



FTHRA Nutrition Program



March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1). Egg Patty Oven Brownd Potatoes Sausage Biscuit/Gravy Orange	2). Taco Casserole Cauliflower Carrots Fruited Yogurt Dinner Roll	3). Chicken Alfredo Broccoli Beets Fruited Jell-O Dinner Roll
6). Chicken Fried Steak Mashed Potatoes Peas & Carrots Pineapple Dinner Roll	7). Sloppy Joe Potato Wedges Corn Fruited Yogurt Bun	8). Breaded Fish w/tartar sauce Scalloped Potatoes Green Beans Tropical Fruit Graham Crackers Bun	9). Chicken Pot Pie Brussel Sprouts Applesauce Fig Newton Biscuit	10). Beef Goulash Carrots Baked Apples Fudge Cookie Cornbread
13). Meatballs w/gravy Brown Rice Okra & Tomatoes Vanilla Pudding Dinner Roll	14). Chili Dog Potato Wedges Baked Beans Rice Krispy Treat Bun	15). Spaghetti & Meatsauce Italian Mix Vegetables Baked Apples Texas Toast	16). Country Style Steak Mashed Potatoes Peas & Carrots Mandarin Oranges Dinner Roll	17). St. Patrick's Day Celebration! Polish Sausage & Cabbage Boiled Potatoes Mix Vegetables Fudge Cookie FREE lunch provided by DHT. Cornbread
20). Breaded Chicken Tenders Macaroni & Cheese Broccoli Peaches Dinner Roll	21). Meatloaf Mashed Potatoes Green Peas Tropical Fruit Dinner Roll	22). Stuffed Pepper Casserole Au Gratin Potatoes Spinach Cornbread	23). Lemon Pepper Fish Macaroni & Tomatoes Broccoli/Cauli/Carrots Oatmeal Crème Cookie Dinner Roll	24). BBQ Pork Riblet Potato Wedges Corn Fruit Cocktail Bun
27). Pizza Casserole Cauliflower Italian Mix Vegetables Mandarin Oranges Graham Crackers Dinner Roll	28). Oven Fried Chicken Breast Scalloped Potatoes Green Beans Pineapple Tidbits Dinner Roll	29). Vets Café Egg Patty Breakfast Potatoes Sausage Biscuit/Gravy Orange CLOSED	30). Soup Beans Oven Brownd Potatoes Mix Greens Fruited Yogurt Cornbread	31). Chicken & gravy Dressing Peas & Carrots Tropical Fruit 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.

***Lunch served at 11:30am for a \$1 donation (while supplies lasts).**