

SWIRCA & More

July
2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p>1</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Carrots Peach Cup Wheat Bread/Marg Milk</p> | <p>2</p> <p>Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk</p> | <p>3</p> <p>Ham & Beans Oven Fried Potatoes Cornbread Pudding Cup Milk</p> | <p>4</p> <p>CLOSED</p> <p>INDEPENDENCE</p> <p>DAY</p> <p>HOLIDAY</p> | <p>5</p> <p>Potato Crusted Fish Homemade Macaroni & Cheese Seasoned Green Beans Wheat Bread/Marg Cookies Milk</p> |
| <p>8</p> <p>Penne Pasta w/Meat Sauce Broccoli Warm Spiced Apples Texas Toast Milk</p> | <p>9</p> <p>Baked Chicken Garlic Mashed Potatoes California Blend Wheat Bread/Marg Milk</p> | <p>10</p> <p>BBQ Pork on Bun Baked Beans Stewed Tomatoes Pie Milk</p> | <p>11</p> <p>Sweet & Sour Chicken Rice Pilaf Vegetable Blend Mandarine Oranges Bread/Marg Milk</p> | <p>12</p> <p>Sausage Fried Egg Croissant Hash Brown Pattie Mixed Fruit Cup Fig Newton Milk</p> |
| <p>15</p> <p>Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk</p> | <p>16</p> <p>Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Pudding Cups Wheat Bread Milk</p> | <p>17</p> <p>Chicken Parmesan Baby Bakers Cauliflower Pear Cup Wheat Bread/Marg Milk</p> | <p>18</p> <p>Chicken Alfredo French Style Green Beans Fruit Crisp Wheat Bread/Marg Milk</p> | <p>19</p> <p>All Beef Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk</p> |
| <p>22</p> <p>BBQ Boneless Riblet on Bun Diced Potatoes Succotash Warm Applesauce Milk</p> | <p>23</p> <p>Sausage Pattie Country Gravy Southern Style Biscuit Oven Fried Potatoes Apple Slices Milk</p> | <p>24</p> <p>Stuffed Green Pepper Sweet Potatoes Green Peas Bread/Marg Peach Cup Milk</p> | <p>25</p> <p>Manwich Sloppy Joe On Bun Tater Tots Mixed Vegetables Brownie Milk</p> | <p>26</p> <p>Chicken Fajita Yellow Rice Stewed Tomatoes Soft Tortilla Snack Cake Milk</p> |
| <p>29</p> <p>Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Roll Pineapple Cup Milk</p> | <p>30</p> <p>French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk</p> | <p>31</p> <p>Meatballs w/Gravy Rice Pilaf Vegetable Blend Bread/Marg Mixed Fruit Cup Milk</p> | <p>Operated by the SWIRCA & 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> |