

INGREDIENT LIST FOR JUNE – 2021

JUNE 1 – HOT DOG: BEEF

HASH BROWNS: POTATOES, VEG. OIL

PARSLEY CARROTS: PARSLEY FLAKES, CARROTS

JUNE 2 – MEATLOAF: GRD BEEF, ONIONS, EGGS, BREADCRUMBS

SCALLOPED POTATOES: DEHY. POTATOES, ONIONS, SUGAR,

MARGARINE, WATER

DINNER ROLL: FLOUR, YEAST, WATER

JUNE 3 – PORK CHOP IN GRAVY: PORK, BROTH, FLOUR, WATER,

ONION POWDER

MASH. POTATOES: DEHY. POTATOES, MARGARINE, WATER

PUDDING: COCOA, MILK, CORNSTARCH

DINNER ROLL: FLOUR, YEAST, WATER

JUNE 7 – HAMBURGER: BEEF

POTATO WEDGES: POTATOES, VEG. OIL

GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

JUNE 8 – BEEF POT PIE: BEEF, MIXED VEGS., BROTH, FLOUR, ONIONS,

PASTRY SHEETS

DINNER ROLL: FLOUR, YEAST, WATER

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

**JUNE 9 – STUFFING: BREAD CUBES, SAGE, ONIONS, BROTH,
SEASONING**

GRAVY: BROTH, WATER, ONION POWDER, MARGARINE

DINNER ROLL: FLOUR, YEAST, WATER

**JUNE 10 – SWEET AND SOUR CHICKEN: CHICKEN, WATER, OLIVE OIL,
MODIFIED POTATO STARCH, GREEN AND RED PEPPERS,
PINEAPPLE, SUGAR**

PUDDING: COCOA, MILK, CORNSTARCH

DINNER ROLL: FLOUR, YEAST, WATER

**JUNE 14 – BEEF RAVIOLI: BEEF, TOMATOES, WATER, FLOUR, MILK,
SOY, WHEAT**

DINNER ROLL: FLOUR, YEAST, WATER

**JUNE 15 – STUFFED PEPPER/SAUCE: BEEF, BELL PEPPERS, ONIONS,
RICE, BREADCRUMBS, WATER, TOMATO SAUCE, CELERY,
EGGS, MILK**

**AUGRATIN POTATOES: DEHY. POTATOES, CHEESE, ONIONS,
SUGAR, MARGARINE, WATER**

PARSLEY CAULIFLOWER: PARSLEY FLAKES, CAULIFLOWER

POUND CAKE: FLOUR, SOYBEAN OIL, HONEY

JUNE 16 – HAM AND BEAN SOUP: NORTHERN BEANS, WATER, HAM

PIMENTO CHEESE: CHEESE, MAYO, PIMENTOS

PUDDING: COCOA, MILK, CORNSTARCH

JUNE 17 – CHOPPED STEAK/GRAVY: BEEF, BROTH, ONION POWDER,

FLOUR, MARGARINE

MASH. POTATOES: DEHY POTATOES, MARG., WATER

STEWED TOMATOES: TOMATOES, BELL PEPPERS, ONIONS

GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

DINNER ROLL: FLOUR, YEAST, WATER

JUNE 18 – SCALLOPED POTATOES: DEHY. POTATOES, ONIONS, SUGAR,

MARGARINE, WATER

CINNAMON MUFFIN: CINNAMON POWDER, FLOUR, EGGS,

MILK, SUGAR

DINNER ROLL: FLOUR, YEAST, WATER

JUNE 21 – COUNTRY FRIED STEAK: BEEF, FLOUR, MILK, WHEAT,

SPICES, BUTTERMILK

MASH. POTATOES: DEHY. POTATOES, MARG., WATER

GRAVY: BROTH, ONION POWDER, MARG., WATER

GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

JUNE 22 – CHEESE OMELET: EGGS, CHEESE, MILK

HASH BROWNS: POTATOES, VEG. OIL

CINNAMON ROLL: FLOUR, WATER, SUGAR, SOYBEAN OIL,

CINNAMON, BAKING SODA, MILK

JUNE 23 – CREAMED CHIP BEEF: CHIP BEEF, CREAM SAUCE

BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH

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

GARDEN SALAD: LETTUCE, CARROTS, PURPLE CABBAGE

JUNE 24 – CHICKEN DRUMSTICKS: CHICKEN, BREADING

SCALLOPED POTATOES: DEHY. POTATOES, ONIONS, SUGAR,

WATER, MARGARINE

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

DINNER ROLL: FLOUR, YEAST. WATER

JUNE 25 – CHICKEN AND NOODLES: DICED CHICKEN, FLOUR, EGGS,

BROTH

DINNER ROLL: FLOUR, YEAST, WATER

JUNE 28 – CHICKEN PATTY: CHICKEN, BREADING

FRIES: POTATOES, VEG. OIL

JUNE 29 – STUFFED PEPPER: BEEF, BELL PEPPER, ONIONS, RICE,

BREADCRUMBS, WATER, TOMATO SAUCE,

CELERY, EGGS, MILK

AUGRATIN POTATOES: DEHY. POTATOES, CHEESE, ONIONS,

UGAR, MARGARINE

BLUEBERRY MUFFIN: BLUEBERRIES, FLOUR, EGGS, MILK,

SUGAR

DINNER ROLL: FLOUR, YEAST, WATER

JUNE 30 – SMOKED SAUSAGE: PORK, SEASONING

SAUERKRAT: CABBAGE, SALT

MASH. POTATOE: DEHY. POTATOES, MARGARINE, WATER

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

DINNER ROLL: FLOUR, YEAST, WATER