

## INGREDIENT LIST FOR SEPTEMBER – 2021

SEPT. 1 – BAKED STEAK: BEEF, ONIONS, FLOUR, BEEF BROTH

VEG. BLEND: BROCCOLI, CAULIFORNIA BLEND, CARROTS

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

DINNER ROLL: FLOUR, YEAST, WATER

SEPT. 2 – HOT DOG: BEEF

BAKED BEANS: WHITE BEANS, BROWN SUGAR, VINEGAR,

ONIONS, KETCHUP, BACON. WATER

SEPT. 3 – BREADED PORK PATTIE: PORK, BREADING, VEG.OIL

SCALLOPED POTATOES: DEHY. POTATOES, ONION, MILK,

SUGAR

FRUIT CRISP: PEACHES, OATMEAL, CINNAMON, SUGAR

TOSSED SALAD: LETTUCE, PURPLE CABBAGE, CARROTS

SEPT. 7 – PUDDING: COCOA, MILK, CORNSTARCH

DINNER ROLL: FLOUR, YEAST, WATER

**SEPT. 8 – SWISS STEAK: BEEF, TOMATOES, BELL PEPPERS, ONION**  
**AUGRATIN POTATOES: CHEESE, DEHY POTATOES, ONIONS,**  
**MILK, SUGAR**  
**SEASONED GREENS: COLLARD GREENS, MARG.**  
**VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BK. SODA**  
**DINNER ROLLS: FLOUR, YEAST, WATER**

**SEPT. 9 – WHIP. POTATOES: DEHY POTATOES, WATER, MARG.**  
**GRAVY: FLOUR, ONION POWDER, BROTH, WATER**  
**DINNER ROLL: FLOUR, YEAST, WATER**  
**CINNAMON MUFFIN: APPLES, SUGAR, MILK, FLOUR, CIN.**

**SEPT. 10 – BAKED SPAGHETTI: GROUND BEEF, PASTA, SPAG.SAUCE**  
**ITALIAN BLEND VEGS: ZUCCHINI, CARROTS, CAULIFLOWER,**  
**LIMAS, ITALIAN GR. BEANS**  
**DINNER ROLL: FLOUR, YEAST, WATER**

**SEPT. 13 – OMELET: CHEESE, EGGS, MILK**

**BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**

**CINNAMON ROLL: FLOUR, WATER, SUGAR, SOYBEAN OIL,**

**CIN., BK. SODA, MILK**

**SEPT. 14 – SLOPPY JOE: GROUND BEEF, KETCHUP, SUGAR, ONIONS**

**FRIES: POTATOES, VEG.OIL**

**SEPT. 15 – TURKEY TETRAZINNI: TURKEY, PASTA, CREAM SAUCE,**

**MUSHROOMS, CARROTS, BREAD CRUMB TOPPING**

**VEG. BLEND: PEAS, CARROTS, POTATOES, LIMAS, BEANS**

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

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

**SEPT. 16 – CUBE STEAK/ONION GRAVY: BEEF, ONIONS, FLOUR, BEEF**

**BROTH**

**WHIP. POTATOES: DEHY. POTATOES, WATER, MARG.**

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

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

**SEPT. 17 – SALSA CHICKEN: CHICKEN, SALSA (TOMATOES, BELL  
PEPPERS, ONIONS, SEASONINGS)**

**FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, MARG.**

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

**SEPT. 20 – SWEDISH MEATBALLS: PORK, BEEF, WATER, ONIONS,  
CELERY, VEG. OIL, GARLIC POWDER, MILK, SOY, WHEAT,  
SOUR CREAM, FLOUR, BEEF BASE, ONION POWDER**

**BUTTERED PASTA: FLOUR, EGGS**

**STEWED TOMATOES: TOMATOES, ONIONS, BELL PEPPERS**

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

**SEPT. 21 – SCALLOPED CHICKEN: CHICKEN, STUFFING, ONIONS,  
BROTH, SEASONINGS**

**GRAVY: FLOUR, BROTH, WATER, ONION POWDER**

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

**SEPT. 22 – PORK CHOP IN GRAVY: PORK, FLOUR, WATER, PORK BASE**

**AUGRATIN POTS: POTS, ONION, MILK, SUGAR, CHEESE**

**ANIMAL CRACKERS: FLOUR, SUGAR, OIL, BK. SODA**

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

**SEPT. 23 – WHIP. POTATOES: DEHY POTATOES, WATER, MARG.**

**GRAVY: FLOUR, WATER, ONION POWDER, BROTH**

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

**VEG. BLEND: BROCCOLI, CAULIFLOWER, CARROTS**

**VANILLA WAFFERS: FLOUR, SUGAR, MILK, EGGS, BK. SODA**

**SEPT. 24 – SMOKED SAUSAGE: PORK, SEASONINGS**

**WHIP. POTATOES: DEHY POTATOES, WATER, MARG.**

**SAUERKRAUT: CABBAGE, WATER, SALT**

**SEPT. 27 – SALISBURY STEAK: BEEF, BELL PEPPERS, ONIONS**

**WHIP. POTATOES: DEHY POTATOES, WATER, MARG.**

**GRAVY: FLOUR, ONION POWDER, BROTH**

**VEG. BLEND: PEAS, CORN, CARROTS**

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

**VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BK.SODA**

**SEPT. 28 – HAM LOAF: HAM, WATER, ONIONS**

**SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR**

**CHOCOLATE PUDDING: COCOA, MILK, CORNSTARCH**

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

**SEPT. 29 – CHICKEN AND NOODLES: CHICKEN, PASTA, BROTH, WATER**

**WHIP. POTATOES: DEHY POTATOES, WATER, BROTH**

**CAPRI BLEND VEGS: GREEN BEANS, CARROTS, SQUASH,**

**ZUCCHINI**

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

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

**SEPT. 30 - BEEF POT PIE: BEEF, MIXED VEGS, ONIONS, GRAVY, PASTRY**

**TOPPERS, POTATOES**

**BISCUIT: FLOUR, BUTTERMILK, SUGAR, BK. SODA**

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