

INGREDIENT LIST FOR JUNE 2022

- JUNE 1 –** **MEATLOAF: BEEF, ONIONS, EGGS, BREADCRUMBS**
- SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR**
- DINNER ROLL: FLOUR, YEAST, WATER**
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- JUNE 2 –** **MASHED POTATOES: DEHY. POTATOES, WATER, MARGARINE**
- PUDDING: COCOA, MILK, CORNSTARCH**
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- DINNER ROLL: FLOUR, YEAST, WATER**
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- JUNE 3 –** **CHICKEN CASSEROLE: CHICKEN, PASTA, CREAM CHIC SOUP,**
- ONIONS, CHEESE, BROTH**
- BLUSHING FRUIT: RED SF GELATIN, FRUIT**
- DINNER ROLL: FLOUR, YEAST, WATER**
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- JUNE 6 –** **HAMBURGER: BEEF**
- POTATO WEDGES: POTATOES, VEG. OIL**
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- JUNE 7 –** **TUNA NOODLE CASSEROLE: TUNA, PASTA, CR OF CELERY SOUP,**
- CHEESE**
- DINNER ROLL: FLOUR, YEAST, WATER**
- POUND CAKE: FLOUR, SUGAR, EGGS, MARG., MILK**

JUNE 8 – **STUFFING: BREADCUBES, EGGS, SAGE. ONIONS, BROTH**
GRAVY: FLOUR, ONION POWDER, BROTH
CAPRI BLEND VEGS: GR BEANS, CARROTS, SQUASH, ZUCCHINI
DINNER ROLL: FLOUR, YEAST, WATER

JUNE 9 – **CHICKEN TENDERS: CHICKEN, BREADING**
AUGRATIN POTATOES: POTATOES, ONIONS, MILK, SUGAR, CHEESE
SUCCOTASH: CORN, LIMAS
PUDDING: VANILLA FLAVORING, MILK, CORNSTARCH
DINNER ROLL: FLOUR, YEAST, WATER

JUNE 10 – **BAKED SPAGHETTI: BEEF, SPAG SAUCE, PASTA, ONIONS**
ITALIAN VEGS: ZUCCHINI, CARROTS, CAULIFLOWERM, LIMAS,
ITAL.GREEN BEANS
GARLIC ROLL: FLOUR, YEAST, WATER, GARLIC POWDER, MARG.

JUNE 13 – **MACARONI AND CHEESE: PASTA, CHEESE SAUCE**
STEWED TOMATOES: TOMATOES, BELL PEPPERS, ONIONS
DINNER ROLL: FLOUR, YEAST, WATER

**JUNE 14 – STUFFED PEPPER CASSEROLE: BEEF, BELL PEPPERS. TOMATO SAUCE,
RICE**

MASHED POTATOES: DEHY. POTATOES, WATER, MARGARINE

DINNER ROLL: FLOUR, YEAST, WATER

**JUNE 15 – HAM+AND BEAN SOUP: BEANS, DICED HAM, ONIONS, WATER,
BOTH**

PIMENTO CHEESE: CHEESE, RED PEPPERS, MAYO, SUGAR

**CORNBREAD: FLOUR, EGGS, WATER, SUGAR, CORN MEAL, SOYBEAN
OIL, MILK**

**JUNE 16 – CHOPPED STEAK/GRAVY: BEEF, FLOUR, BROTH, ONION POWDER
CAPRI BLEND VEGS: GREEN BEANS, CARROTS, SQUASH, ZUCCHINI
GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY
DINNER ROLL: FLOUR, YEAST, WATER**

**JUNE 17 – SCALLOPED HAM AND POTATOES: HAM, POTATOES, ONIONS, MILK,
SUGAR**

CINNAMON MUFFIN: APPLES, SUGAR, MILK, FLOUR, CINNAMON

DINNER ROLL: FLOUR, YEAST, WATER

JUNE 20 – COUNTRY FRIED STEAK: BEEF, BREADING, WHITE GRAVY

MASHED POTATOES: DEHY. POTATOES, WATER, MARGARINE

DINNER ROLL: FLOUR, YEAST, WATER

JUNE 21 – **CHEESE OMELET: EGGS, MILK, CHEESE**
SAUSAGE: PORK
BISCUITS: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH
HASH BROWNS: POTATOES, VEG. OIL
CIN. ROLL: FLOUR, WATER, SUGAR, SOYBEAN OIL, CIN., BAKING
SODA, MILK

JUNE 22 – **CREAMED CHIP BEEF: DRIED BEEF, WHITE SAUCE**
BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH
FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, FLOUR

JUNE 23 – **PORK CHOP/GRAVY: PORK, FLOUR, ONION POWDER, WATER,**
BROTH
SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR
CAKE: FLOUR, SUGAR, EGGS, MARG., MILK
DINNER ROLL: FLOUR, YEAST, WATER

JUNE 24 – **PIZZA CASSEROLE: PASTA, BEEF, PIZZA SAUCE, ONIONS, CHEESE**
WINTER BLEND VEGS: BROCCOLI, CAULIFLOWER
DINNER ROLL: FLOUR, YEAST, WATER
TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS

JUNE 27 – SMOKED SAUSAGE: PORK, SEASONINGS

SAUERKRAUT: CABBAGE

MASHED POTATOES: DEHY. POTATOES, WATER, MARGARINE

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

DINNER ROLL: FLOUR, YEAST, WATER

JUNE 28 – BAKED FISH: FISH, MARGARINE

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

BLUEBERRY MUFFIN: BLUEBERRIES, SUGAR, MILK, FLOUR

JUNE 29 – BREADED CHICKEN PATTY: CHICKEN, BREADING

FRIES: POTATOES, VEG OIL

JUNE 30 – BEEF+NOODLES: BEEF, PASTA, BROTH, MUSHROOMS

MASHED POTATOES: DEHY.POTATOES, WATER, MARGARINE

DINNER ROLL: FLOUR, YEAST, WATER