




September

York County

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day! 2 	3 Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit	4 Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie	5 Pork Loin 1/2c Buttered Pasta 1/2c Green beans 1 Wheat Bread 1/2c Peach Crisp	6 4oz Tuna Salad Sandwich w/lettuce & tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit
9 1c Pizza Casserole 1/2c Wax Beans 1/2 c Corn 1 White Bread 1/2c Pudding	10 Sweet & Sour Pork 1/2c. Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c. Apple Crisp	11 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup w/ Crackers 1 Dinner Roll 1/2c Gelatin 	12 12th Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Breadstick Fresh Fruit	13 4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit
16 Swiss Steak w/ 2oz Onion Gravy 1/2 c. Cubed Parsley Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears	17 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese	18 Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges 	19 Baked Lemon Pepper Fish 1/2c Rice Pilaf 1/2c Green Beans Dinner Roll Seasonal Fresh Fruit	20 Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 Wheat Bread 1/2c Gelatin
23 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie	24 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	25 Grilled Chicken Caesar Salad 1c Mixed Greens (3 oz Diced Chick 1t Parmesan, Tomato, Croutons) 1c Cream of Broccoli Soup Dinner Roll 1/2c Blushed Pears	26 Omelet w/ Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	27 Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange
30 Pot Roast w/ Gravy 1/2c Ranch Potatoes 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Peach Cup	