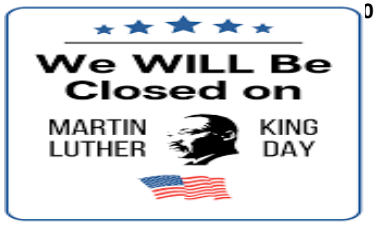
January

York County

Monday	Tuesday	Wednesday	Thursday	Friday
The Nutrition Group		**Happy New Year!** **1** 	**2** 1 Baked Cod 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	**3** Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple
6 4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 White Hamburger Bun Fresh Fruit	**7** 3oz Chicken Breast w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	**8** Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	**9** **Picnic Lunch** Sweet Bologna & American Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookkie Milk	**10** 3oz Chicken Alfredo (2oz Sauce) 1/2c Noodles 1c Tossed Salad 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp
13 3 Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	**14** Chicken Bacon Carbonara (3oz Chicken, 1/2ox Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Mandarin Oranges NEW ITEM	**15** 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	**16** Baked Ravioli (6) w/ 2oz Tomato Cream Sauce 1c Tossed Salad 1/2c Mandarin Oranges 1 Italian Bread	**17** 3oz Sliced Ham 1/2c Orange Blossom Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie
20 	**21** Tuna Salad Sandwich (4oz) 1c Cream of Broccoli Soup 1/2c Coleslaw 2 Wheat Bread Fresh Fruit	**22** 1 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 White Sandwich Bun 1/2c Pineapple Delight 	**23** **Picnic Lunch** Sliced Turkey on Whole Wheat Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Milk	**24** Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Fruit Crisp
27 Burgundy Glazed Meatballs (4)contains mushrooms 1/2c Rice 1/2c Carrots 1 Italian Breadstick 1/2c Mandarin Oranges	**28** Vegetable Lasagna 1c Tossed Salad 1 Breadstick 1/2c Pineapple 1 Cookie	**29** Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	**30** 3oz Swiss Steak w/ Gravy 1/2c Buttered Noodles 1/2c Spinach 1 Dinner Roll Fresh Fruit	**31** 3oz Open Faced Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding **menu subject to change*