July

York County

Monday	Tuesday	Wednesday	Thursday	Friday
Stay hydrated. Thirst sensation decreases with age. Maintain consistent water intake throughout the day to avoid dehydration! *Did you know that 56 people signed the Declaration of Independence? Half of them were lawers, with farmers and merchants making up the rest!*		**1** Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c Warm Spiced Apples 1/2c Coleslaw 1 Hamburger Bun, Ranch PC	**2** **Happy 4th of July!** Cheeseburger 1/2c BBQ Baked Beans 1/2c Potato Salad Hamburger Bun 1/2c Fresh Watermelon	**3** 
6 4oz Teriyak Chicken 1/2c White Rice 1/2c Oriental Vegetables 1/2c Pineapple Tidbits	**7** Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Garlic Herb Breadstick Seasonal Fresh Fruit	**8** 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables White Bread 1/2c Peaches	**9** **Picnic Lunch** Italian Sandwich Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Lemonade	**10** Honey BBQ Meatballs (4) 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit
13 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warmed Spiced Pears 1 Warm Biscuit	**14** 3oz Chipped BBQ Ham Sandwich 1/2c Seasoned Green Beans 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw 1 Hamburger Bun	**15** 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Peas Wheat Bread 1/2c Peaches	**16** Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickeled Beet Salad 2 White Bread Seasonal Fresh Fruit	**17** 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Pudding
20 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1 Garlic Breadstick Seasonal Fresh Fruit	**21** Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges	**22** 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll	**23** **Picnic Lunch** Bologna & American Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie	**24** 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple Tidbits	**28** 4oz Chicken Salad Sandwich 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun	**29** 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread Seasonal Fresh Fruit	**30** Turkey Chef Salad (2oz Turkey, HB Egg,Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Pudding	**31** 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie