

## INGREDIENT LIST FOR MAY 2023

**5/01: CHICKEN TENDERS: CHICKEN, BREADING, VEG OIL**

**MACARONI AND CHEESE: PASTA, CHEESE SAUCE, WATER, MILK**

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

**5/02: PORK FRITTER: PORK, BREADING, VEG OIL**

**SEASONED FRIES: POTATOES, SEASONING, VEG OIL**

**PUDDING: COCOA, MILK, CORNSTARCH**

**5/03: BAKED STEAK/GRAVY: BEEF, FLOUR, WATER, BROTH**

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

**MASHED POTATOES: DEHY. POTATOES, WATER, MARGARINE**

**MUFFIN: APPLES, FLOUR, SUGAR, SOYBEAN OIL, WATER, EGGS, CORN**

**SYRUP, CINNAMON, MILK**

**5/04: CHICKEN ALA KING: CHICKEN, WHITE SAUCE, ONION POWDER, MILK**

**BISCUITS: FLOUR, SUGAR, MILK, BUTTERMILK**

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

**5/05: DINNER ROLL: FLOUR, YEAST, WATER**

**PARSLEY CARROTS: CARROTS, PARSLEY FLAKES, MARGARINE**

**RICE PILAF: LONG GRAIN RICE, SEASONINGS, ONION POWDER, WHEAT**

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

**5/08: CHICKEN PATTY: CHICKEN, BREADING**

**RED SKIN POTATOES: POTATOES, VEG OIL**

**CAPRI BLEND VEGS: GREEN BEANS, SQUASH, ZUCCHINI, CARROTS**

**5/09: DINNER ROLL: FLOUR, YEAST, WATER**

**DRESSING: BREAD CUBES, SAGE, BROTH, WATER, ONIONS, SUGAR,  
CELERY, BROTH**

**5/10: WINTER BLEND VEGS: BROCCOLI, CAULIFLOWER, CARROTS**

**5/11: DINNER ROLL: FLOUR, YEAST, WATER**

**PUDDING: COCOA, MILK, CORNSTARCH**

**5/12: COUNTRY FRIED STEAK: BEEF, BREADING, WHITE GRAVY**

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

**WHIPPED POTATOES: DEHY POTATOES, WATER, MARGARINE**

**5/15: BBQ CHICKEN: CHICKEN, BBQ SAUCE**

**HASH BROWNS: POTATOES, VEG OIL**

**CANDIED CARROTS: CARROTS, BROWN SUGAR, MARGARINE**

**5/16: CREAM CHIPPED BEEF: CHIP BEEF, MILK, WATER, ONION POWDER, SUGAR**

**BISCUITS: FLOUR, SUGAR, MILK, BUTTERMILK**

**THREE BEAN SALAD: GREEN BEANS, WAX BEANS, KIDNEY BEANS,**

**VINEGAR, SUGAR, ONIONS, RED BELL PEPPERS**

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

**5/17: HAM AND BEAN SOUP: WHITE BEANS, DICED HAM, ONIONS, BROTH,**

**WATER**

**EGG SALAD: EGGS, MAYO, SWEET RELISH**

**5/18: MEATLOAF: BEEF, ONIONS, EGGS, KETCHUP. CRUMBS**

**WHIPPED POTATOES: DEHY. POTATOES, WATER, MARGARINE**

**MUFFIN: APPLES, CINNAMON, FLOUR, SOYBEAN OIL, WATER, EGGS,**

**CORNSTARCH, MILK**

**5/19: MARZETTI: BEEF, PASTA (EGGS, FLOUR). SPAG SAUCE, WATER**

**DINNER ROLL: FLOUR, YEAST WATER**

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

**ITALIAN BLEND VEGS: ZUCCHINI, CARROTS, CAULIFLOWER, LIMAS,**

**ROMANO BEANS**

**5/22: CHICKEN AND NOODLES: DICED CHICKEN, PASTA (EGGS, FLOUR), BROTH**

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

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

**PUDDING: COCOA, MILK, CORNSTARCH**

**5/23: BEEF STEW: BEEF, STEW VEGS (CARROTS, CELERY, POTATOES, ONIONS),**

**BROTH, GRAVY**

**BISCUITS: FLOUR, SUGAR, MILK, BUTTERMILK**

**PICKLED BEETS: BEETS, VINEGAR, SPICES**

**ANIMAL CRACKERS: FLOUR, SUGAR, OIL, BAKING SODA**

**5/24: SMOKED SAUSAGE: PORK, SEASONINGS**

**SAUERKRAUT: CABBAGE, SALT, SEASONING**

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

**WHIPPED POTATOES: DEHY. POTATOES, WATER, MARGARINE**

**5/25: PORK CHOP/GRAVY: PORK, BROTH, FLOUR, WATER**

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

**DRESSING: BREAD CUBES, FLOUR, SUGAR, CELERY, BROTH, SAGE, BROTH**

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

**5/26: POTATO SALAD: POTATOES, EGGS, RELISH, ONIONS, MAYO**

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

**GRAHAM CRACKERS: FLOUR, OIL, HONEY**

**5/30: SAUSAGE GRAVY: PORK, SOYBEAN OIL, FLOUR, CORNSTARCH**

**HASH BROWNS: POTATOES, VEG OIL**

**BISCUITS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA**

**5/31: HOT DOGS: BEEF**

**AU GRATIN POTATOES: POTATOES, CHEESE, MILK, SUGAR, MARGARINE,**

**WATER**

**COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING**

**WARM CINNAMON APPLES: APPLES, CINNAMON, SPICES**