

SWIRCA & More

June

2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk</p>	<p>4 Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Pudding Cups Wheat Bread Milk</p>	<p>5 Chicken Parmesan Baby Bakers Cauliflower Pear Cup Wheat Bread/Marg Milk</p>	<p>6 Chicken Alfredo French Style Green Beans Fruit Crisp Wheat Bread/Marg Milk</p>	<p>7 All Beef Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk</p>
<p>10 BBQ Boneless Riblet on Bun Diced Potatoes Succotash Warm Applesauce Milk</p>	<p>11 Sausage Pattie Country Gravy Southern Style Biscuit Oven Fried Potatoes Apple Slices Milk</p>	<p>12 Stuffed Green Pepper Sweet Potatoes Green Peas Bread/Marg Peach Cup Milk</p>	<p>13 Manwich Sloppy Joe On Bun Tater Tots Mixed Vegetables Brownie Milk</p>	<p>14 Chicken Fajita Yellow Rice Stewed Tomatoes Soft Tortilla Snack Cake Milk</p>
<p>17 Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Roll Pineapple Cup Milk</p>	<p>18 French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk</p>	<p>19 CLOSED JUNETEENTH HOLIDAY</p>	<p>20 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Spiced Apples Milk</p>	<p>21 Chicken Fried Steak w/Gravy Mashed Potatoes California Blend Bread/Marg Pudding Cup</p>
<p>24 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk</p>	<p>25 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Bread/Marg Milk</p>	<p>26 Omelet Hash Brown Pattie Biscuit Pear Cup Yogurt</p>	<p>27 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk</p>	<p>28 Philly Cheesesteak on Bun Tater Tots Broccoli Mandarin Oranges 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>