

INGREDIENT LIST FOR MARCH 2023

3/01: CHICKEN TENDERS: CHICKEN, BREADING

AUGRATIN POTATOES: POTATOES, CHEESE, MILK, SUGAR, MARGARINE

COLE SLAW: FLOUR, YEAST, WATER

DINNER ROLL: FLOUR, YEAST, WATER

3/02: MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE

DINNER ROLL: FLOUR, YEAST, WATER

CABBAGE ROLLS: BEEF, CABBAGE, RICE, ONIONS, TOMATO SAUCE, SPICES

**3/03: TUNA NOODLE CASSEROLE: TUNA, PASTA (EGGS, FLOUR), CR OF CELERY
SOUP, WATER**

DINNER ROLL: FLOUR, YEAST, WATER

3/06: BBQ CHICKEN: CHICKEN, BBQ SAUCE

POTATO WEDGES: POTATOES, VEG OIL

**3/07: BEEF STEW: BEEF, STEW VEGS (CARROTS, CELERY, POTATOES,
ONION), GRAVY, BROTH**

3/08: SMOKED SAUSAGE: PORK, SEASONINGS

SAUERKRAUT: CABBAGE, SALT, SEASONING

GRAHAM CRACKERS: FLOUR, OIL, HONEY

3/09: PORK CHOP/GRAVY: PORK, FLOUR, BROTH, WATER

SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR, WATER

DINNER ROLL: FLOUR, YEAST, WATER

3/10: MAC AND CHEESE: PASTA, CHEESE, MILK, WATER

STEWED TOMATOES: TOMATOES, TOM. JUICE, PEPPERS, ONIONS, SUGAR

DINNER ROLL: FLOUR, YEAST, WATER

3/13: ITALIAN MEATBALLS: BEEF, ONIONS, ITALIAN SEASONING, TOMATO

SAUCE

PARSLEY NOODLES: FLOUR, EGGS, PARSLEY FLAKES

DINNER ROLL: FLOUR, YEAST, WATER

3/14: HOT DOG: BEEF

FRIES: POTATOES, VEG OIL

3/15: POTATO SOUP: POTATOES, MILK, FLOUR, ONIONS, WATER, SEASONINGS

HAM SALAD: HAM, MAYO, RELISH, EGGS

3/16: TURKEY TETRAZZINI: TURKEY, PASTA, WHITE SAUCE, ONIONS

SUCCOTASH: CORN, LIMAS

COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING

3/17: FISH: COD

POTATO WEDGES: POTATOES, VEG OIL

COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING

3/20: CHICKEN PATTY: CHICKEN, BREADING, VEG OIL

HASH BROWNS: POTATOES, VEG OIL

3/21: PIZZA PASTA: BEEF, PASTA (EGGS, FLOUR), PIZZA SAUCE, ONIONS

CAPRI BLEND: GREEN BEANS, SQUASH, ZUCCHINI, CARROTS

DINNER ROLL: FLOUR, YEAST, WATER

3/22: PORK FRITTER: PORK BREADING, VEG OIL

SWEET POTATO FRIES: SWEET POTATOES, VEG OIL

DINNER ROLL: FLOUR, YEAST, WATER

POUND CAKE: FLOUR, SUGAR, EGGS, MARG.,MILK

3/23: SALISBURY STEAK: BEEF, ONION, PEPPERS,SPICES

GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

DINNER ROLL: FLOUR, YEAST, WATER

3/24: CHEESE OMELET: EGGS, CHEESE, MILK

HASH BROWNS: POTATOES, VEG OIL

BISCUIT: FLOUR, SUGAR, MILK, BUTTERMILK

3/27: BEEF PATTIE: BEEF

AU GRATIN POTATOES: POTATOES, ONIONS, CHEESE, MILK, SUGAR

PUDDING: COCOA, MILK, CORNSTARCH

3/28: CHICKEN TENDERS: CHICKEN, BREADING

MAC AND CHEESE: PASTA, CHEESE SAUCE, MILK, WATER

ANIMAL CRACKERS: FLOUR, SUGAR, OIL, BK SODA

DINNER ROLL: FLOUR, YEAST, WATER

3/29: MEATLOAF: BEEF, EGGS, KETCHUP, CRUMBS, ONIONS

MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE

GRAVY: FLOUR, ONION POWDER, BROTH, WATER

POUND CAKE: FLOUR, SUGAR, EGGS, MARG., MILK

DINNER ROLL: FLOUR, YEAST, WATER

3/30: HOT DOG: BEEF

BAKED BEANS: BEANS, BROWN SUGAR, KETCHUP, ONIONS, SYRUP

COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING

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

3/31: FISH: COD, BREADING