

FOR INGREDIENT LIST FOR JANUARY 2020 MENUS

- JAN.2 CHEESE OMELET -EGGS, CHEESE**
- HASHBROWNS – POTATOES**
- BISCUITS – FLOUR, VEG SHORTENING**
- FRUIT MUFFIN – FLOUR, BLUEBERRIES, EGGS, SUGAR, MILK,**
- CORNSTARCH.**
- JAN.3 STUFFING W/GRAVY – FLOUR, ONIONS, BREAD CUBES, CELERY,**
- SAGE, MARGARINE**
- FRUIT CRISP- FRUIT, CINNAMON, OATS, BROWN SUGAR**
- DINNER ROLL-FLOUR, YEAST, WATER**
- JAN.6 HASH BROWN POTATOES – POTATOES**
- JAN. 7 FRUIT MUFFIN -FLOUR, BLUEBERRIES, EGGS, SUGAR, MILK,**
- CORNSTARCH.**
- DINNER ROLL – FLOUR, YEAST, WATER**
- JAN. 8 CUBED STEAK IN GRAVY – BEEF, FLOUR, ONIONS, BEEF STOCK, H2O**
- VANILLA WAFERS – FLOUR, SUGAR, EGGS, MARGARINE, MILK**
- DINNER ROLL - FLOUR, YEAST, WATER**

JAN. 9 BREADED PORK – PORK, FLOUR, VEG OIL
MASHED POTATOES – DEHY POTATOES, WATER,
GRAVY – FLOUR, ONION POWDER, PORK STOCK

JAN. 10 BAKED SPAGHETTI – BEEF, PASTA, SPAGH. SAUCE
GARLIC ROLLS – FLOUR, YEAST, WATER, GARLIC POWDER, MARG.

JAN 13 HOT DOGS – BEEF
BAKED BEANS – WHITE BEANS, BROWN SUGAR, VINEGAR, ONIONS,
BACON, KETCHUP, WATER

JAN 14 SLOPPY JOES – BEEF, KETCHUP, ONIONS, WATER
SEASONED CARROTS – CARROTS, MARGARINE

JAN 15 BEEF NOODLE SOUP – BEEF, BEEF BROTH, FLOUR, EGGS, ONIONS
PIMENTO CHEESE – CHEESE, RED PIMENTOS, SALAD DRESSING
VEGETABLE SOUP – MIXED VEGS, CABBAGE, TOMATO JUICE, BEEF
BROTH, BEEF

JAN 16 CUBE STEAK IN GRAVY- BEEF, FLOUR, ONION POWDER, BEEF STOCK
MASHED POTATOES – DEHY. POTATOES, WATER
POUND CAKE- FLOUR, SUGAR, EGGS, MARG., MILK

**JAN 17 SALSA CHICKEN – CHICKEN, TOMATOES, PEPPERS, ONIONS,
VINEGAR**

**FRUIT MUFFIN – FLOUR, BLUEBERRIES, EGGS, SUGAR, MILK,
CORNSTARCH**

DINNER ROLL – FLOUR, YEAST, WATER

**JAN 20 SWEDISH MEATBALLS – PORK, BEEF, BREAD CRUMBS, CELERY,
ONIONS, VEG OIL**

BUTTERED PASTA – FLOUR, EGGS, MARGARINE

**STEWED TOMATOES – TOMATOES, SUGAR, ONIONS, BELL PEPPERS,
CELERY**

DINNER ROLL – FLOUR, YEAST, WATER

**JAN 21 SCALLOPED CHICKEN – CHICKEN, BREAD CUBES, CELERY, SAGE,
BROTH**

GRAVY – FLOUR, ONION POWDER, CHICKEN STOCK

DINNER ROLL -FLOUR, YEAST, WATER

**Jan 22 PORK CHOP IN GRAVY – PORK, FLOUR, ONION POWDER, PORK
BASE**

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

ANIMAL CRACKERS – FLOUR, SUGAR, OIL, BAKING SODA

DINNER ROLL – FLOUR, YEAST, WATER

Jan 23 MASHED POTATOES -DEHY. POTATOES, WATER

GRAVY- FLOUR, ONION POWDER, BEEF STOCK

DINNER ROLL – FLOUR, YEAST, WATER

VANILLA WAFERS – FLOUR, SUGAR, MILK, EGGS, BAKING SODA

Jan 24 SMOKED SAUSAGE – PORK, GARLIC, PAPRIKA

MASHED POTATOES – DEHY POTATOES, WATER

WARM BLUSHING FRUIT – FRUIT, SF GELATIN AND/OR FOOD

COLORING

Jan 27 SALISBURY STEAK – BEEF, BELL PEPPERS, ONIONS

GRAVY – FLOUR, ONION POWDER, BEEF STOCK

MASHED POTATOES – DEHY POTATOES, WATER

VANILLA WAFERS – FLOUR, SUGAR, MILK, EGGS, BAKING SODA

DINNER ROLL- FLOUR, YEAST, WATER

Jan 28 HAM LOAF- Gr ham, water, sugar, yeast, natural flavorings.

SCALLOPED POTATOES – POTATOES, ONIONS, MILK, SUGAR

CHOCOLATE PUDDING – CORNSTARCH, COCOA, MILK

DINNER ROLL – FLOUR, YEAST, WATER

Jan 29

CHICKEN AND NOODLES- CHICKEN, BROTH, FLOUR, EGGS

MASHED POTATOES – DEHY POTATOES, WATER

SEASONED CAPRI BLEND – GREEN BEANS, CARROTS, ZUCCHINI,

MARGARINE

DINNER ROLL – FLOUR, YEAST, WATER

Jan 30

BEEF POT PIE – BEEF, POTATOES, MIXED VEGS, FLOUR

BISCUIT- FLOUR, Buttermilk, Baking Soda, skim milk.

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

CORNSTARCH

Jan 31

MEATLOAF – BEEF, ONIONS, CRACKER CRUMBS, EGGS

GRAHAM CRACKERS – FLOUR, HONEY, SOYBEAN OIL

BREAKFAST BAR

– SAUSAGE GRAVY – PORK, SPICES, FLOUR, CORNSTARCH, MILK

-SCRAMBLED EGGS – EGGS

-MUFFIN – FLOUR, EGGS, BLUEBERRIES OR CINNAMON, MILK,

SUGAR, CORNSTARCH