

**INGREDIENT LIST FOR SEPTEMBER 2022**

- 9/01 –**        **HOT DOG: BEEF**  
**BAKED BEANS: BEANS, KETCHUP, ONIONS, SYRUP**  
**COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING**
- 9/02 –**        **BREADED PORK PATTIES: PORK, BREADING, OIL**  
**SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR**  
**TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS**  
**DINNER ROLL: FLOUR, YEAST, WATER**
- 9/06 –**        **PARSLY POTATOES: POTATOES, PARSLY FLAKES, MARG.**  
**DINNER ROLL: FLOUR, YEAST, WATER**
- 9/07 –**        **SWISS STEAK: BEEF, TOMATOES, BELL PEPPERS, ONIONS, GRAVY**  
**AUGRATIN POTATOES: POTATOES, ONIONS, MILK, SUGAR, CHEESE**  
**VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA**  
**DINNER ROLL: FLOUR, YEAST, WATER**
- 9/08 –**        **WHIP POTATOES: DEHY POTATES, WATER, MARG.**  
**DINNER ROLL: FLOUR, YEAST, WATER**

- 9/09 – BAKED SPAGHETTI: BEEF, PASTA, SPAGHETTI SAUCE, ONIONS**  
**ITALIAN BLEND VEGS: ZUCCHINI, CARROTS, CAULIFLOWER, LIMAS,**  
**ITALIAN GREEN BEANS**  
**GARLIC ROLL: FLOUR, YEAST, WATER, GARLIC POWDER, MARG.**
- 9/12 – OMELET: EGGS. CHEESE**  
**BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**  
**CINNAMON ROLL: FLOUR, WATER, SUGAR, SOYBEAN OIL,**  
**CINNAMON, BAKING SODA, MILK**
- 9/13 – BBQ CHICKEN: CHICKEN, BBQ SAUCE (TOMATO PASTE, ONIONS,**  
**GARLIC, SALT, SUGAR, SPICES, WATER)**  
**FRIES: POTATOES, VEG OIL**
- 9/14 – TURKEY TETRAZINI: TURKEY, PASTA, CREAM SAUCE, ONIONS,**  
**MUSHROOMS, PEAS**  
**TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS**  
**DINNER ROLL: FLOUR, YEAST, WATER**
- 9/15 – CUBE STEAK/ONION GRAVY: BEEF, ONIONS, FLOUR, BROTH, WATER**  
**WHIP POTATOES: DEHY POTATOES, WATER, MARG.**  
**POUND CAKE: FLOUR, SUGAR, EGGS, MARG., MILK**  
**DINNER ROLL: FLOUR, YEAST, WATER**
- 9/16 – SALSA CHICKEN: CHICKEN, SALSA, TOMATOES, ONIONS, PEPPERS**

- DINNER ROLL: FLOUR, YEAST, WATER**
- 9/19 – SWEDISH MEATBALLS: BEEF, PORK, SOUR CREAM, GRAVY (FLOUR, BROTH, WATER), ONIONS**
- BUTTERED PASTA: EGGS, FLOUR**
- DINNER ROLL: FLOUR, YEAST, WATER**
- 9/20 – SCALLOPED CHICKEN: CHICKEN, BROTH, SAGE STUFFING**
- DINNER ROLL: FLOUR, YEAST, WATER**
- 9/21 – AU GRATIN POTATOES: POTATOES, MILK, ONIONS, SUGAR, CHEESE**
- ANIMAL CRACKERS: FLOUR, SUGAR, OIL, BAKING SODA**
- DINNER ROLL: FLOUR, YEAST, WATER**
- 9/22 – STUFF PEPPER CASSEROLE: BEEF, RICE, BELL PEPPERS, ONION, TOMATOES, TOMATO SAUCE**
- DINNER ROLL: FLOUR, YEAST, WATER**
- VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA**
- 9/23 – SMOKED SAUSAGE: PORK, SEASONINGS**
- WHIP POTATOES: DEHY POTATOES, WATER, MARGARINE**
- SAUERKRAUT: CABBAGE, SEASONINGS**
- BLUSHING FRUIT: RED FOOD COLORING, CANNED FRUIT**
- 9/26 – SALISBURY STEAK: BEEF, BELL PEPPERS, ONIONS**
- MACARONI AND CHEESE: PASTA, CHEESE SAUCE, MILK**

**VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA**

**DINNER ROLL: FLOUR, YEAST, WATER**

**9/27 – HAM AND POTATO CASSEROLE: HAM, POTATOES, ONIONS, MILK,  
CORNSTARCH, SUGAR**

**DINNER ROLL: FLOUR, YEAST, WATER**

**CHOC. PUDDING: COCOA, MILK, CORNSTARCH**

**9/28 – CHICKEN AND NOODLES: CHICKEN, PASTA, CHIC BROTH**

**WHIP POTATOES: DEHY POTATOES, WATER, MARG.**

**CAPRI BLEND VEGS: GREEN BEANS, CARROTS, ZUCHINNI**

**DINNER ROLL: FLOUR, YEAST, WATER**

**TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS**

**9/29 – BEEF STEW: BEEF, STEW VEGS, GRAVY**

**BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**

**FRUIT MUFFIN: BLUEBERRIES, SUGAR, FLOUR, MILK**

**9/30 - MEATLOAF: BEEF, CRUMBS, EGGS, KETCHUP, ONIONS**

**SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR**

**DINNER ROLL: FLOUR, YEAST, WATER**