

# SWIRCA & More

*March Ivy Café*

2024

Monday	Tuesday	Wednesday	Thursday	Friday
Serving sizes:2 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	Operated by the <b>SWIRCA &amp; More</b> Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807			1 Soft Shell Tacos (2) Cheese & Lettuce Yellow Rice Black Beans Churro & Ice Cream Cup
4 Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread/Marg Apple Pie	5 Baked Quarter Chicken Sweet Potatoes Broccoli Wheat Bread Pineapple Upside Down Cake	6 Polish Sauge on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Cherry Pie	7 Chicken & Dumplings Vegetable Blend Warm Spiced Peaches Biscuit Apple Dumpling	8 Country Fried Steak w/Gravy Mashed Potatoes Seasoned Green Beans Biscuit Fruits of Forest Pie
11 Baked Ziti w/Italian Sausage Italian Vegetables Warm Spiced Peaches Garlic Bread Stick Cheesecake	12 Chicken Parmesan Garlic Mashed Potatoes California Blend Bread/Marg Homemade Peach Cobbler w/Ice Cream	13 Pork Pattie w/Gravy Sweet Potatoes Spinach Bread/Margarine Cherry Ambrosia	14 Hamburger on Bun Pickle & Onion Roasted Red Skin Potatoes Stewed Tomatoes Chocolate French Silk Pie	15 Chili w/Beans or Corn Chowder Crackers Grilled Cheese on Texas Toast Fruit Salad Cookies & Cream Pie
18 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Assorted Dessert	19 Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg Homemade Blackbery Cobbler w/Ice Cream	20 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Iced Cake	21 <u>Nutrition Awareness</u> <u>Day</u> Jamacian Pork Roasted Root Veggies Key West Veggies Cornbread Pineapple Chunks	22 Salmon Pattie Scalloped Potatoes Broccoli Wheat Bread/Marg Lemon Meringue Pie
25 Pot Pie w/Biscuit Topping Corn Warm Spiced Peaches Homemade Bread Pudding w/Sauce	26 Meatloaf Garlic Mashed Potatoes Carrots Wheat Bread/Marg Pecan Pie	27 Hickory Smoked Bacon Scrambled Eggs Country Gravy Biscuit Hash Brown Pattie Applesauce Donut OJ/Coffee	28 Baked Quarter Chicken Rice Pilaf Broccoli Bread/Marg Banana Pudding	29 Fried Cod Tartar Sauce Macaroni & Tomatoes Green Peas Dinner Roll Coconut Cream Pie