



FTHRA Nutrition Program May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Pizza Casserole Brussel Sprouts Corn Texas Toast	4. Oven Fried Chicken Scalloped Potatoes Lima Beans Dinner Roll	5. Country Style Steak w/ gravy Mashed Potatoes Peas & Carrots Pears Dinner Roll	6. Cheesy Chicken Spaghetti Vegetable Medley Peach Cobbler Texas Toast	7. Taco Casserole Cauliflower Apple Crisp Taco Chips Cornbread
10. Hamburger w/ Onion & Mayo Whole Potatoes Baked Beans Bun	11. Cheese Omelet Sausage Grits Orange Juice Biscuit w/ Gravy	12. Breaded Fish w/tartar sauce Scalloped Potatoes Green Beans Bun	13. Sliced Turkey Breast w/ mayo Lettuce & Tomato Cole Slaw Tropical Fruit Bread (2)	14. Chili Mac Casserole Corn Cinnamon Applesauce Cornbread
17. Chicken Pot Pie Steamed Broccoli Baked Apples Biscuit	18. Chili Dog w/mustard & onions Potato Wedges Baked Beans Bun	19. Breaded Chicken Tenders Macaroni & Cheese Carrots Dinner Roll	20. Tuna Salad w/ Crackers Shredded Lettuce Pasta Salad Mandarin Oranges Bread (2)	21. Meatball Sub w/ mozz.cheese Sweet Potato Fries Corn Bun
24. Beef Goulash Green Beans Pears Dinner Roll	25. Meatloaf Mashed Potatoes Green Peas Dinner Roll	26. Baked Ham Sweet Potatoes Broccoli w/ Cheese Dinner Roll	27. Chicken Parmesan Pasta w/sauce Italian Mixed Vegetables Sliced Apples Dinner Roll	28. Salisbury Steak w/Gravy Steamed Rice Green Beans & Tomatoes Pineapple Dinner Roll
31. Memorial Day No Meals Served				

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.**



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