

August

York County

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrition Nutrition	*menu subject to change		Club Sandwich (1oz Ham, 1oz Turkey, 1oz Cheese Lettuce & Tomato 1/2c Potato Salad Hoagie Roll Seasonal Fresh Fruit	Baked Meatloaf w/ Grav 1/2c Mashed Potatoes 1/2c Peas 1 White Bread 1/2c Gelatin
Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie	Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	Grilled Chicken Caesar Salad 1c Mixed Greens (3 oz Diced Chicken 1t Parmesan, Tomato, Croutons) 1c Cream of Broccoli Soup Dinner Roll 1/2c Blushed Pears	Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	9 Mango BBQ Chicken Brea 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange
Pot Roast w/ Gravy 1/2c Parsley Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Peach Crisp	Baked Salmon w/ White Wine Cream Sauce 1/2c White Rice 1/2c Island Blend Vegetables Wheat Bread 1/2c Cinnamon Applesauce	Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Green Beans 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2 c Lima Beans 1 Wheat Bread 1/2c Gelatin	Pesto Chicken 1/2c. Buttered Pasta 1c. Toss Salad w/ tomato & dr Dinner Roll Seasonal Fresh Fruit
Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple	Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie	Baked Pollock 1/2c Macaroni & Cheese 1/2c Spinach 1 Wheat Bread 1/2c Pudding	Chicken Parmesan w/ 2oz Sauce 1/2c Rotini 1c Tossed Salad w/ Tomal 1 Slice Italian Bread 1/2c Mandarin Oranges
BBQ Pulled Pork Sandwich 1/2c Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie	Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit	Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit 1 Cookie	Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	30 Chicken, Spinach & Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Cookie