



FTHRA Nutrition Program



October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Chicken & Dressing Corn Winter Mix Vegetables Fudge Cookie Dinner Roll	2). Chili Mac Casserole Mix Greens Carrots Tropical Fruit Dinner Roll
5). Salisbury Steak w/gravy Au Gratin Potatoes Beets Dinner Roll	6). BBQ Riblet Sandwich Potato Wedges Broccoli Oatmeal Crème Cookie WW Bun	7). Egg Patty Sausage patty/gravy Grits Orange Juice Biscuit	8). Soup Beans Oven Browned Potatoes Turnip Greens Peaches Cornbread	9). Beefy Vegetable Soup Boiled Potatoes Baked Apples Graham Crackers Saltine Crackers (4)
12). Grilled Chicken Breast Macaroni & Cheese Normandy Mix Vegetables Fruit Cocktail Dinner Roll	13). Meatloaf Mashed Potatoes Green Peas Ambrosia Dinner Roll	14). Turkey Kielbasa w/peppers & onions Sweet Potatoes Lima Beans Fruit Whip WW Bun	15). Shepherd Pie Spinach Applesauce Dinner Roll	16). Minestrone Soup Brussel Sprouts Pear Crisp Cornbread
19). Country Style Steak Mashed Potatoes Peas & Carrots Chocolate Pudding Dinner Roll	20). Chicken Pot Pie Mixed Greens Baked Apples Graham Crackers Biscuit	21). Pizza Casserole Cauliflower Corn Pineapple Dinner Roll	22). Potato Soup w/cheese & ham Mixed Vegetables Peach Crisp Cornbread	23). Sloppy Joe Scalloped Potatoes Green Beans Creamsicle Salad WW Bun
26). Breaded Chicken Tenders Sweet Potatoes Broccoli Tropical Fruit Dinner Roll	27). Spaghetti & Meatsauce Italian Mix Vegetables Sliced Pears Fudge Cookie Texas Toast	28). Chili Dog Potato Wedges Baked Beans Coleslaw WW Bun	29). Breaded Fish w/tartar sauce Macaroni & Tomatoes Succotash Applesauce WW Bun	30). Chili w/beans & cheese Stewed Potatoes Normandy Vegetables Fruit Cocktail 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.