

SWIRCA & More

April
2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk</p>	<p>4</p> <p>Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk</p>	<p>5</p> <p>Omelet Hash Brown Pattie Bicuit Pear Cup Yogurt</p>	<p>6</p> <p>BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk</p>	<p>7</p> <p>Philly Cheesesteak on Bun Tator Tots Broccoli Mandarin Oranges Milk</p>
<p>10</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Carrots Peach Cup Wheat Bread/Marg Milk</p>	<p>11</p> <p>Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk</p>	<p>12</p> <p>Ham & Beans (1 cup) Spinach Cornbread Pudding Cup Milk</p>	<p>13</p> <p>Chicken & Dumplings Nomandy Blend Warm Spiced Apples Dinner Roll Snack Cake Milk</p>	<p>14</p> <p>Chili Crackers Peanut Butter & Jelly Sandwiches Broccoli Fruit Cup Milk</p>
<p>17</p> <p>Spaghetti w/Meat Sauce Cauliflower Warm Spiced Applesauce Texas Toast Milk</p>	<p>18</p> <p>Baked Chicken Garlic Mashed Potatoes California Blend Wheat Bread/Marg Tropical Fruit Cup Milk</p>	<p>19</p> <p>BBQ Pork on Bun Baked Beans Stewed Tomatoes Snack Cake Milk</p>	<p>20</p> <p>CLOSED FOR STAFF TRAINING</p>	<p>21</p> <p>Meatballs w/Gravy Rice Pilaf Carrots Dinner Roll Fig Newton Milk</p>
<p>24</p> <p>Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk</p>	<p>25</p> <p>Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Wheat Bread/Marg Pudding Cup Milk</p>	<p>26</p> <p>Chicken Parmesan Baby Bakers Cauliflower Pear Cup Wheat Bread/Marg Milk</p>	<p>27</p> <p>Sliced Roast Turkey w/Gravy Mashed Potatoes Lima Beans Wheat Bread/Marg Pudding Cup Milk</p>	<p>28</p> <p>Quarter Pound Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk</p>
				<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>