

SWIRCA & More

June
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>Serving sizes: Meat/Entrée: 2 ½-3 oz cooked edible meat Veg/Salad/Fruit/Dessert: ½ cup Margarine: 1 teaspoon Bread: 1 slice Milk: ½ pint Casserole: 1 cup</p>		<p>1 Baked Chicken Garlic Mashed Potatoes California Blend Wheat Bread/Marg</p>	<p>2 Sausage & Egg Croissant Hash Brown Pattie Warm Spiced Peaches Fig Newton Milk</p>
<p>5 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk</p>	<p>6 Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Pudding Cup Wheat Bread/Marg Milk</p>	<p>7 Chicken Parmesan Pasta w/Sauce Cauliflower Pear Cup Wheat Bread/Marg Milk</p>	<p>8 Chicken Alfredo French Style Green Beans Fruit Crisp Milk</p>	<p>9 Quarter Pound Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk</p>
<p>12 BBQ Riblet on Bun Red Skin Potatoes Succotash Applesauce Cup Milk</p>	<p>13 Sausage Patty Country Gravy Southern Style Biscuit Oven Fried Potatoes Apple Slices Milk</p>	<p>14 Stuffed Green Pepper Mashed Potatoes Green Peas Bread/Marg Peach Cup Milk</p>	<p>15 Manwich Sloppy Joe on Bun Tater Tots Mixed Vegetables Brownie Milk</p>	<p>16 Chicken Fajitas Yellow Rice Stewed Tomatoes Soft Tortilla Shell Snack Cake Milk</p>
<p>19 CLOSED FOR JUNETEENTH HOLIDAY</p>	<p>20 Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Roll Pineapple Cup Milk</p>	<p>21 Meatballs w/Gravy Scalloped Potatoes Vegetable Blend Bread/Marg Mandarine Oranges Milk</p>	<p>22 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Mixed Fruit Cup Milk</p>	<p>23 Oven Fried Chicken Mashed Potatoes w/Gravy California Blend Vegetables Bread/Marg Pudding Cup Milk</p>
<p>26 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk</p>	<p>27 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk</p>	<p>28 Beef & Noodles Normandy Blend Veg Spiced Apples Roll Snack Cake Milk</p>	<p>29 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk</p>	<p>30 Philly Cheesesteak on Bun Potato Wedges Broccoli Mandarin Oranges Milk</p>