INGREDIENT LIST FOR MARCH 2020

MARCH 2 <u>TURKEY BURGER</u> – WHITE TURKEY, ONION POWDER, GARLIC

POWDER, SEASONINGS, SPICES, ROSEMARY EXTRACT, SALT

HASH BROWNS - POTATOES

VANILLA WAFERS – FLOUR, SUGAR, MILK, EGGS

MARCH 3 SLOPPY JOE – GROUND BEEF, KETCHUP, SEASONING

TATER TOTS - POTATOES

PUDDING - CORNSTARCH, MILK, FLAVORING

MARCH 4 CREAMED CHICKEN – CHICKEN, FLOUR, ONION

POWDER, CHICKEN BROTH

PASTA – FLOUR, EGGS

COLE SLAW – CHOPPED CABBAGE, CARROTS, RED

CABBAGE, SALAD DRESSISNG

DINNER ROLL – FLOUR, YEAST, WATER

MARCH 5 CHEESE OMELET – EGGS. CJEESE

HASH BROWNS - POTATOES

BISCUIT -FLOUR, VEG SHORTENING

<u>CINNAMON ROLL</u> – FLOUR, WATER, SUGAR, SOYBEAN

OIL, CINNAMON, BAKING SODA, MILK

MARCH 6 HAM LOAF – GRD HAM, WATER, SUGAR, YEAST, NAT. FLAVORS

AUGRATIN POTATOES - POTATOES, ONIONS, MILK,

SUGAR, CHEESE

FRUIT MUFFIN – FLOUR, BLUEBERRIES, EGGS, SUGAR, MILK

DINNER ROLL – FLOUR, YEAST, WATER

| MARCH 9 | SMOKED SAUSAGE – PORK, GARLIC, PAPRIKA |
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| | MASHED POTATOES – DEHY POTATOES, WATER |
| | BLUSHING FRUIT – SUGAR FREE RED GELATIN, FRUIT |
| | GRAHAM CRACKERS – FLOUR, HONEY, SOYBEAN OIL |
| | DINNER ROLL - FLOUR YEAST WATER |

MARCH 10 <u>BEEF TIPS IN MUSH.GRAVY</u> – BEEF, ONIONS, FLOUR,
MUSHROOMS, BEEF BROTH

PASTA – EGGS, FLOUR

DINNER ROLL – FLOUR, YEAST, WATER

MARCH 11 BBQ CHICKEN – CHICKEN, TOMATO PUREE, TOMATO PASTE,

SUGAR, VINEGAR, MOLASSES, HONEY, SEASONING

MARCH 12 <u>SCALLOPED TURKEY</u>- TURKEY, BREAD CUBES, ONIONS,

SAGE, MARGARINE, CELERY, FOUR

DINNER ROLL - FLOUR, YEAST, WATER

MARCH 13

BEEF POT PIE – BEEF, POTATOES, MIXED VEGS, MARG.

DINNER ROLL – FLOUR, YEAST, WATER

CINNAMON MUFFIN – FLOUR, CINNAMON, EGGS,

MARCH 16 <u>SWEDISH MEATBALLS</u> – PORK, BEEF, WATER, DEHY ONIONS,

DEHY CELERY, PARMESSEAN CHEESE, MILK, GARLIC POWDER

SUGAR, MILK, CORNSTARCH

<u>PASTA</u> – FLOUR, EGGS

FRUIT CRISP – FRUIT, OATMEAL (DRY), CINNAMON,
SUGAR SUB, MARGARINE

DINNER ROLL – FLOUR, YEAST, WATER

MARCH 17 <u>STUFFING</u> – BREAD CUBES, CELERY, SAGE, BROTH,
ONIONS

GRAVY - FLOUR, ONION POWDER, BROTH

DINNER ROLL – FLOUR, YEAST, WATER

PICKLED BEETS - BEETS, WATER, SUGAR, CORN SYRUP, VINEGAR

MARCH 18 BEAN SOUP – NORTHERN BEANS, DICED HAM, ONIONS,

WATER

PIMENTO CHEESE – CHEESE, RED PIMENTOES, SALAD

DRESSING

MARCH 19 BEEF STEW – BEEF, POTATOES, CARROTS,

ONIONS, BEEF BROTH, FLOUR

BISCUIT – FLOUR, VEG SHORTENING

CAKE - FLOUR, EGGS, SUGAR, MARG., MILK

COLE SLAW - SHREDDED CABBAGE, DRESSING

MARCH 20 <u>VANILLA WAFERS</u> – FLOUR, SUGAR,MILK, EGGS, BK. SODA

<u>DINNER ROLL</u> – FLOUR, YEAST, WATER

MARCH 23 HAMBURGER – GROUND BEEF

HASH BROWNS-POTATO CUBES, VEG. OIL

MARCH 24 MEATLOAF – GROUND BEEF, ONIONS, EGGS, CRACKER

CRUMBS, KETCHUP

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

DINNER ROLL - FLOUR, YEAST, WATER

MARCH 25 STUFFED PEPPER - GREEN PEPPER, SEASONE 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 MARCH 26 MASHED POTATOES -DEHYDRATED POTATOES, WATER PORK GRAVY -FLOUR, ONION POWDER, PORK BROTH

DINNER ROLLS – FLOUR, YEAST, WATER GRAHAM CRACKER - FLOUR, HONEY, SOYBEAN OIL

MARCH 27 **CHICKEN PATTY - CHICKEN** FRENCH FRIES- POTATOES

MARCH 30 AUGRATIN POTATOES - POTATOES, ONIONS, MILK, SUGAR, CHEESE

DINNER ROLL – FLOUR, YEAST, WATER

PUDDING - CORNSTARCH, MILK, FLAVORING

MARCH 31 CHICKEN PATTY - CHICKEN BREADING **TATER TOTS - POTATOES**