

SWIRCA & More

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CLOSED</p> <p>LABOR DAY</p> <p>HOLIDAY</p>	<p>3</p> <p>Hamburger on Bun</p> <p>Corn</p> <p>Baked Beans</p> <p>Pear Cup</p> <p>Milk</p>	<p>4</p> <p>Oven Fried Chicken</p> <p>Garlic Mashed Potatoes</p> <p>Brussel Sprouts</p> <p>Bread/Margarine</p> <p>Pineapple Cup</p> <p>Milk</p>	<p>5</p> <p>BBQ Pork on Bun</p> <p>Homemade Macaroni & Cheese</p> <p>Mixed Vegetables</p> <p>Mandarin Oranges</p> <p>Milk</p>	<p>6</p> <p>Lunch</p> <p>By</p> <p>Cypress Grove</p>
<p>9</p> <p>Chicken & Noodles</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Cookie</p> <p>Bread/Margarine</p> <p>Milk</p>	<p>10</p> <p>Pork Fritter w/Gravy</p> <p>Roasted Sweet Potatoes</p> <p>Asparagus</p> <p>Mixed Fruit Cup</p> <p>Bread/Margarine</p> <p>Milk</p>	<p>11</p> <p>Stuffed Baked Potato w/Taco Meat</p> <p>Broccoli</p> <p>Shredded Cheese</p> <p>Shredded Lettuce</p> <p>Pudding Cup</p> <p>Milk</p>	<p>12</p> <p>Ham & Beans</p> <p>Spinach</p> <p>Cornbread</p> <p>Snack Cake</p> <p>Milk</p>	<p>13</p> <p>Lunch</p> <p>by</p> <p>Living Word</p> <p>Sunday</p> <p>School class</p>
<p>16</p> <p>Spaghetti w/Meat Sauce</p> <p>Italian Green Beans</p> <p>Warm Spiced Peaches</p> <p>Cookies</p> <p>Texas Toast</p> <p>Milk</p>	<p>17</p> <p>Pork Poutine</p> <p>Brussel Sprouts</p> <p>Cinnamon Applesauce</p> <p>Wheat Bread/Marg</p> <p>Milk</p>	<p>18</p> <p>Smoked Sausage</p> <p>Mashed Potatoes</p> <p>Sauerkraut</p> <p>Bread/Marg</p> <p>Spiced Apples</p> <p>Milk</p>	<p>19</p> <p>Grilled Chicken</p> <p>Patti</p> <p>Cheesy Potatoes</p> <p>Buttered Carrots</p> <p>Bread/Marg</p> <p>Cookies</p>	<p>20</p> <p>Lunch</p> <p>by the</p> <p>Islamic Center</p>
<p>23</p> <p>Country Fried Steak</p> <p>Garlic Mashed Potatoes</p> <p>Seasoned Green Beans</p> <p>Bread/Margarine</p> <p>Pineapple Cup</p> <p>Milk</p>	<p>24</p> <p>Italian Chicken</p> <p>Pattie on Bun</p> <p>Baked Beans</p> <p>Broccoli</p> <p>Fresh Fruit</p> <p>Milk</p>	<p>25</p> <p>Sausage Pattie</p> <p>Hard-Boiled Egg</p> <p>Country Gravy</p> <p>Southern Style Biscuit</p> <p>Peach Cup</p> <p>Danish</p> <p>Milk</p>	<p>26</p> <p>Homburger on Bun</p> <p>Tri Taters (2)</p> <p>French Style Green Beans</p> <p>Cookies</p> <p>Milk</p>	<p>27</p> <p>PORKALOOZA</p> <p>LUNCH: Pulled pork sandwich, chips, soft drink \$5.00</p> <p>Bake sale inside</p>
<p>30</p> <p>Manwich Sloppy Joe on Bun</p> <p>Homemade Macaroni & Cheese</p> <p>Sugar Snap Peas</p> <p>Pudding Cup</p> <p>Milk</p>			<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>Meat/Entrée: 2 ½ - 3 oz</p> <p>Veg/Salad/Dessert ½ cup</p> <p>Margarine: 1 teaspoon</p> <p>Bread: 1 slice</p> <p>Milk: ½ pint</p> <p>Casseroles: 8oz</p>	<p>Operated by the</p> <p>SWIRCA & More</p> <p>Nutrition Program</p> <p>16 W. Virginia St</p> <p>Evansville, Indiana</p> <p>812-464-7807</p>