

INGREDIENT LIST FOR JUNE 2023

6/01: PORK CHOP IN GRAVY: PORK, FLOUR, BROTH, WATER

MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE

MIXED VEGETABLES: GREEN BEANS, CORN, LIMAS, CARROTS

DINNER ROLL: FLOUR, YEAST, WATER

**6/02: CHICKEN CASSEROLE: CHICKEN, PASTA (FLOUR, EGGS), MUSHROOMS,
PEAS, ONIONS, BROTH**

DINNER ROLL: FLOUR, YEAST, WATER

COLE SLAW: CABBAGE, SLAW DRESSING

SUCCOTASH: LIMA BEANS, CORN

SPICED APPLES: APPLES, CINNAMON, NUTMEG, SPICES

**6/05: SPAGHETTI WITH MEATBALLS: BEEF, EGGS, FLOUR, SPAGH SAUCE,
ONIONS, SEASONINGS**

**ITALIAN BLEND VEGETABLES: ITALIAN GREEN BEANS, CARROTS,
ZUCHINNI, ROMANO BEANS, CAULIFLOWER**

TOSSED SALAD: LETTUCE, CARROTS, RED CABBAGE

DINNER ROLL: FLOUR, YEAST, WATER

6/06: TUNA CASSEROLE: TUNA, PASTA (FLOUR, EGGS), MUSH SOUP

DINNER ROLL: FLOUR, YEAST, WATER

POUND CAKE: SUGAR, FLOUR, WATER, EGGS, MARGARINE

6/07: STUFFING: BREAD CUBES, ONIONS, SAGE, BROTH, MARGARINE

GRAVY: FLOUR, BROTH, WATER

DINNER ROLL: FLOUR, YEAST, WATER

6/08: CHICKEN TENDERS: CHICKEN, BREADING

AU GRATIN POTATOES: POTATOES, ONIONS, CHEESE SAUCE, MILK, FLOUR

DINNER ROLL: FLOUR, YEAST, WATER

6/09: HAMBURGER: GROUND BEEF

BAKED BEANS: BEANS, KETCHUP, BROWN SUGAR, PORK, SYRUP

POTATO SALAD: POTATOES, EGGS, ONION, RELISH, MAYO

GRAHAM CRACKERS: FLOUR, OIL, HONEY

6/12: MACARONI AND CHEESE: PASTA (EGGS, FLOUR), CHEESE, MILK, FLOUR

STEWED TOMATOES: TOMATOES, ONIONS, BELL PEPPERS

DINNER ROLL: FLOUR, YEAST, WATER

**6/13: STUFFED PEPPERS: PEPPERS, BEEF, ONIONS, BREADCRUMBS, TOMATO
SAUCE, SPICES**

MASHED POTATOES: DEHYDRATED POTATOES, WATER, MARGARINE

DINNER ROLL: FLOUR, YEAST, WATER

6/14: HAM AND SOUP BEANS: HAM, BEANS, WATER, BROTH

PIMENTO CHEESE: CHEESE, RED PEPPERS, MAYO

CORNBREAD: FLOUR, EGGS, WATER, SUGAR, SOYBEAN OIL CORNMEAL

6/15: CHOPPED STEAK W/GRAVY: BEEF, BROTH, FLOUR, SEASONINGS

CAPRI BLEND VEGETABLES: GREEN BEANS, SQUASH, ZUCCHINI, CARROTS

GRAHAM CRACKERS: FLOUR, SUGAR, SOYBEAN, MOLASSES

DINNER ROLL: FLOUR, YEAST, WATER

6/16: DINNER ROLL: FLOUR, YEAST, WATER

SCALLOPED POTATOES: POTATOES, ONIONS, MILK, FLOUR

6/20: CHEESE OMELET: EGGS, MILK, CHEESE

HASH BROWNS: POTATOES, VEG OIL

BISCUITS: FLOUR, MILK, BUTTERMILK, SUGAR

**6/21: CREAMED CHIPPED BEEF: CHIPPED BEEF, MILK, WATER, ONION POWDER,
SUGAR**

BISCUIT: FLOUR, MILK, BUTTERMILK, SUGAR

6/22: DINNER ROLL: FLOUR, YEAST, WATER

SCALLOPED POTATOES: POTATOES, ONIONS, MILK, FLOUR

**6/23: PIZZA CASSEROLE: PEPPERONI, PASTA (EGGS/FLOUR), PIZZA SAUCE,
ONIONS, SAUSAGE CRUMBLES**

DINNER ROLL: FLOUR, YEAST, WATER

TOSSED SALAD: LETTUCE, CARROTS, RED CABBAGE

6/26: HOT DOG: ALL BEEF

FRIES: POTATOES, VEG OIL

6/27: CABBAGE ROLLS: BEEF, CABBAGE, TOMATO SAUCE, ONIONS, SEASONINGS

PICKLED BEETS: BEETS. VINEGAR, SPICES

**MUFFIN: APPLES, FLOUR, SUGAR, SOYBEAN OIL, WATER, EGGS, CORN
SYRUP, CINNAMON, MILK**

6/28: SMOKED SAUSAGE: PORK, SEASONINGS

SAUERKRAUT: CABBAGE, SALT, SEASONING

MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE

CAKE: SUGAR, FLOUR, WATER, EGGS, MARGARINE

6/29: CHICKEN AND NOODLES: CHICKEN, PASTA (FLOUR, EGGS), BROTH, WATER

DINNER ROLL: FLOUR, YEAST, WATER

PICKLED BEETS: BEETS, VINEGAR, SPICES

6/30: MEATLOAF: GROUND BEEF, BREADCRUMBS, KETCHUP, ONIONS, EGGS

DINNER ROLL: FLOUR, YEAST, WATER

BABY BAKERS: POTATOES, SEASONING