

INGREDIENT LIST FOR NOVEMBER

NOV. 1 – CHICKEN STRIPS: CHICKEN, BREADING, VEG. OIL

FRIES: POTATOES, VEG OIL

MIXED VEGS: PEAS, CORN, GREEN BEANS, LIMAS, POTATOES

PUDDING: COCOA, MILK, SUGAR, EGGS, BAKING SODA

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 2 – HOT DOG: BEEF

BAKED BEANS: WHITE BEANS, BROWN SUGAR, ONIONS, BACON,
VINEGAR, WATER, KETCHUP

GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

NOV. 3 – BEEF POT PIE: BEEF, POTATOES, CARROTS, CELERY, MIXED

VEGETABLES, PASTRY TOPPERS, GRAVY

DINNER ROLL: FLOUR, YEAST, WATER

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

NOV. 4 – CHICKEN AND NOODLES: DICED CHICKEN, BROTH, FLOUR, EGGS,
WATER

MASHED POTATOES: DEHY POTATOES, MARGARINE, WATER

GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 5 – BAKED SPAGHETTI: BEEF, SPAG SAUCE, ONIONS,
PASTA(FLOUR+EGGS),
ITALIAN VEGS: ZUCCHINI, CARROTS, CAULIFLOWER, LIMAS, ITALIAN
CUT GREEN BEANS
GARLIC ROLL: FLOUR, YEAST, WATER, GARLIC POWDER, MARGARINE
GARDEN SALAD: LETTUCE, CARROTS, RED CABBAGE

NOV. 8 – SALSA CHICKEN: CHICKEN, SALSA, MUSHROOMS, PEPPERS
SPANISH RICE: RICE, TOMATOES, ONIONS, BELL PEPPERS, TOMATO
SAUCE, SEASONINGS

MIXED VEGS: PEAS, CARROTS, MUSHROOMS
VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA
DINNER ROLL: FLOUR, YEAST, WATER

NOV. 9 – MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE
GRAVY: BROTH, WATER, FLOUR, ONION POWDER
DINNER ROLL: FLOUR, YEAST, WATER

NOV. 10 – SWEDISH MEATBALLS: PORK, BEEF, WATER, DEHY ONIONS, DEHY
CELERY, VEG OIL, GARLIC POWDER, MILK, SOY, WHEAT, SOUR
CREAM, FLOUR, BEEF BASE, ONION POWDER
PASTA: FLOUR, EGGS
DINNER ROLL: FLOUR, YEAST, WATER

- NOV. 11 – SWEET POTATO CASSEROLE: YAMS, MARGARINE, MARSHMELLOWS
FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, FLOUR,
DINNER ROLL: FLOUR, YEAST, WATER
- NOV. 12 – CREAMED CHIP BEEF: CHIPPED BEEF, CREAM SAUCE
BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH
CARROT RAISIN SALAD: CARROTS, RAISINS, MAYO
FROSTED CAKE: FLOUR, SUGAR, EGGS, MARGARINE, MILK
- NOV. 15 – SWISS STEAK: BEEF, TOMATOES, BELL PEPPERS, ONION
PUDDING: VAN FLAVORING, MILK, CORNSTARCH
DINNER ROLL: FLOUR, YEAST, WATER
- NOV. 16 – MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE
GRAVY: BROTH, WATER, ONION POWDER, FLOUR
STEWED TOMATOES: TOMATOES, BELL PEPPERS, ONIONS, JUICE
DINNER ROLL: FLOUR, YEAST, WATER
POUND CAKE: FLOUR, SUGAR, EGGS, MARG., MILK
- NOV. 17 – MEATLOAF: BEEF, ONIONS, CRUMBS, EGGS
MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE
GRAVY: BROTH, WATER, ONION POWDER, FLOUR
PUDDING: COCOA, MILK, CORNSTARCH
DINNER ROLL: FLOUR, YEAST, WATER

- NOV. 18 – HAM AND BEAN SOUP: NORTHERN BEANS, BROTH, ONIONS, DICED
HAM, WATER
PIMENTO CHEESE: CHEESE, MAYO, SUGAR, PIMENTOES
COLE SLAW: CABBAGE, SLAW DRESSING
- NOV. 19 – STUFFED PEPPERS: GREEN PEPPERS, BEEF, RICE, ONIONS, TOMATO
SAUCE, BREADCRUMBS, CELERY, EGGS, MILK
OBRIEN POTATOES: POTATOES, BELL PEPPERS, ONIONS
MIXED VEGS: GREEN BEANS, WAX BEANS, MUSHROOMS, PEAS
FROSTED CAKE: FLOUR, SUGAR, MILK, EGGS, MARGARINE
DINNER ROLL: FLOUR, YEAST, WATER
- NOV. 22 – HASH BROWNS: POTATOES, VEG OIL
MIXED VEGS: CORN, LIMAS, PEAS, CARROTS, POTATOES, GR BEANS
- NOV. 23 – SALISBURY STEAK: BEEF, BELL PEPPERS, ONIONS, SEASONINGS
SCALLOPED POTATOES: DEHY POTATOES, ONIONS, MILK, SUGAR
CAKE: FLOUR, SUGAR, MILK, EGGS, MARGARINE
DINNER ROLL: FLOUR, YEAST, WATER
- NOV. 24 – STUFFING: BREAD CUBES, SAGE, SEASONONGS, ONIONS, BROTH,
MARGARINE, WATER
MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE
GRAVY: BROTH, FLOUR, ONION POWSER
PUMPKIN PIE: PUMPKIN, FLOUR, VEG OIL, MILK, SUGAR,
CORNSTARCH, SPICES, CINNAMON

NOV. 29 – ITALIAN SAUSAGE W/SAUCE: PORK, SEASONINGS, TOMATO SAUCE,
PEPPERS, ONIONS

FRIES: POTATOES, VEG OIL

SUCCOTASH: LIMA BEANS, CORN

FRUIT MUFFIN: APPLES, FLOUR, SUGAR, MILK

NOV. 30 - OMELET: EGGS, CHEESE

HASH BROWNS: POTATOES, VEG OIL

BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH

FRUIT MUFFIN: BLUEBERRIES, FLOUR, SUGAR, MILK