

SWIRCA & More

September

2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>			<p>1 Cabbage Roll French Style Green Beans Fruit Crisp Wheat Bread/Marg Milk</p>	<p>2 Hot Dog on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk</p>
<p>5 CLOSED FOR LABOR DAY HOLIDAY</p>	<p>6 BBQ Riblet on Bun Red Skin Potatoes Succotash Warm Applesauce Milk</p>	<p>7 Sausage Pattie Gravy & Biscuit Oven Fried Potatoes Apple Slices Milk</p>	<p>8 Stuffed Green Pepper Sweet Potatoes Green Peas Bread/Marg Peach Cup Milk</p>	<p>9 Manwich Sloppy Joe on Bun Tater Tots Mixed Vegetables Brownie Milk</p>
<p>12 Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Roll Pudding Cup Milk</p>	<p>13 French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk</p>	<p>14 Jambalaya (1cup) Green Beans Garden Salad w/dsg Cornbread Peach Cup Milk</p>	<p>15 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Pineapple Cup Milk</p>	<p>16 Sliced Turkey w/Gravy Mashed Potatoes California Blend Bread/Marg Fruit Cobbler Milk</p>
<p>19 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk</p>	<p>20 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk</p>	<p>21 Omelet Hash Brown Pattie Biscuit Pear Cup Yogurt</p>	<p>22 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk</p>	<p>23 Philly Cheesesteak on Bun Tater Tots Broccoli Mandarin Oranges Milk</p>
<p>26 Salisbury Steak w/Gravy Mashed Potatoes Carrots Bread/Marg Peach Cup Milk</p>	<p>27 Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk</p>	<p>28 Ham & Beans (1 cup) Spinach Cornbread Snack Cake Milk</p>	<p>29 Loaded Baked Potato w/Taco Meat Broccoli Cheese Sour Cream/Butter Bread/Marg Brownie Milk</p>	<p>30 Potato Crusted Fish Macaroni & Tomatoes Green Beans Wheat Bread/Marg Cookies Milk</p>