



## FTHRA Nutrition Program September 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Breaded Fish w/tartar sauce Macaroni & Tomatoes Mix Vegetables Bun	2. Chicken Salad Shredded Lettuce Macaroni Salad Tropical Fruit Bread (2)	3. Pizza Casserole Cauliflower Pineapple Tidbits Texas Toast
6. <b>CLOSED LABOR DAY HOLIDAY</b>	7. Spaghetti w/meatsauce Italian Mix Vegetables Baked Apples Texas Toast	8. Chicken Alfredo Broccoli Peach Cobbler Dinner Roll	9. Sliced Ham Lettuce & Tomato Cole Slaw Fruited Jell-O Bread (2)	10. Meatball Sub Au Gratin Potatoes Green Beans Bun
13. Breaded Chicken Tenders Macaroni & Cheese Brussel Sprouts Dinner Roll	14. Meatloaf Mashed Potatoes Green Peas Dinner Roll	15. Chili Dog w/onions Potato Wedges Baked Beans Bun	16. Tuna Salad Shredded Lettuce Marinated Cucumber Salad Fruit Fluff Bread (2)	17. Chili Mac Casserole Green Beans Carrots Cornbread
20. Country Style Steak Mashed Potatoes Mix Vegetables Dinner Roll	21. Chicken Spaghetti Brussel Sprouts Baked Apples Dinner Roll	22. Hamburger Sweet Potatoes Corn Bun	23. Cheese Omelet & Sausage Grits Orange Juice Biscuit/ Gravy	24. Sloppy Joe Broccoli Warm Pear Slices Bun
27. Oven Fried Chicken Scalloped Potatoes Green Beans Dinner Roll	28. BBQ Pork Potato Wedges Baked Beans Bun	29. Turkey Sandwich Shredded Lettuce Macaroni Salad Mandarin Oranges Bread (2)	30. Sweet & Sour Meatballs Steamed Rice Spinach 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.**