

INGREDIENT LIST FOR FEBRUARY 2020

- FEB.3 FRENCH FRIES – POTATOES
- FEB.4 STUFFED PEPPERS – GREEN PEPPER, SEASONED
GROUND BEEF, RICE, BREAD CRUMBS, TOMATO SAUCE
SCALLOPED POTATOES – POTATOES, ONIONS, MILK,
SUGAR
- FRUIT MUFFIN – FLOUR, BLUEBERRIES, EGGS, SUGAR,
MILK, CORNSTARCH
- DINNER ROLL – FLOUR, YEAST, WATER
- FEB.5 STUFFING – BREAD CUBES, CELERY, SAGE, PORK BROTH
GRAVY – FLOUR, ONION POWDER, PORK BROTH
POUND CAKE – FLOUR, SUGAR, EGGS, MARG., MILK
DINNER ROLL – FLOUR, YEAST, WATER
- FEB.6 CHICKEN LASAGNA - LASAGNA NOODLES, CHICKEN,
ALFREDO SAUCE, CHEESE, BELL PEPPERS, SPINACH,
MUSHROOM, CARROTS, ONIONS
DINNER ROLL – FLOUR, YEAST, WATER

- FEB.7 ONION GRAVY- FLOUR, YEAST, WATER, ONIONS
MASHED POTATOES – DEHY POTATOES, WATER
ORIENTAL BLEND VEGS – BROCCOLI, GREEN BEANS,
ONIONS, MUSHROOMS, RED PEPPERS
DINNER ROLL – FLOUR, YEAST, WATER
VANILLA WAFERS -FLOUR, SUGAR, MILK, EGGS, BAKING
SODA
- FEB.10 ITALIAN SAUSAGE W/SAUCE – PORK, WATER, SEA SALT,
SPICES, NATURAL FLAVORS
AU GRATIN POTATOES – CHEESE, POTATOES, ONION,
MILK, SUGAR
- FEB.11 DINNER ROLL – FLOUR, YEAST, WATER
- FEB.12 MEXICAN CHICKEN – CHICKEN, CRUSHED AND DICED
TOMATOES, PEPPERS, TOMATO JUICE, ONIONS,
VINEGAR, GARLIC
SPANISH RICE – RICE, TOMATOES, BELL PEPPERS,
ONIONS, GARLIC, CHILI POWDER, SUGAR, SALT,
PAPRIKA, FOOD STARCH, WATER
VANILLA WAFERS – FLOUR, SUGAR, MILK, EGGS,
BAKING SODA
DINNER ROLL – FLOUR, YEAST, WATER

- FEB.13 BEEF STEW – BEEF, CARROTS, PEAS, CELERY,
POTATOES, FLOUR, ONION POWDER, BEEF BROTH
DINNER ROLL – FLOUR, YEAST, WATER
ANIMAL CRACKERS – FLOUR, SUGAR, OIL, BAKING
SODA
- FEB.14 CHILI SPAGHETTI – BEEF, WATER, TOMATOES, ONIONS,
KIDNEY BEANS, TOMATO PASTE, CHILI POWDER, GARLIC
POWDER, PEPPERS, SPAGH. NOODLES
GARLIC ROLL – GARLIC POWDER, MARGARINE, FLOUR,
YEAST, WATER
PUDDING – MILK, CORNSTARCH, FLAVORING
- FEB.18 HOT DOG - BEEF
BAKED BEANS – WHITE BEANS, BROWN SUGAR,
VINEGAR, ONIONS, BACON, KETCHUP, WATER
CINNAMON MUFFINS – FLOUR, CINNAMON POWDER,
EGGS, SUGAR, MILK, CORNSTARCH
- FEB.19 POTATO SOUP – POTATOES, MILK, MARG., ONIONS
CHICKEN SALAD – CHICKEN, EGGS, ONIONS, MAYO,
SWEET RELISH
PUDDING – MILK , CORNSTARCH, FLAVORING
VEGETABLE SOUP – MIXED VEGS, BEEF BROTH, BEEF,
CABBAGE, TOMATO JUICE, ONIONS

FEB.20 MEATLOAF – BEEF, ONIONS, CRACKER CRUMBS, EGGS
SCALLOPED POTATOES – POTATOES, ONIONS, MILK,
SUGAR
CAKE- FLOUR, SUGAR, EGGS, MARG. MILK
DINNER ROLL – FLOUR, YEAST, WATER

FEB.21 SWISS STEAK – BEEF, ONIONS, STEWED TOMATOES,
FLOUR, BEEF STOCK
MASHED POTATOES – DEHY. POTATOES, WATER
VANILLA WAFERS – FLOUR, SUGAR, MILK, EGGS,
BAKING SODA
DINNER ROLL - FLOUR, YEAST, WATER

FEB.24 CHEESE OMELET – EGGS, CHEESE
HASH BROWNS - POTATOES
BISCUIT – FLOUR, VEG SHORTENING
CINNAMON ROLL – FLOUR, WATER, SUGAR, SOYBEAN
OIL, CINNAMON, BAKING SODA, MILK

FEB.25 SWEET+SOUR CHICKEN – CHICKEN, CORN SYRUP,
VINEGAR, WATER, PINEAPPLE JUICE, CORNSTARCH, BELL
PEPPERS, PAPRIKA
ORIENTAL BLEND VEGS – BROCCOLI, MUSHROOMS,
RED PEPPERS, GREEN BEANS, ONIONS
DINNER ROLL – FLOUR, YEAST, WATER

