

# SWIRCA & More

October  
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	<b>1</b> Baked Chicken Garlic Mashed Potatoes California Blend Bread/Marg Tropical Fruit Cup Milk	<b>2</b> BBQ Pork on Bun Baked Beans Stewed Tomatoes Cherry Crisp Milk	<b>3</b> Sweet & Sour Chicken Noodles Stir Fry Veggies Bread/Marg Pineapple Cup Milk	<b>4</b> Sausage Egg Croissant Hash Brown Fig Newton Milk
<b>7</b> Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Milk	<b>8</b> Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg Brownie Milk	<b>9</b> BBQ Chicken on Bun Homemade Macroni & Cheese California Blend Fruit Cup Milk	<b>10</b> Ham & Beans (1cup) Oven Fried Potatoes Cornbread Strawberry Applesauce Milk	<b>11</b> Potato Crusted Fish Scalloped Potatoes Broccoli Bread/Marg Pudding Cup Milk
<b>14</b>  CLOSED  COLUMBUS DAY  HOLIDAY	<b>15</b> Meat Loaf Mashed Potatoes Carrots Bread/Marg Mixed Fruit Cup Milk	<b>16</b> Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Banana Milk	<b>17</b>  CLOSED  FOR  STAFF TRAINING	<b>18</b> Goulash Peas Warm Spiced Apples Roll/Marg Snack Cake Milk
<b>21</b> Chicken & Noodles Mashed Potatoes Warm Spiced Peaches Bread/Marg Cookies Milk	<b>22</b> BBQ Riblet on Bun Diced Potatoes Green Beans Applesauce Cup Milk	<b>23</b> Baked Chicken Baked Potato w/Sour Cream Normandy Blend Bread/Marg Mandarin Orange Cup Milk	<b>24</b> Homemade Beef Stew (1 cup) Seasoned Cabbage Biscuit Brownie Milk	<b>25</b> Sloppy Joe on Bun Hash Brown Pattie MixedVegetables Fruit Cup Milk
<b>28</b> Chicken w/Gravy Mashed Potatoes Seasoned Green Beans Bread/Marg Pudding Cup Milk	<b>29</b> BBQ Pork on Bun Cheesy Potatoes Carrots Peach Cup Milk	<b>30</b> Chicken Pattie Red Skin Potatoes Asparagus Bread/Marg Pear Cup Milk	<b>31</b> Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807