

SWIRCA & More

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 BBQ Boneless Riblet on Bun Macaroni & Cheese Brussel Sprouts Applesauce Milk</p>	<p>3 Beef & Noodles Seasoned Green Beans Biscuit Cupcake Milk</p>	<p>4 Hot Dog on Bun Baked Beans Tri-Taters (2) Pudding Cup Milk</p>	<p>5 Chicken Sweet Potatoes Broccoli Mixed Fruit Cup Wheat Bread/Margarine Milk</p>	<p>8 Lunch By Cypress Grove</p>
<p>9 Hamburger on Bun Tater Tots Pickled Beets Warm Spiced Peaches Milk</p>	<p>10 Sloppy Joe on Bun Baby Bakers Mixed Vegetables Fruit Cup Milk</p>	<p>11 Sliced Turkey w/Gravy Mashed Potatoes Peas & Carrots Fruit Crisp Bread w/Margarine Milk</p>	<p>12 Chicken Parmesan Corn Broccoli Bread/Margarine Cookies Milk</p>	<p>13 Cream of broccoli Soup, cheese, crackers, dessert</p>
<p>16 Meatballs w/ Gravy (6 each) Noodles Buttered Corn Bread/Marg Pineapple Cup Milk</p>	<p>17 Country Fried Steak Yams Vegetable Blend Bread/margarine Mandarin Orange Cup Milk</p>	<p>18 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk</p>	<p>19 <u>Nutrition Awareness Day</u> Meatloaf w/Tomato Glaze Root Vegetables Broccoli Salad Blueberry Oatmeal Crisp Wheat Bread/Margarine Milk</p>	<p>20 Lunch by the Islamic Center</p>
<p>23 Polish Sausage Mashed Potatoes Sauerkraut Warm Applesauce Wheat Bread/Margarine Milk</p>	<p>24 Penne Pasta w/ Meat Sauce (1 cup) Italian Vegetables Texas Toast Warm Spiced Peaches Milk</p>	<p>25 Baked Chicken Buttered Noodles Green Beans Mixed Fruit Cup Bread/Margarine Milk</p>	<p>26 Chopped Steak w/Gravy Cheesy Potatoes Stewed Tomatoes Bread/Marg Pear Cup Milk</p>	<p>27 Lunch by Hamilton Pointe</p>
<p>30 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Bread/Margarine Moon Pie Milk</p>	<p>31 Loaded Tots w/Taco Meat (1 cup) Peas Fruit Crisp Milk</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</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. <u>Meat/Entrée:</u> 2 ½ - 3 oz <u>Veg/Salad/Dessert</u> ½ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> ½ pint <u>Casseroles:</u> 8oz</p>