

## INGREDIENT LIST FOR NOVEMBER 2022

**11/01 – HOT DOG: ALL BEEF**

**GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY**

**11/02 - BEEF STEW: STEW VEGS, GRAVY, ONIONS, BEEF**

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

**PICKLED BEETS: BEETS, WATER, CORN SYRUP, VINEGAR, SALT,**

**SPICES**

**CINNAMON MUFFIN: APPLES, SUGAR, MILK, FLOUR, CINNAMON**

**11/03 - CHICKEN AND NOODLES: DICED CHICKEN, FLOUR, EGGS, BROTH,**

**WATER**

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

**GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY**

**11/04 - BAKED FISH: COD, BREADING**

**MACARONI AND CHEESE: ELBOW MAC, CHEESE SAUCE, MILK,**

**MARG.**

**COLE SLAW: CABBAGE, CARRTOS, PURPLE CABBAGE, SLAW DRESS.**

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

**11/07 - CHICKEN TENDERS: CHICKEN, BREADING, VEG OIL**

**AU GRATIN POTATOES: DEHY POTS, CHEESE, ONIONS, MILK, SUGAR**

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

**11/08 - CREAMED CHIPPED BEEF: CHIPPED BEEF, WHITE SAUCE, MILK,  
MARGARINE, ONIONS**

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

**CARROT RAISIN SALAD: CARROTS, RAISINS, PINEAPPLE, SUGAR,  
EGG YOLKS, ONION POWDER**

**11/09 - MACARONI AND CHEESE: ELBOW MAC, CHEESE SAUCE, MILK**

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

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

**11/10 - SWEET POTATO CASSEROLE: YAMS, MARSHMELLOWS, SYRUP,**

**MARGARINE**

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

**11/11 - MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE**

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

**OREGON VEG BLEND: ZUCCHINI, BELL PEPPERS, CARROTS, BEANS**

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

**11/14 - BREADED PORK CHOP: PORK, BREADING, VEG OIL**

**BABY BAKERS: POTATOES, MARGARINE, VEG OIL**

**PUDDING: COCOA, MILK, CORNSTARCH**

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

**11/15 - SHREDDED CHICKEN: CHICKEN, BBQ SAUCE**

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

- 11/16 - HAM AND BEAN SOUP: NORTHERN BEANS, ONIONS,HAM  
PIMENTO CHEESE: CHEESE, RED PEPPERS, MAYO, SUGAR  
COLE SLAW: CABBAGE, CARROTS, PURPLE CABBAGE, SLAW DRESS.**
- 11/17 - MEATLOAF: BEEF, ONIONS, CRUMBS, EGGS, KETCHUP\  
MASHED POTATOES: DEHY POTATOES, WATER, MARGARINE  
GRAVY: FLOUR, ONION POWDER, BROTH, WATER  
PUDDING: COCOA, MILK, CORNSTARCH  
DINNER ROLL: FLOUR, YEAST, WATER**
- 11/18 - SALMON PATTY: SALMON, EGGS, BREADING, ONIONS  
SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR  
DINNER ROLL: FLOUR, YEAST, WATER**
- 11/21 - CAPR BLEND VEGS: GREEN BEANS, SQUASH, ZUCCHINI, CARROTS**
- 11/22 - HAM AND POTATO CASSEROLE: HAM, POTATOES, ONIONS, MILK,  
SUGAR  
MIXED VEGS: CORN, PEAS, CARROTS, LIMA BEANS  
DINNER ROLL: FLOUR, YEAST, WATER**
- 11/23 - STUFFING: BREAD CUMBS, SAGE, ONIONS, BROTH, MARG.  
GRAVY: FLOUR, ONION POWDER, BROTH, WATER  
DINNER ROLL: FLOUR, YEAST, WATER  
PUMPKIN SWIRL CAKE: FLOUR, CINNAMON, PUMPKIN, EGGS, MILK**

**11/28 - MEATBALLS: BEEF, ONIONS, GARLIC POWDER, DRY MILK**

**FRIES: POTATOES, VEG OIL**

**SUCCOTASH: CORN, LIMAS**

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

**11/29 - OMELET: EGGS, CHEESE**

**HASH BROWNS: POTATOES, VEG OIL**

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

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

**11/30 - BABY BAKERS: POTATOES**

**VEGETABLE BLEND: PEAS, CORN, GR BEANS, LIMAS, CARROTS**

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