

SWIRCA & More

September

2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>LABOR DAY</p> <p>CLOSED</p>	<p>3</p> <p>BBQ Riblet on Bun Diced Potatoes Succotash Applesauce Cup Milk</p>	<p>4</p> <p>Stuffed Green Pepper Green Peas Bread/Marg Peach Cup Milk</p>	<p>5</p> <p>Manwich Sloppy Joe on Bun Tater Tots Mixed Vegetables Brownie Milk</p>	<p>6</p> <p>Chicken Fajitas Yellow Rice Stewed Tomatoes Soft Tortilla (1)</p>
<p>9</p> <p>Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Wheat Bread/Marg Pineapple Cup Milk</p>	<p>10</p> <p>French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk</p>	<p>11</p> <p>Meatballs w/Gravy Rice Pilaf Vegetable Blend Bread/Marg Mandarin Oranges Milk</p>	<p>12</p> <p>Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Applesauce Cup Milk</p>	<p>13</p> <p>Country Fried Steak Garlic Mashed Potatoes California Blend Bread/Marg Pudding Cup Milk</p>
<p>16</p> <p>Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>	<p>17</p> <p>Meatloaf Sandwich Twice Stuffed Potatoes Green Beans Peach Cup Milk</p>	<p>18</p> <p>Omelet Hash Brown Pattie Biscuit Pears Yogurt</p>	<p>19</p> <p>BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk</p>	<p>20</p> <p>Philly Cheesesteak on Bun Tater Tots Broccoli Mandarin Oranges Milk</p>
<p>23</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Carrots Peach Cup Wheat Bread/Marg Milk</p>	<p>24</p> <p>Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk</p>	<p>25</p> <p>Ham & Beans (1 cup) Spinach Cornbread Pudding Cup Milk</p>	<p>26</p> <p>Chicken Strips Baked Potato w/Sour Cream Normandy Blend Veg Banana Bread/Marg Milk</p>	<p>27</p> <p>Potato Crusted Fish Homemade Macaroni & Cheese Seasoned Green Beans Wheat Bread/Marg Cookies Milk</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>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>