## **October**

York County

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Patty w/ Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	2 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	3 1c Pizza Casserole 1c Tossed Salad 1/2c Peas & Carrots 1 Wheat Bread 1/2c Pudding	4 Chicken Alfredo 1/2c Noodles 1/2c Mixed Vegetables 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp
7 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 Wheat Bread Seasonal Fresh Fruit	8 Chicken Bacon Carbonara (3oz Chicken, 1/2o Bacon) 1/2c Pasta 1/2c Mixed Vegetables 1 Breadstick 1/2c Mandarin Oranges	9 Tuna Salad Sandwich (4oz) 1c Roasted Pumpkin Soup 1/2c Coleslaw 2 Wheat Bread Fresh Fruit	10 Baked Ravioli (6) w/ Tomato Cream Sauce 1/2c Green Beans 1/2c Mandarin Oranges 1 Italian Bread	11 Sliced Ham 1/2c Orange Blossom Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie
14 Pot Roast w/ Gravy 1/2c Parsley Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Applesauce	15 Sweet & Sour Pork 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit	16 Italian Burger (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit	17 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 Wheat Bread Peach Crisp	18 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
21 Cheese Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	22 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick 1/2c Mandarin Oranges	23 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	24 Cajun Shrimp 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple	25 Open Faced Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pudding
28 Creamy Parmesan Pork Chop 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie	29 Pizza Burger (1oz Sauce,5oz Mozzarella) 1/2c Lemon Buttered Orzo 1/2c Carrots Hamburger Bun 1/2c Fruit Crisp	30 Chicken Bruschetta 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit	Happy Halloween! 31 Lasagna w/ Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit	Nutrition Group