

INGREDIENT LIST FOR JANUARY 2022

JAN. 2 – SALSA CHICKEN – CHICKEN (TOMATOES)PEPPERS, ONIONS, SPICES)

SPANISH RICE – WHITE RICE, TOMATOES, SPICES

MEXICORN – CORN, BELL PEPPERS

CINNAMON MUFFIN – APPLES, SUGAR, FLOUR, MILK, CIN.

DINNER ROLL – FLOUR, YEAST, WATER

JAN. 5 – BAKED STEAK W/MUSHROOM GRAVY

VEG BLEND – CORN, PEAS, GR BEANS, CARROTS

POUND CAKE – FLOUR, SUGAR, EGGS, MARG, MILK

DINNER ROLL – FLOUR, YEAST, WATER

JAN. 6 – HOT DOG - BEEF

BAKED BEANS – BEANS, KETCUP, ONIONS, PORK, SF SYRUP

WARM SPICE APPLES – APPLES, SPICES

COLESLAW – CABBAGE, CARROTS, RED CABBAGE, SLAW DRESS.

JAN. 7 – MACARONI AND CHEESE – PASTA, CHEESE, MILK

STEWED TOMATOES – TOMATOES, BELL PEPPERS, ONIONS

DINNER ROLL – FLOUR, YEAST, WATER

JAN. 10 – MEATLOAF – BEEF, ONIONS, CRUMBS, EGGS, KETCHUP

HASH BROWNS – POTATOES, VEG OIL

DINNER ROLL – FLOUR, YEAST, WATER

- JAN. 11 – SWEET AND SOUR CHICKEN – CHICKEN, PINEAPPLE, SWEET AND
SOUR SAUCE
WINTER BLEND VEGS – BROCCOLI, CAULIFLOWER
PUDDING – COCOA, MILK, CORNSTARCH
DINNER ROLL – FLOUR, YEAST. WATER**
- JAN. 12 – SWISS STEAK/GRVY – BEEF, TOMATOES, ONIONS, BELL PEPPERS
AU GRATIN POTATOES – POTATOES, ONIONS
VANILLA WAFERS – FLOUR, SUGAR, MILK, EGGS, BK SODA
DINNER ROLL – FLOUR, YEAST, WATER**
- JAN. 13 – WHIP POTATOES – INSTANT POTATOES, WATER, MARG.
GRAVY – BROTH, WATER, ONION POWDER, FLOUR
DINNER ROLL – FLOUR, YEAST, WATER
CINNAMON MUFFIN – APPLES, SUGAR, MILK, FLOUR, CIN.**
- JAN. 14 – BAKED SPAGHETTI – PASTA (EGGS, FLOUR), BEEF, SPAG SAUCE,
ITALIAN BLEND VEGS – LIMA BEANS, ITAL GR BEANS, CARROTS,
ZUCCHINI, CAULIFLOWER
GARLIC ROLL – GARLIC POWDER, FLOUR, YEAST, WATER, MARG.**
- JAN. 17 – OMELET – EGGS, CHEESE
RED SKIN POTATOES- POTATOES, VEG OIL
BISCUIT – FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH
CINNAMON ROLL – FLOUR, WATER, SUGAR, SOYBEAN OIL, CIN., BK
SODA, MILK**

- JAN. 18 – SLOPPY JOE – BEEF, KETCHUP, ONIONS, BROWN SUGAR
HASH BROWNS – POTATOES, VEG OIL**
- JAN. 19 – TUNA NOODLE CASSEROLE – TUNA, PASTA (FLOUR, EGGS), CELERY
SOUP
VEG BLEND – PEAS, CORN, POTATOES, LIMAS, GR BEANS, CARROTS
TOSSED SALAD – LETTUCE, CABBAGE, CARROTS
DINNER ROLL – FLOUR, YEAST, WATER**
- JAN. 20 – CUBE STEAK/GRAVY -BEEF, FLOUR, BROTH, ONION POWDER
WHIP POTATOES – INSTANT POTATOES, WATER, MARG
POUND CAKE – FLOUR, SUGAR, OIL, BK SODA
DINNER ROLL – FLOUR, YEAST, WATER**
- JAN. 21 – FRUIT MUFFIN – BLUEBERRIES, FLOUR, SUGAR, MILK
DINNER ROLL – FLOUR, YEAST, WATER**
- JAN. 24 – SWEDISH MEATBALLS – PORK, BEEF, WATER, DEHY ONIONS, DEHY
CELERY, VEG OIL, GARLIC POWDER, MILK, SOY, WHEAT,
SOUR CREAM, FLOUR, BEEF BASE, ONION POWDER
VEG BLEND – CORN, PEAS, CARROTS, LIMAS, GR BEANS, POTATOES
STEWED TOMATOES – TOMATOES, BELL PEPPERS, ONIONS
DINNER ROLL – FLOUR, YEAST, WATER**
- JAN. 25 – TENNESSEE CHICKEN PASTA – CHIC., PASTA (FLOUR, EGGS), BROTH
GREEN AND GOLD BEANS – GREEN BEANS, WAX BEANS
DINNER ROLL – FLOUR, YEAST, WATER**

**JAN. 26 – CUBE STEAK /ONION GRAVY – BEEF, BROTH, FLOUR, ONION
POWDER**

ANIMAL CRACKERS – FLOUR, SUGAR, OIL, B.SODA

DINNER ROLL – FLOUR, YEAST, WATER

**JAN. 27 – GENERAL TSO’S CHICKEN – CHICKEN, MALTED BARLEY, ONIONS,
CABBAGE, SUGAR, SOY SAUCE, WATER, SESAME SEED OIL,
GINGER, SPICES, VEG OIL**

ORIENTAL BLEND VEGS – BROCCOLI, GREEN BEANS, ONIONS,

MUSHROOMS, RED PEPPERS

PUDDING – COCOA, MILK, CORNSTARCH

DINNER ROLL – FLOUR, YEAST, WATER

JAN. 28 – EGG AND POTATO BAKE

STEWED TOMATOES – TOMATOES, ONIONS, BELL PEPPERS

APPLE CINN. MUFFIN – APPLES, FLOUR, SUGAR, MILK, CINN.

JAN. 31 - SALISBURY STEAK – BEEF, BELL PEPPERS, ONIONS

WHIP POTATOES – INSTANT POTATOES, WATER, MARG.

VEG BLEND – BROCCOLI, CAULIFLOWER, CARROTS

VANILLA WAFERS – FLOUR, SUGAR, MILK, EGGS, BK SODA

DINNER ROLL – FLOUR, YEAST, WATER