

SWIRCA & More

December
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 Sloppy Joe on Bun Hash Brown Pattie Mixed Vegetables Fruit Cup Milk</p>
<p>4 Char-Broiled Chicken Pattie on Bun Potato Wedges Broccoli Mandarin Oranges Milk</p>	<p>5 BBQ Pork on Bun Cheesy Potatoes Buttered Carrots Peach Cup Milk</p>	<p>6 Chicken Pattie Red Skin Potatoes Asparagus Bread/Marg Fresh Orange Milk</p>	<p>7 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk</p>	<p>8 Soft Shell Taco (2) Cheese & Lettuce Yellow Rice Black Beans Pudding Cup Milk</p>
<p>11 Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread/Marg Brownie Milk</p>	<p>12 Chicken Sweet Potatoes Broccoli Wheat Bread/Marg Pineapple Cup Milk</p>	<p>13 Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Milk</p>	<p>14 Chicken & Dumplings (1 cup) Vegetable Blend Biscuit Warm Spiced Peaches Milk</p>	<p>15 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Marg Mixed Fruit Cup Milk</p>
<p>18 Baked Ziti w/Italian Sausage Vegetable Blend Warm Spiced Peaches Texas Toast Milk</p>	<p>19 Chicken Parmesan Garlic Mashed Potatoes California Blend Bread/Margarine Pudding Cup Milk</p>	<p>20 Pork Patty w/Gravy Sweet Potatoes Spinach Bread/Marg Cherry Ambrosia Milk</p>	<p>21 Hamburger on Bun Roasted Red Skin Potatoes Stewed Tomatoes Jello w/Fruit Milk</p>	<p>22 Chili w/Beans Baby Bakers Broccoli Crackers Snack Cake Milk</p>
<p>25 CLOSED CHRISTMAS HOLIDAY</p>	<p>26 CLOSED CHRISTMAS HOLIDAY</p>	<p>27 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Cup Milk</p>	<p>28 Ham & Beans(1 cup) Oven Fried Potatoes Cornbread Fruit Cup Milk</p>	<p>29 Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk</p>