

## 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**