

SWIRCA & More

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Parmesan Baby Bakers Cauliflower Pear Cup Wheat Bread/Marg Milk	2 Chicken Alfredo French Style Green Beans Fruit Crisp Wheat Bread/Marg Milk	3 Quarter Pound Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh
6 CLOSED LABOR DAY HOLIDAY	7 Boneless BBQ Riblet On Bun Red Skin Potatoes Warm Applesauce Cookie Milk	8 Sausage Pattie Country Gravy Southern Style Biscuit Oven Fried Potatoes Danish Milk	9 Stuffed Green Pepper Sweet Potatoes Peas Peach Cup Bread/Marg Milk	10 Manwich Sloppy Joe on Bun Tator Tots Mixed Vegetables Brownie Milk
13 Pork Pattie w/Gravy Homemade Macaroni & Cheese Broccoli Dinner Roll Pie Milk	14 Smothered French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk	15 Jambalaya Frech Green Beans Toss Salad w/Dsg Cornbread Pudding Cup Milk	16 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Pineapple Cup Milk	17 Sliced Turkey w/Gravy Mashed Potatoes Californina Blend Wheat Bread/Marg Fruit Crisp Milk
20 Polish Sausage Mashed Potatoes Sauerkraut Rye Bread/Margarine Pudding Cup Milk	21 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk	22 Omelet Hash Brown Pattie Fresh Fruit Biscuit Yogurt	23 BBQ Chicken on Bun Au Gratin Potatoes Chuckwagon Corn Applesauce Cup Milk	24 Philly Cheesesteak on Bun Potato Wedges French Style Green Beans Mandarin Oranges Milk
27 Salisbury Steak w/Gravy Mashed Potatoes Carrots Wheat Bread/Marg Peach Cup Milk	28 Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk	29 Ham & Beans Spinach Cornbread Snack Cake Milk	30 Loaded Baked Potato w/Taco Meat Broccoli Cheese Sour Cream/Butter Bread/Marg Brownie Milk	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807