). Egg Patty Sausage Applesauce Biscuit/Gravy Orange Juice	10). Café Connection (served on site only) (Lunch) Hamburgers & Fixings, Fries, Fruit	11). Chicken Salad Lettuce & Tomato Green Pea Salad Tropical Fruit Bread (2)	12). Chili Mac Casserole Green Beans Carrots Fruited Yogurt Cornbread
15). Breaded Chicken Tenders Macaroni & Cheese Spinach Dinner Roll	16). Chili Dog Potato Wedges Baked Beans Coleslaw Bun	17). Café Connection (served on site only) Biscuits & Gravy, Sausage Patty, Sliced Tomato	18). Tuna Salad on Shredded Lettuce Broccoli Salad Mandarin Oranges Bread (2)	19). Meatball Sub w/Mozz. Cheese Potato Wedges Corn Bun
22). Chicken Spaghetti Broccoli Baked Apples Fruited Yogurt Dinner Roll	23). Meatloaf Mashed Potatoes Green Peas Fruit Cocktail Dinner Roll	24). <b>NO MEAL SERVED (HEALTH FAIR)</b>	25). Sliced Ham Lettuce/ Tomato/ Mayo Potato Salad Peach Slices Bread (2)	26). BBQ Pork Sandwich Scalloped Potatoes Mixed Greens Tropical Fruit Bun
29).  <b>MEMORIAL DAY NO MEALS SERVED</b>	30). Spaghetti & Meatsauce Italian Mix Vegetables Beets Fudge Cookie Dinner Roll	31). Café Connection (served on site only) (Lunch) Hot Dog w/optional Chili Sauce, Tater Tots, Fruit		

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**