July

York County

Monday	Tuesday	Wednesday	Thursday	Friday
1 1c Pizza Casserole w/ 2oz Sauce 1/2c Green Beans 1 White Bread Seasonal Fresh Fruit	**2** Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	**3** Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie NEW ITEM	**Happy 4th of July!** **4** 	**5** **CENTER WILL BE CLOSED!** 
8 BBQ Pulled Pork Sandwich 1/2c Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie	**9** Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit NEW ITEM	**10** Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	**11** **Picnic Lunch** Tuna Salad on a Wheat Roll Fruit Juice Cucumber Salad Cookie Iced Tea	**12** Chicken, Spinach & Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Cookie
15 Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit	**16** Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding	**17** Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie	**18** Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c Corn 1 Wheat Bread 1/2c Peach Crisp	**19** 4oz Tuna Salad Sandwich w/lettuce & tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit
22 1c Stuffed Pepper Casserole 1/2c Wax Beans 1/2c Peas & Carrots 1 White Bread 1/2c Pudding	**23** Sweet & Sour Pork 1/2c. Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c. Apple Crisp	**24** Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup w/ Crackers 1 Dinner Roll 1/2c Gelatin	**25** **Picnic Lunch** Sweet Bologna & American Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie Lemonade	**26** 4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit
29 Swiss Steak w/ 2oz Onion Gravy 1/2c Cubed Parsley Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears	**30** Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese **menu subject to change*	**31** Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges NEW ITEM		The Nutrition Group