

SWIRCA & More

October
2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Cup Milk</p>	<p>4</p> <p>Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg Cookies Milk</p>	<p>5</p> <p>BBQ Chicken on Bun Twice Stuffed Potato California Blend Strawberry Applesauce Milk</p>	<p>6</p> <p>Ham & Beans (1cup) Oven Fried Potatoes Cornbread Fruit Cup Milk</p>	<p>7</p> <p>Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk</p>
<p>10</p> <p>CLOSED</p> <p>FOR COLUMBUS</p> <p>HOLIDAY</p>	<p>11</p> <p>Chicken Pattie Red Skin Potatoes Asparagus Bread/Marg Pear Cup Milk</p>	<p>12</p> <p>Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk</p>	<p>13</p> <p>Meatloaf Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p>14</p> <p>Chili w/Beans Peanut Butter & Jelly Sandwich Broccoli Crackers Pudding Cup Milk</p>
<p>17</p> <p>Chicken & Noodles Mashed Potatoes French Style Green Beans Bread/Marg Cookies Milk</p>	<p>18</p> <p>Smoked Sausage Macaroni & Cheese Sugar Snap Peas Roll Snack Cake Milk</p>	<p>19</p> <p>Italian Chicken Pattie Baked Potato Vegetable Blend Bread/Marg Peach Cup Milk</p>	<p>20</p> <p>Homemade Beef Stew Seasoned Cabbage Biscuit Pie Milk</p>	<p>21</p> <p>Manwich Sloppy Joe on Bun Hash Brown Pattie Mixed Vegetables Fruit Cup Milk</p>
<p>24</p> <p>Meatballs w/Gravy Buttered Noodles Broccoli Bread/Marg Mandarin Oranges Milk</p>	<p>25</p> <p>BBQ Pork on Bun Cheesy Potatoes Carrots Peach Cup Milk</p>	<p>26</p> <p>Baked Chicken Rice Pilaf Peas Bread/Marg Pineapple Cup Milk</p>	<p>27</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Snack Cake Milk</p>	<p>28</p> <p>Tuna Casserole Corn Stewed Tomatoes Bread/Marg Chocolate Chip Cookie Milk</p>
<p>31</p> <p>Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread /Marg Brownie Milk</p>				<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>