



FTHRA Nutrition Program



September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2). CLOSED Labor Day	3). Meatloaf Mashed Potatoes Green Peas Fruit Cocktail Dinner Roll	4). CLOSED Vets' Café 11am FREE BBQ Lunch	5). Turkey Breast Lettuce & Tomato Broccoli Salad Tropical Fruit Graham Cracker Bread (2) Improv Club Picnic @ 11:30am	6). Italian Ground Beef / Rice Casserole Mixed Greens Applesauce Oatmeal Crème Cookie Dinner Roll
9). Breaded Chicken Tenders Macaroni & Cheese Brussel Sprouts Rice Krispy Treats Dinner Roll	10). Egg Patty Sausage/gravy Grits Orange Biscuit	11). Meatball Sub w/mozz. Cheese Sweet Potatoes Corn Fruited Yogurt Bun	12). Chicken Salad Lettuce & Tomato Green Pea Salad Fruited Jell-O Bread (2)	13). Hamburger Potato Wedges Baked Beans Peaches Lettuce & Tomato Bun
16). Salisbury Steak w/gravy Mashed Potatoes Peas & Carrots Mandarin Oranges Dinner Roll	17). Spaghetti & Meatsauce Italian Mix Vegetables Apple Crisp Texas Toast	18). Chicken Breast, Rice w/gravy Brussel Sprouts Carrots Ambrosia Dinner Roll	19). Improv Club Picnic @ 11:30am Ham Lettuce & Tomato Potato Salad Pineapple Tidbits Graham Crackers Bread (2)	20). CLOSED Golden Mile @ Ralph Stout Park 10:30am-12:30pm
23). CLOSED Election Day Make-up	24). Chili Dog Potato Wedges Baked Beans Coleslaw Bun	25). Pizza Casserole Cauliflower Green Beans Tropical Fruit Dinner Roll	26). Tuna Salad on Lettuce Pasta Salad Marinated Cucumber Salad Oatmeal Crème Cookie Bread (2)	27). Beefy Goulash Mixed Greens Baked Apples Graham Crackers Dinner Roll
30). Meatballs w/gravy Mashed Potatoes Broccoli/Carrots Mix Fruited Yogurt 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.

***Meals are served at 11:30am for a \$1 donation.**