

August

York County

Monday	Tuesday	Wednesday	Thursday	Friday
The Nutrition Group	*menu subject to change		**1** Club Sandwich (1oz Ham, 1oz Turkey, 1oz Cheese Lettuce & Tomato 1/2c Potato Salad Hoagie Roll Seasonal Fresh Fruit NEW ITEM	**2** Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 White Bread 1/2c Gelatin
5 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie	**6** Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	**7** 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	**8** **Picnic Lunch** Slice Turkey on Whole Wheat Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Lemonade	**9** Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange
12 Pot Roast w/ Gravy 1/2c Parsley Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Peach Crisp	**13** Baked Salmon w/ White Wine Cream Sauce 1/2c White Rice 1/2c Island Blend Vegetables Wheat Bread 1/2c Cinnamon Applesauce NEW ITEM	**14** Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Green Beans 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	**15** Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2 c Lima Beans 1 Wheat Bread 1/2c Gelatin	**16** Pesto Chicken 1/2c. Buttered Pasta 1c. Toss Salad w/ tomato & dressing Dinner Roll Seasonal Fresh Fruit NEW ITEM
19 Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple NEW ITEM	**20** Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	**21** Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie	**22** **Picnic Lunch** Italian Sandwich Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Iced Tea	**23** Chicken Parmesan w/ 2oz Sauce 1/2c Rotini 1c Tossed Salad w/ Tomato 1 Slice Italian Bread 1/2c Mandarin Oranges
26 BBQ Pulled Pork Sandwich 1/2c Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie	**27** Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit NEW ITEM	**28** Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit 1 Cookie	**29** 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