December

York County

Monday	Tuesday	Wednesday	Thursday	Friday
2 3oz Teriyaki pork 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit 	**3** 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	**4** 1 Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit NEW ITEM	**5** 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 wheat bread 1 Cookie	**6** 1 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
9 1 Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	**10** Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	**11** Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll jello	**12** **Picnic Lunch** Sliced Turkey on Whole Wheat Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Milk	**13** 3oz Open Faced Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 wheat bread 1/2c Pudding
16 1 Pizza Burger (1oz Sauce, ..5oz Mozzarella) 1/2c Potato wedge 1/2c corn Hamburger Bun 1/2c Fruit Crisp	**17** 3oz Pork Chop w/ 2oz Gravy 1/2c. Rice 1/2c Candied Carrots 1 Dinner Roll cookie	**Holiday Special!** **18** 3oz Roast Turkey w/ 2oz Gravy 1/4c. Homeade Stuffing 1/2c Whipped Potatoes 1/2c. Seasoned Peas & Carrots Dinner Roll Apple Pie	**19** 1 Lasagna w/ 2oz Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit	**20** **Picnic Lunch** Italian Sandwich on White Bread **WRSC & AmeriHealth Holiday Meal** Meatloaf & Scalloped Potatoes Green Bean/ Dinner Roll Christmas Cracker Toffee Community HealthChoices | AmeriHealth Caritas Pennsylvania
23 1c Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange	**24** 1c Pizza casserole w/ 2oz Tomato Sauce 1c Tossed Salad w/ Dressing 1/2c Carrots 1 Dinner Roll Fresh Fruit	**Christmas Day!** **25** 	**26** **Picnic Lunch** Tuna Salad in a Wheat Roll Fruit Juice Cucumber Salad Cookie Milk	**27** Pasta & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad
30 3oz Honey BBQ Chicken Breast 1/2c Brown Rice 1/2c Carrots Wheat Bread Seasonal Fresh Fruit	**New Years Eve!** **31** 3oz Pulled Pork w/ 2oz sauerkraut 1/2c Whipped Potatoes w/ chives 1/2 c. Mixed Vegetables Wheat Bread Applesauce Cake			The Nutrition Group