

# SWIRCA & More

May  
2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<p>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</p>	<p>1 Stuffed Green Pepper Sweet Potatoes Green Peas Bread/Marg Peach Cup Milk</p>	<p>2 Manwich Sloppy Joe On Bun Tater Tots Mixed Vegetables Brownie Milk</p>	<p>3 Chicken Fajita Yellow Rice Stewed Tomatoes Soft Tortilla Snack Cake Milk</p>
<p>6 Smoked Pork Chop Homemade Macaroni &amp; Cheese Broccoli Roll Pineapple Cup Milk</p>	<p>7 French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk</p>	<p>8 Meatballs w/Gravy Rice Vegetable Blend Bread/Marg Mixed Fruit Cup Milk</p>	<p>9 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Spiced Apples Milk</p>	<p>10 Chicken Fried Steak w/Gravy Mashed Potatoes California Blend Bread/Marg Pudding Cup</p>
<p>13 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk</p>	<p>14 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Bread/Marg Milk</p>	<p>15 Omelet Hash Brown Pattie Biscuit Pear Cup Yogurt</p>	<p>16 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk</p>	<p>17 Philly Cheesesteak on Bun Tater Tots Broccoli Mandarin Oranges Milk</p>
<p>20 Salisbury Steak w/Gravy Mashed Potatoes Carrots Peach Cup Wheat Bread/Marg Milk</p>	<p>21 Lasagna Italian Green Beans Spiced Apples Texas Toast Flavored Craisins Milk</p>	<p>22 Ham &amp; Beans Oven Fried Potatoes Cornbread Pudding Cup Milk</p>	<p>23 Chicken Strips Baked Potato w/Sour Cream Vegetable Blend Bread/Marg Banana Milk</p>	<p>24 Potato Crusted Fish Homemade Macaroni &amp; Cheese Green Beans Wheat Bread/Marg Cookies</p>
<p>27 CLOSED  MEMORIAL DAY  HOLIDAY</p>	<p>28 Penne Pasta w/Italian Sausage Broccoli Warm Spiced Applesauce Texas Toast Milk</p>	<p>29 Baked Chicken Garlic Mashed Potatoes Carrots Wheat Bread/Marg Tropical Fruit Cup Milk</p>	<p>30 BBQ Pork on Bun Baked Beans Stewed Tomatoes Banana Nut Bread Slice Milk</p>	<p>31 Sausage Pattie Fried Egg Croissant Hash Brown Pattie Spiced Peaches Fig Newton Milk</p>