



FTHRA Nutrition Program



November, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1). <div style="border: 1px solid black; padding: 5px; text-align: center;"> Closed for the VETS' CAFÉ BINGO for Veterans Staff Meeting 2 PM </div>	2). Chicken Spaghetti Italian Mix Vegetables Pineapple Crisp Dinner Roll	3). Chili Mac Casserole Broccoli Beets Vanilla Pudding Dinner Roll
6). Breaded Chicken Tenders Sweet Potatoes Mixed Greens Tropical Fruit Dinner Roll	7). Meatloaf Mashed Potatoes Green Peas Fruit Cocktail Dinner Roll	8). Meatball Sub w/mozz. Cheese Au Gratin Potatoes Mixed Vegetables Fruited Yogurt Bun	9). Chicken Pot Pie Brussel Sprouts Applesauce Graham Cracker Biscuit	10). <div style="text-align: center;"> Closed VETERAN'S DAY HOLIDAY </div>
13). Oven Fried Chicken Scalloped Potatoes Broccoli Sliced Pears Dinner Roll	14). Stuffed Pepper Casserole Lima Beans Baked Apples Dinner Roll	15). Egg Patty Sausage Grits Orange Juice Biscuit/Gravy	16). Soup Beans Oven Browned Potatoes Collard Greens Butterscotch Pudding Cornbread	17). Chili Dog Potato Wedges Baked Beans Fudge Cookie Bun
20). Salisbury Steak Mashed Potatoes Mixed Vegetables Pineapple Tidbits Dinner Roll	21). <div style="text-align: center;"> CLOSED For staff and board training and development </div>	22). <div style="text-align: center;"> CLOSED Thanksgiving Holiday </div>	23). <div style="text-align: center;"> CLOSED Thanksgiving Meal Danny Herman Trucking 11 AM – 12:30 Pm </div>	24). <div style="text-align: center;"> CLOSED Thanksgiving Holiday </div>
27). Breaded Fish w/tartar sauce Macaroni & Tomatoes Spinach Peaches Dinner Roll	28). Spaghetti & Meatsauce Winter Mix Vegetables Green Peas Tropical Fruit Dinner Roll	29). Chicken Philly w/peppers & onions Au Gratin Potatoes Applesauce Graham Crackers Bun	30). Turkey Kielbasa & Cabbage Oven Browned Potatoes Beets Fruited Yogurt Cornbread	

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.

Meals served at 11:30 AM for a \$1 donation while supplies last .