

## **INGREDIENT LIST FOR DECEMBER 2022**

- 12-01: SWISS STEAK: BEEF, BELL PEPPERS, TOMATOES, ONION, GRAVY**  
**DINNER ROLL: FLOUR, YEAST, WATER**  
**SUCCOTASH: CORN, LIMA BEANS**
- 12-02: BREADED FISH: COD, BREADING**  
**SEASONED FRIES: POTATOES, SEASONING**  
**COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING**
- 12-05: CHEESEBURGER: BEEF CHEESE**  
**POTATO WEDGES: POTATOES, VEG OIL**  
**VEGETABLE BLEND: GREEN BEANS, CORN, CARROTS, PEAS**
- 12-06: PORK CHOP: PORK**  
**BABY BAKERS: POTATOES, SEASONING**
- 12-07: CHICKEN PATTY ON BUN: CHICKEN, BREADING**  
**PARSLEY POTATOES: POTATOES, PARSLEY, MARGARINE**
- 12-08: BEEF AND NOODLES: BEEF, PASTA (FLOUR, EGGS), GRAVY, BROTH**  
**AU GRATIN POTATOES: POTATOES, CHEESE, ONIONS, MILK, SUGAR**  
**VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BK SODA**  
**DINNER ROLL: FLOUR, YEAST, WATER**  
**VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA**  
**DINNER ROLL: FLOUR, YEAST, WATER**

- 12-09:       BAKED HAM: PORK**
- AUGRATIN POTATOES: POTATOES, ONIONS, MILK, SUGAR, CHEESE**
- VEGETABLE BLEND: BROCCOLI, CAULIFLOWER, CARROTS**
- DINNER ROLL: FLOUR, YEAST, WATER**
- 12-12:       COUNTRY FRIED STEAK: BEEF, SPICES, BREADING, FLOUR, BROTH,**
- ONION POWDER, WATER**
- WHIPPED POTATOES: DEHY POTATOES, WATER, MARGARINE**
- DINNER ROLL: FLOUR, YEAST, WATER**
- 12-13:       HOT DOG: BEEF**
- BAKED BEANS: BEANS, ONIONS, KETCHUP, SYRUP**
- COLE SLAW: CABBAGE, CARROTS, SLAW DRESSING**
- GRAHAM CRACKERS: FLOUR, SUGAR, MILK, EGGS, BK SODA**
- CAKE: FLOUR, SUGAR, EGGS, MARGARINE, MILK**
- 12-14:       SALISBURY STEAK: BEEF, PEPPERS, ONIONS, GRAVY**
- SCALLOPED POTATOES: DEHY POTATOES, ONIONS, MILK, SUGAR**
- DINNER ROLL: FLOUR, YEAST, WATER**
- 12-15:       MACARONI AND CHEESE: PASTA, CHEESE SAUCE (MILK)**
- STEWED TOMATOES: TOMATOES, ONIONS, BELL PEPPERS**

**12-16: BBQ BEEF: BEEF, BBQ SAUCE, ONIONS**

**PUDDING: COCOA, MILK, CORNSTARCH**

**12-19: HAMBURGER: BEEF**

**POTATO WEDGES: POTATOES, VEG OIL**

**12-20: MARZETTI: BEEF, PASTA (FLOUR, EGGS)**

**TOSSED SALAD: LETTUCE, CABBAGE, CARROTS**

**DINNER ROLL: FLOUR, YEAST, WATER**

**12-21: POTATO SOUP: POTATOES, ONIONS, WATER, FLOUR, BROTH**

**CHICKEN SALAD: CHICKEN, ONIONS, EGGS, RELISH, MAYO**

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

**12-22: HAM: PORK**

**SWEET POTATO CASSEROLE: YAMS, MARSHMELLOW, MARGARINE,**

**BROWN SUGAR**

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

## DINNER ROLL: FLOUR, YEAST, WATER

**12-27: PANCAKES: EGGS, FLOUR**

**12-28: FISH: COD, BREADING**

### MACARONI AND CHEESE: PASTA (FLOUR, EGGS) CHEESE

**12-29: CHICKEN NUGGETS: CHICKEN, BREADING**

**POTATO WEDGES: POTATOES, VEG OIL**

**DINNER ROLL: FLOUR, YEAST, WATER**

**12-30: WHIPPED POTATOES: DEHY POTATOES, WATER, MARGARINE**

**DINNER ROLL: FLOUR, YEAST, WATER**