

## INGREDIENT LIST FOR MAY 2022

- MAY 2 – CHICKEN TENDERS: CHICKEN, BREADING, SEASONINGS**  
**MACARONI AND CHEESE: ELBOW PASTA, CHEESE SAUCE, MILK**  
**PUDDING: COCOA, CORNSTARCH, MILK,**  
**DINNER ROLL: FLOUR, YEAST, WATER**
- MAY 3 – HOT DOG: BEEF**  
**BAKED BEANS: WHITE BEANS, BROWN SUGAR, ONIONS, PORK,**  
**KETCHUP, WATER, VINEGAR**  
**COLESLAW: RED AND GRREN CABBAGE, CARROTS, SLAW DRESSING**
- MAY 4 – BAKED STEAK IN GRAVY: BEEF, FLOUR, ONION POWDER, BROTH,**  
**WATER**  
**MIXED VEGS: PEAS, CARROTS, LIMAS, CORN, GR.BEANS**  
**FRUIT MUFFIN: SUGAR, MILK, FLOUR, BLUEBERRIES**  
**DINNER ROLL: FLOUR, YEAST, WATER**
- MAY 5 – CHICKEN ALA KING: CHICKEN, RED PEPPERS, WATER, FLOUR,**  
**BROTH, ONION POWDER, PEAS**  
**BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH**  
**FRUIT CRISP: FRUIT, OATS, BROWN SUGAR, CINNAMON, MARG.**  
**FRUIT MUFFIN: CIN., APPLES, SUGAR, MILK, FLOUR**

**MAY 6 – DRESSING WITH GRAVY: BREAD CUBES, SAGE, ONIONS, EGGS,  
FLOUR, ONION POWDER, BROTH**

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

**GELATIN: WATER, ARTIFICIAL FLAVORINGS, APPLE JUICE**

**MAY 9 – CHICKEN PATTY: CHICKEN, BREADING, OIL**

**CAPRI VEGS: GREEN BEANS, CARROTS, ZUCCHINI**

**MAY 10 – MASHED POTATOES: DEHY POTATOES, WATER, MARG.**

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

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

**MAY 11 – PUDDING: VANILLA, CORNSTARCH, MILK**

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

**MAY 12 – MEATLOAF: GROUND BEEF, ONIONS, BREADCRUMBS, EGGS,**

**KETCHUP**

**SUCCOTASH: LIMA BEANS, CORN**

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

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

**MAY 13 – CHOPPED STEAK IN ONION GRAVY: BEEF, FLOUR, ONION POWDER,  
BROTH, ONIONS**

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

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

**MAY 16 – BBQ PORK: PORK, BBQ SAUCE (TOMATO PASTE, ONIONS, GARLIC,  
SALT, SUGAR, SPICES, WATER)**

**CANDIED CARROTS: CARROTS, SYRUP, MARGARINE**

**MAY 17 – CREAMED CHIPPED BEEF: CHIP.BEEF, MARG., CREAM, MILK,  
CORNSTARCH, ONIONS, SPICES**

**VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA**

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

**MAY 18 – POTATO SOUP: POTATOES, MILK, ONIONS, SEASONINGS, FLOUR  
PIMENTO CHEESE: CHEESE, MAYO, RED PEPPERS, SUGAR**

**MAY 19 – WHIPPED POTATOES: DEHY POTATOES, WATER, MARG.**

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

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

**FRUIT MUFFIN: CIN., APPLES, SUGAR, MILK, FLOUR**

**MAY 20 – BAKED SPAGHETTI: BEEF, SPAG SAUCE, ONIONS, PASTA**

**(FLOUR, EGGS)**

**ITALIAN BLEND VEGS: ZUCCHINI, CARROTS, CAULIFLOWER, LIMAS,**

**ITALIAN GREEN BEANS**

**GARLIC ROLL: FLOUR, YEAST, WATER, GARLIC POWDER, MARG.**

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

**MAY 23 – BAKED BEANS: WHITE BEANS, BROWN SUGAR, ONIONS, PORK,  
WATER, KETCHUP, VINEGAR**

**MAY 24 – SMOKED SAUSAGE: PORK, SEASONINGS  
CINNAMON MUFFIN: CIN., SUGAR, MILK, FLOUR**

**MAY 25 – BAKED SWISS STEAK: BEEF, BELL PEPPERS, TOMATOES, FLOUR,  
WATER, ONION POWDER, ONIONS  
DINNER ROLL: FLOUR, YEAST, WATER**

**MAY 26 – CHEESY POTATOES: DEHY POTATOES, WATER, MARG., CHEESE  
TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS  
CUPCAKE: FLOUR, MILK, SUGAR, OIL  
DINNER ROLL: FLOUR, YEAST, WATER**

**MAY 27 – BEEF STEW: BEEF, STEW VEGS, GRAVY(FLOUR, WATER, BROTH)  
BISCUIT: FLOUR, BUTTERMILK, CORNSTARCH, SUGAR  
COLESLAW: RED AND GR. CABBAGE, CARROTS, COLESLAW DRESS.  
FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, FLOUR**

**MAY 31 - SAUSAGE GRAVY: PORK, SOYBEAN OIL, FLOUR, CORNSTARCH,  
WATER, MILK  
BISCUIT: FLOUR, BUTTERMILK, CORNSTARCH, SUGAR,  
CINNAMON BUN: FLOUR, WATER, SUGAR, SOYBEAN OIL,  
CINNAMON, BAKING SODA, MILK**