

# SWIRCA & More

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807				1 Chili w/Beans Baby Bakers Broccoli Crackers Puddng Cup Milk
4 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk	5 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk	6 Omelet Hash Brown Pattie Biscuit Pear Cup Yogurt	7 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk	8 Philly Cheesesteak/Bun Tater Tots Broccoli Mandarin Oranges Milk
11 Salisbury Steak/Gravy Mashed Potatoes Carrots Peach Cup Wheat Bread/Marg Milk	12 Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk	13 Ham & Beans (1cup) Spinach Cornbread Snack Cake Milk	14 Loaded Baked Potato w/Taco Meat Broccoli Cheese Sour Cream/Marg Wheat Bread Brownie Milk	15 Potato Crusted Fish Macaroni & Tomatoes Green Beans Wheat Bread/Marg Cookies Milk
18 Penne Pasta w/Meat Sauce Cauliflower Warm Spiced Applesauce Texas Toast Milk	19 Baked Chicken Garlic Mashed Potatoes California Blend Wheat Bread/Marg Tropical Fruit Cup Milk	20 BBQ Pork on Bun Twice Stuffed Potato Baked Beans Pie Milk	21 CLOSED  FOR  STAFF  TRAINING	22 Bacon, Lettuce, Tomato & Egg Sandwich (BLT & E) Hash Brown Pattie Warm Fruit Compote Snack Cake Milk
25 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk	26 Smoked Pork Chop Scalloped Potatoes Broccoli Pudding Cup Wheat Bread/Marg Milk	27 Chicken Parmesan Pasta Cauliflower Pear Cup Wheat bread/Marg Milk	28 Cabbage Roll Mashed Potatoes French Style Green Beans Fruit Crisp or Cobbler Wheat Bread/Marg Milk	29 Quarter Pound Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk