

SWIRCA & More

Meal Sites Menu

March

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 SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807			1 Soft Shell Tacos (2) Cheese & Lettuce Spanish Rice Black Beans Chocolate Chip Cookie Milk
4 Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread/Marg Brownie Milk	5 Chicken Sweet Potatoes Broccoli Wheat Bread Pineapple Cup Milk	6 Polish Sauge on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk	7 Chicken & Dumplings Vegetable Blend Warm Spiced Peaches Bread/Marg Milk	8 Country Fried Steak w/Gravy Mashed Potatoes Seasoned Green Beans Bread/Marg Mixed Fruit Milk
11 Baked Ziti w/Italian Sausage Italian Vegetables Warm Spiced Peaches Texas Toast Milk	12 Chicken Parmesan Garlic Mashed Potatoes California Blend Bread/Marg Pudding Cup Milk	13 Pork Pattie w/Gravy Sweet Potatoes Spinach Bread/Margarine Cherry Ambrosia Milk	14 Hamburger on Bun Roasted Red Skin Potatoes Stewed Tomatoes Jello w/Fruit Milk	15 Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk
18 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Cup Milk	19 Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg Fruit Cobbler Milk	20 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Strawberry Applesauce Milk	21 <u>Nutrition Awareness</u> <u>Day</u> Jamacian Pork Roasted Root Veggies Key West Veggies Cornbread Pineapple Chunks	22 Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk
25 Pot Pie w/Biscuit Topping Corn Warm Spiced Peaches Brownie Milk	26 Meatloaf Garlic Mashed Potatoes Carrots Wheat Bread/Marg Pineapple Cup Milk	27 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Mini Donuts Milk	28 Baked Chicken Rice Pilaf Broccoli Bread/Marg Mixed Fruit Cup Milk	29 Goulash Green Peas Dinner Roll Snack Cake Milk