

# SWIRCA & More

January

2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</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>1  CLOSED  NEW YEAR'S  DAY</p>	<p>2 Ham &amp; Beans Oven Fried Potatoes Cornbread Fruit Cup Milk</p>	<p>3 Potato Crusted Fish Scalloped Potatoes Broccoli Bread/Marg Pudding Cup Milk</p>
<p>6 Pot Pie w/Biscuit Topping Corn Warm Spiced Peaches Brownie Milk</p>	<p>7 Meatloaf Mashed Potatoes Carrots Mixed Fruit Cup Bread/Marg Milk</p>	<p>8 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Banana Milk</p>	<p>9 Sweet &amp; Sour Meatballs Rice Pilaf Broccoli Pineapple Cup Bread/Marg Milk</p>	<p>10 Goulash (1 cup) Peas Warm Spiced Apples Snack Cake Bread/Marg Milk</p>
<p>13 Chicken &amp; Noodles Mashed Potatoes French Style Green Beans Cookies Bread/Marg Milk</p>	<p>14 BBQ Riblet on Bun Baked Beans Cauliflower Applesauce Cup Milk</p>	<p>15 Baked Chicken Baked Potato w/Sour Cream Vegetable Blend Peach Cup Bread/Marg Milk</p>	<p>16 Homemade Beef Stew (1 cup) Seasoned Cabbage Biscuit Brownie Milk</p>	<p>17 Sloppy Joe on Bun Hash Brown Pattie Mixed Vegetables Fruit Cup Milk</p>
<p>20  CLOSED FOR  M.L. KING  HOLIDAY</p>	<p>21 Chicken &amp; Gravy Mashed Potatoes Seasoned Green Beans Mandarin Oranges Bread/Marg Milk</p>	<p>22 Chicken Pattie Red Skin Potatoes Asparagus Pear Cup Bread/Marg Milk</p>	<p>23 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Cookies Bread/Marg Milk</p>	<p>24 Soft Shell Tacos (2) Cheese &amp; Lettuce Spanish Rice Black Beans Snack Cake Milk</p>
<p>27 Smoked Pork Chop Hominy Carrots Brownie Bread/Marg Milk</p>	<p>28 Chicken Breast Sweet Potatoes Broccoli Pudding Cup Bread/Marg Milk</p>	<p>29 Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Bread/Marg Milk</p>	<p>30 Chicken &amp; Dumplings Vegetable Blend Warm Spiced Peaches Snack Cake Bread/Marg Milk</p>	<p>31 Country Fried Steak w/Gravy Mashed Potatoes Seasoned Green Beans Mixed Fruit Cup Bread/Marg Milk</p>