

January

York County

Monday	Tuesday	Wednesday	Thursday	Friday
			Happy New Year! 1 	2 3oz Grilled Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1/2c California Blend 1 Garlic Breadstick 1/2c Applesauce 
5 Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Broccoli Salad 1/2c Pears Hamburger Bun	6 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots Whole Wheat Bread 1/2c Fruit Crisp	7 1c Winter Beef Stew 1/2c Green Beans 1 Cornbread 1/2c Applesauce	8 Picnic Lunch Sliced Turkey on Whole Wheat Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Milk	9 Swedish Meatballs (4) 1/2c Buttered Pasta 1/2c Green Peas 1 Breadstick 1/2c Mixed Fruit
12 Omelet 1oz Shredded Cheddar 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Orange Juice	13 Chicken Taco Salad 3oz Taco Meat, .5 oz Cheddar Cheese Salad Mix, Salsa, Ranch 1/2c Elote Corn 1/2c Yellow Rice 1/2c Pineapple	14 Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Green Beans Whole Wheat Bread Fresh Fruit 	15 Smokey BBQ Burger Cheddar Cheese 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit	16 3oz Meatloaf with 2oz Gravy 1/2c Parsley Potatoes 1/2c Carrots Whole Wheat Bread 1/2c Vanilla Pudding
19 	20 Roasted Garlic Pork Loin 1/2c Peas 1/2c White Rice Fresh Fruit Dinner Roll 	21 3oz Kielbasa with 1oz Kraut 1/2c Parsley Potatoes 1/2c Mixed Vegetables 1/2c Applesauce Hot Dog Bun 	22 Picnic Lunch Italian Sandwich Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Milk	23 1c Shepards Pie (w/ 1/2c Mixed Vegetables) 1/2c Garlic Mashed Potatoes White Bread Pudding
26 Sweet & Sour Chicken 1/2c White Rice 1/2c Oriental Blend Vegetables 1/2c Mandarin Oranges Cookie 	27 3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin	28 Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread 	29 Cheeseburger 1/2c Tator Tots 1/2c Baked Pineapple 1c Tossed Salad w/ Tomato Hamburger Bun	30 3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit <i>*menu subject to change</i>