

SWIRCA & More

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Your meal is provided on a donation basis, whatever you can afford to contribute. There is no set fee or charge. A suggested donation is \$3.50 per meal. Cash, checks, or Food Stamps are accepted</p> <p><u>Meat/Entrée:</u> 2 ½ - 3 oz</p> <p><u>Veg/Salad/Dessert</u> ½ cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> ½ pint</p> <p><u>Casserole:</u> 8oz</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>		<p>1 Cream of Broccoli Soup Grilled Cheese Sandwich Spiced Peaches Crackers Snack Cake</p>	<p>2 Newburgh serving lunch Cypress Grove</p>
<p>5 Hamburger on Bun Red Skin Potatoes Seasoned Green Beans Mandarin Oranges Milk</p>	<p>6 Onion Sage Chicken Mashed Potatoes Carrots Wheat Bread/Marg Peaches Milk</p>	<p>7 BBQ Pork Chuckwagon Corn Broccoli Rye Bread/Marg Pineapple Chunks Milk</p>	<p>8 Mini Smokie Links Country Gravy Southern Style Biscuit O'Brien Potatoes Fruit Milk</p>	<p>9 Newburgh serving lunch Atria</p>
<p>12 Chicken Strips Macaroni & Cheese Vegetable Blend Bread/Margarine Lemon Cookie Milk</p>	<p>13 Salisbury Steak w/Gravy Mashed Potatoes French Style Green Beans Wheat Bread/Marg Pears</p>	<p>14 Chicken & Dumplings Carrots Bread/Margarine Apricots Milk</p>	<p>15 <u>Nutrition</u> <u>Awareness Day</u> BBQ Pork Sloppy Joe on Bun Baked Sweet Potato Broccoli Cranberry Salad Fresh Fruit Milk</p>	<p>Newburgh serving lunch</p>
<p>19 Spaghetti w/Meat Sauce Italian Blend Texas Toast Spiced Peaches Milk</p>	<p>20 Quarter Pound Frank on Bun Mashed Potatoes Sauerkraut Cookie Wheat Bread/Marg Milk</p>	<p>21 BBQ Chicken Sweet Potatoes Spinach Rye Bread/Marg Tropical Fruit Milk</p>	<p>22 Homemade Beef Stew Seasoned Cabbage Southern Style Biscuit Blueberry Dessert Milk</p>	<p>23 Newburgh serving lunch Hamilton Pointe</p>
<p>26 Manwich Sloppy Joe on Bun Tri-Taters (2) Broccoli Cookie Milk</p>	<p>27 Polish Sausage Mashed Potatoes Carrots Wheat Bread/Margarine Peaches Milk</p>	<p>28 Sausage Pattie Scrambled Eggs Country Gravy Southern Style Biscuit O'Brien Potatoes Fruit</p>	<p>29 Fish Macaroni & Tomatoes Seasoned Green Beans Wheat Bread Mandarin Oranges</p>	<p>30 Newburgh Serving Easter lunch</p>

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