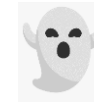




October



York County

Monday	Tuesday	Wednesday	Thursday	Friday
October 2 Baked Chicken w/ Gravy 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	October 3 1/2 c.Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits	October 4 Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Wheat Bread 1/2c Cottage Cheese & Peaches	October 5 Picnic Lunch Sliced Turkey on Whole Wheat Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Iced Tea	October 6 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad
October 9 HOLIDAY	October 10 1 c.Cheeseburger Stroganoff 1/2c Peas 1 Breadstick Fresh Fruit	October 11 1/2 c. Creamy Chicken Salad Sandwich Lettuce & Tomato 1/2c Broccoli Salad 2 Whole Wheat Bread 1/2c Cinnamon Applesauce	October 12 Picnic Lunch Chicken Salad w/Lettuce & Tomato on a Wheat Bread Macaroni Salad Pickled Beets Fresh Fruit Cookie Lemonade	October 13 Chicken Cobb Salad (3 oz.Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens 1/2c. Pickled Diced Beets 1 Dinner Roll 1/2c Mixed Fruit
October 16 1 c. Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Sliced Apples	October 17 Sweet & Sour Meatballs (4) 1/2c. Rice 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	October 18 1 c. Stuffed Pepper Casserole 1c Tossed Salad 1/2c Coin Carrots 1 White Bread 1/2c Pudding	October 19 Center Closed	October 20 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit
October 23 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pears	October 24 Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Three Bean Salad 1 Dinner Roll 1/2c Gelatin	October 25 BBQ Chicken Breast 1/2c Sweet Potatoes 1/2c Green Beans 1 Dinner Roll Seasonal Fresh Fruit	October 26 Picnic Lunch Italian Sandwich Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Iced Tea	October 27 Picnic Lunch Tuna Salad on a Wheat Roll Fruit Juice Cucumber Salad Cookie Lemonade
October 30 1/2 c. Pot Roast w/ Gravy 1/2c Parsley Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	HAPPY HALLOWEEN!! October 31 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit			
menu subject to change based on availability				