



FTHRA Nutrition Program



September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. CLOSED	2. Chicken Salad Shredded Lettuce Macaroni Salad Tropical Fruit Bread (2)	3. CLOSED
6. CLOSED LABOR DAY HOLIDAY	7. Spaghetti w/meatsauce Italian Mix Vegetables Baked Apples Texas Toast	8. CLOSED	9. Sliced Ham Lettuce & Tomato Cole Slaw Fruited Jel-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. CLOSED	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. CLOSED	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. CLOSED	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 3oz. servings or one portion.

FYI – No appointments necessary but we must continue 3 feet social distancing and face covering is required if you have not been vaccinated per CDC guidelines. Thank you for your corporation.