

SWIRCA & More

November

2024

Monday	Tuesday	Wednesday	Thursday	Friday
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	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 Cookies Milk
4 Smoked Pork Chop Hominy Buttered Carrots Wheat Bread/Marg Brownie Milk	5 Baked Chicken Sweet Potatoes Broccoli Bread/Marg Pineapple Cup Milk	6 Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Milk	7 Chicken & Dumplings Vegetable Blend Warm Spiced Peaches Bread/Marg Cookies Milk	8 Country Fried Steak w/Gravy Garlic Mashed Potatoes Seasoned Green Beans Bread/Marg Fruit Cup Milk
11 CLOSED Veteran's Day HOLIDAY	12 Pork Pattie w/Gravy Sweet Potatoes Spinach Bread/Marg Jello w/Fruit Milk	13 Chicken Parmesan Mashed Potatoes California Blend Bread/Marg Pudding Cup Milk	14 Hamburger on Bun Red Skin Potatoes Stewed Tomatoes Mandarin Oranges Milk	15 Chili w/Beans Baby Bakers Broccoli Crackers Strawberry Applesauce Cup Milk
18 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Milk	19 Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg Brownie Milk	20 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Fruit Cup Milk	21 <u>Thanksgiving Lunch</u> Sliced Turkey/Gravy Homemade Dressing Seasoned Green Beans Dinner Roll Cranberry Salad Pumpkin Pie Milk	22 Potato Crusted Fish Scalloped Potatoes Broccoli Bread/Marg Pudding Cup Milk
25 Meat Loaf Mashed Potatoes Carrots Bread/Marg Mixed Fruit Cup Milk	26 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Banana Milk	28 Goulash Green Peas Warm Spiced Apples Snack Cake Bread/Marg Milk	28 CLOSED THANKSGIVING DAY	29 CLOSED THANKSGIVING HOLIDAY