

SWIRCA & More

March
2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>		<p>1 Jambalaya (1 cup) French Style Green Beans Cornbread Pineapple Cup Milk</p>	<p>2 Salisbury Steak w/Gravy Mashed Potatoes Brussel Spouts Bread/Marg Cookies Milk</p>	<p>3 Meatballs w/Gravy Rice Pilaf Normandy Blend Jello w/Fruit Bread/Marg Milk</p>
<p>6 Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread/Marg Snack Cake Milk</p>	<p>7 Chicken Sweet Potatoes Broccoli Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p>8 Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Milk</p>	<p>9 Chicken & Dumplings Vegetable Blend Warm Spiced Peaches Wheat Bread/Marg Brownie Milk</p>	<p>10 .Country Fried Steak Mashed Potatoes Seasoned Green Beans Mandarin Oranges Bread/Marg Milk</p>
<p>13 Baked Ziti w/Italian Sausage Italian Vegetables Warm Spiced Peaches Texas Toast Milk</p>	<p>14 Chicken Parmesan Garlic Mashed Potatoes California Blend Bread/Marg Pudding Milk</p>	<p>15 Pork Pattie w/Gravy Lima Beans Spinach Bread/Marg Snack Cake Milk</p>	<p>16 <u>Nutrition Awareness</u> <u>Day</u> Onion Sage Chicken Baked Potato Carrots Wheat Bread/Marg Fresh Fruit Milk</p>	<p>17 Goulash Peas Roll Pie Milk</p>
<p>20 Penne Pasta w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk</p>	<p>21 Ham & Beans Oven Fried Potatoes Cornbread Fruit Cup Milk</p>	<p>22 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Strawberry Applesauce Milk</p>	<p>23 Smoked Pork Chop Sweet Potato Brussel Sprouts Bread/Marg Fruit Cobbler Milk</p>	<p>24 Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk</p>
<p>27 Chicken Pot Pie w/Biscuit Topping Corn Warm Spiced Peaches Brownie Milk</p>	<p>28 Chicken Pattie Red Skin Potatoes Asparagus Bread/Marg Pear Cup Milk</p>	<p>29 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Milk</p>	<p>30 Meatloaf w/Gravy Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p>31 Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk</p>