





# September

York County HDM

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><i>*menu subject to change</i></p>	<p>1</p> <p>Sweet &amp; Sour Meatballs 1/2c. Rice 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit</p>
<p>Happy Labor Day! 4</p> 	<p>5</p> <p>Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>	<p>6</p> <p>Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Mixed Vegetables 1 Dinner Roll 1/2c Gelatin</p>	<p>7</p> <p>Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit</p>	<p>8</p> <p>Chicken &amp; Biscuits 1/2c Mixed Vegetables 2 Mini Biscuits 1/2c Peaches</p>
<p>11</p> <p>Warm Roast Beef Sandwich W/Mozz. 1/2c. Roasted Parmesan Redskins 1/2c. Carrots 1 Sandwich Roll Fresh Banana</p>	<p>12</p> <p>Tuna Salad Sandwich w/lettuce &amp; tomato 1/2c Coleslaw 2 White Bread Fresh Orange</p>	<p>13</p> <p>Orange Glazed Chicken Breast 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits</p>	<p>14</p> <p>Pulled Turkey w/ Gravy 1/2c Sweet Potatoes 1/2c Peas &amp; Carrots 1 Dinner Roll 1 Cookie</p>	<p>15</p> <p>Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit</p>
<p>18</p> <p>Swiss Steak w/ 2oz Onion Gravy 1/2c Parsley Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>19</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>20</p> <p>Chicken, Spinach &amp; Cranberry Salad w/ Dressing 1c. Mixed Greens &amp; Spinach 1/2c. Pickled Diced Beets 1 Breadstick 1/2c Peaches</p>	<p>21</p> <p>Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>22</p> <p>Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Seasonal Fresh Fruit Cookie</p>
<p>25</p> <p>Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Green Beans 1 Wheat Bread 1/2c Mandarin Oranges</p>	<p>26</p> <p>Seafood Salad Over 1c. Mixed Greens w/ Tomato &amp; Hardboiled Egg 1/2c Fresh Broccoli Salad 1 Dinner Roll 1/2c. Pineapple</p> 	<p>27</p> <p>Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p>	<p>28</p> <p>Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange</p>	<p>29</p> <p>Cheddar Cheese Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>