

SWIRCA & More

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Stuffed Pepper Cauliflower Corn Bread/Marg Brownie Milk</p>	<p>4</p> <p>Chicken Pattie Asparagus Roasted Potatoes Bread/Marg Pear Cup Milk</p>	<p>5</p> <p>Sausage Pattie Country Gravy Hash Brown Pattie Applesauce Donut Stick Milk</p>	<p>6</p> <p>Meatloaf Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p>7</p> <p>Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk</p>
<p>10</p> <p>Chicken & Noodles Mashed Potatoes French Style Green Beans Bread/Marg Cookies Milk</p>	<p>11</p> <p>Polish Sausage Red Skin Potatoes Squash Roll Snack Cake Milk</p>	<p>12</p> <p>Italian Chicken Pattie Baked Potato w/Sour Cream Vegetable Blend Bread/Marg Applesauce Cup Milk</p>	<p>13</p> <p>Homemade Beef Stew Seasoned Cabbage Biscuit Peach Cup Milk</p>	<p>14</p> <p>Sloppy Joe on Bun Homemade Macaroni & Cheese Mixed Vegetables Fruit Cup Milk</p>
<p>17</p> <p>CLOSED</p> <p>M.L. KING</p> <p>BIRTHDAY</p>	<p>18</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk</p>	<p>19</p> <p>Baked Chicken Rice Pilaf Peas Bread/Margarine Pineapple Cup Milk</p>	<p>20</p> <p>BBQ Pork on Bun Cheesy Potatoes Carrots Peach Cup Milk</p>	<p>21</p> <p>Tuna Casserole Corn Stewed Tomatoes Bread/Marg Chocolate Chip Cookie Milk</p>
<p>24</p> <p>Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread/Marg Snack Cake Milk</p>	<p>25</p> <p>Chicken Pattie Sweet Potatoes Broccoli Wheat Bread/Marg Pineapple Cup Milk</p>	<p>26</p> <p>Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Milk</p>	<p>27</p> <p>Chicken & Dumplings Vegetable Blend Warm Spiced Peaches Roll Brownie Milk</p>	<p>28</p> <p>Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Marg Fruited Jello Cup Milk</p>
<p>31</p> <p>Baked Ziti w/Italian Sausage Italian Veggies Spiced Peaches Texas Toast Milk</p>				<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>