



FTHRA Nutrition Program



November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1). Chicken & Dumplings Green Beans Beets Mandarin Oranges Graham Crackers Dinner Roll	2). Meatloaf Mashed Potatoes Broccoli Pears Dinner Roll	3). Turkey Kielbasa & Cabbage Stewed Potatoes Carrots Fruited Yogurt Cornbread	4). Chicken & Rice Casserole Brussel Sprouts Apple Crisp Dinner Roll
7). Chicken Tenders Macaroni & Cheese Mix Greens Tropical Fruit Dinner Roll	8). CLOSED ELECTION DAY	9). Meatballs w/rice Okra & Tomatoes Corn Fruit Cocktail Dinner Roll	10). Chicken Philly w/peppers/onions Sweet Potatoes Applesauce Graham Crackers Bun	11). CLOSED Veteran's Day Holiday Deadline to order Thanksgiving Meal with DHT call 727-1858
14). Stuffed Pepper Casserole Broccoli Pear Slices Rice Krispy Treats Dinner Roll	15). Oven Fried Chicken Scalloped Potatoes Lima Beans Sliced Apples Dinner Roll	16). Egg Patty Grits Sausage Orange Juice Biscuit/Gravy	17). Soup Beans Oven Browned Potatoes Mixed Greens Chocolate Pudding Cornbread	18). Chili Dog w/ mustard Potato Wedges Baked Beans Fudge Cookie Bun
21). BBQ Pork Riblet Au Gratin Potatoes Corn Mandarin Oranges Bun	22). Roast Turkey Breast w/dressing Sweet Potatoes Green Beans Cranberry Sauce Pumpkin Pie Dinner Roll	23). CLOSED	24). CLOSED Thanksgiving Must have reservations with DHT for Thanksgiving Meal 11am-12:30p free while supplies last	25). CLOSED
28). Spaghetti & Meatsauce Italian Mix Vegetables Green Peas Tropical Fruit Texas Toast	29). Chicken Pot Pie Brussel Sprouts Baked Apples Oatmeal Crème Cookie Biscuit	30). CLOSED Veteran's Café 10:30-12:30		Happy Thanksgiving We are so THANKFUL for you!

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.

Meal is served at 11:30am for a \$1 donation