

INGREDIENT LIST FOR JANUARY – 2021 MENUS

- JAN. 4 – HAMBURGER: GROUND BEEF**
- FRIES: POTATOES, VEG. OIL**
- VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA**
- JAN. 5 – SALSA CHICKEN: CHICKEN, SALSA (ONION, PEPPERS, TOMATOES)**
- SPANISH RICE: RICE, TOMATOES, BELL PEPPERS, ONIONS,
SEASONING, TOMATO BASE**
- MEXICORN: CORN, RED AND GREEN BELL PEPPERS**
- CINNAMON MUFFIN: CINNAMON, FLOUR, EGGS, MILK, SUGAR**
- DINNER ROLL: FLOUR, YEAST, WATER**
- JAN. 6 – BAKED STEAK WITH MUSHROOM GRAVY: BEEF, MUSHROOMS,
ONIONS, BEEF STOCK, FLOUR**
- DINNER ROLL: FLOUR, YEAST, WATER**
- POUND CAKE: FLOUR, SUGAR, EGGS, MARG., MILK**
- JAN. 7 – HOT DOG: BEEF**
- BAKED BEANS: BEANS, KETCHUP, SF SYRUP, ONIONS**
- JAN. 11 – MEATLOAF: BEEF, ONIONS, BREAD CRUMBS, EGGS**
- HASH BROWNS: POTATOES, VEG.OIL**
- JAN. 12 – PUDDING: COCOA, MILK, CORNSTARCH**
- DINNER ROLL: FLOUR, YEAST, WATER**

JAN. 13 – SWISS STEAK IN GRAVY: BEEF, FLOUR, ONION POWDER, CRUSHED TOMATOES, BELL PEPPERS, CORNSTARCH, BROTH

AUGRATIN POTATOES: DEHY.POTATOES, ONIONS, CHEESE, WATER, SUGAR

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

DINNER ROLL: FLOUR, YEAST, WATER

JAN. 14 – BREADED PORK: PORK, BREADING

MASH.POTATOES: DEHY POTATOES, MARGARINE, WATER

DINNER ROLL: FLOUR, YEAST, WATER

CINNAMON MUFFIN: CINNAMON POWDER, FLOUR, EGGS, SUGAR, MILK

JAN. 18 – OMELET: EGGS, CHEESE

BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH

CINNAMON ROLL: FLOUR, WATER, SUGAR, SOYBEAN OIL, CINNAMON, BAKING SODA, MILK

JAN. 19 – SLOPPY JOE: BEEF, ONIONS, KETCHUP, SUGAR, WATER

FRIES: POTATOES, VEG. OIL

**JAN. 20 – TURKEY TETRAZINNI: DICED TURKEY, PASTA, CREAM SAUCE, ONIONS
GARDEN SALAD: ICEBERG LETTUCE, RED CABBAGE, CARROTS**

DINNER ROLL: FLOUR, YEAST, WATER

JAN. 21 – CUBE STEAK IN ONION GRAVY: BEEF, ONIONS, FLOUR, BEEF STOCK

MASHED POTATOES: INSTANT POTATOES, MARG., WATER

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

DINNER ROLL: FLOUR, YEAST, WATER

JAN. 25 – SWEDISH MEATBALLS: PORK, BEEF, WATER, DEHY ONIONS, DEHY.

CELERY, VEG. OIL, GARLIC POWDER, MILK, SOY, WHEAT, SOUR CREAM,

FLOUR, BEEF BASE, ONION POWDER

BUTTERED PASTA: FLOUR, EGGS, MARGARINE

STEWED TOMATOES: TOMATOES, BELL PEPPERS, ONION

DINNER ROLL: FLOUR, YEAST, WATER

JAN. 26 – SCALLOPED CHICKEN: DICED CHICKEN,, STUFFING, SEASONING

GRAVY: CHCKEN STOCK, FLOUR, MARGARINE

STEWED TOMATOES: TOMATOES, BELL PEPPERS, ONIONS

DINNER ROLL: FLOUR, YEAST, WATER

JAN. 27 – PORK CHOP: PORK

AUG. POTATOES: DEHY. POTS, CHEESE, ONIONS, SUGAR, MILK

DINNER ROLL: FLOUR, YEAST, WATER

ANIMAL CRACKERS: FLOUR, SUGAR, OIL, BAKING SODA

JAN. 28 – MASHED POTATOES: INSTANT POTATOES, MARGARINE, WATER

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

DINNER ROLLS: FLOUR, YEAST, WATER