

SWIRCA & More

January
2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR NEW YEAR'S DAY HOLIDAY	3 Chicken Pot Pie w/Biscuit Topping Corn Warm Spiced Peaches Brownie Milk	4 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Milk	5 Meatloaf w/Gravy Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk	6 Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk
9 Beef & Noodles Mashed Potatoes French Style Green Beans Bread/Marg Cookies Milk	10 Smoked Sausage Roasted Red Skin Potatoes Squash Roll Snack Cake Milk	11 Italian Chicken Pattie Baked Potato w/Sour Cream Vegetable Blend Bread/Marg Peach Cup Milk	12 Homemade Beef Stew Seasoned Cabbage Biscuit Pudding Cup Milk	13 Manwich Sloppy Joe on Bun Hash Brown Pattie Mixed Vegetables Fruit Cup Milk
16 CLOSED M. L. KING HOLIDAY	17 BBQ Pork on Bun Cheesy Potatoes Carrots Mandarin Orange Cup Milk	18 Baked Chicken Baby Bakers Peas Bread/Marg Pineapple Cup Milk	19 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk	20 Meatballs w/Gravy Rice Pilaf Normandy Blend Bread/Marg Jello w/Fruit Milk
23 Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread/Marg Snack Cake Milk	24 Baked Chicken Sweet Potatoes Broccoli Wheat Bread/Marg Pineapple Cup Milk	25 Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk	26 Chicken & Dumplings Vegetable Blend Warm Spiced Peaches Wheat Bread/Marg Brownie Milk	27 Country Fried Steak Mashed Potatoes Seasoned Green Beans Bread/Marg Mixed Fruit Cup Milk
30 Baked Ziti w/Italian Sausage Italian Vegetables Warm Spiced Peaches Texas Toast Milk	31 Chicken Parmesan Garlic Mashed Potatoes California Blend Bread/Marg Pudding Cup Milk			Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807