

SWIRCA & More

April
2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatloaf Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk	2 Baked Chicken Rice Pilaf Broccoli Bread/Marg Pineapple Cup Milk	3 CLOSED FOR Nutrition STAFF TRAINING	4 Goulash Peas Spiced Peaches Roll/Marg Snack Cake Milk
7 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Cup Wheat Bread/Marg Milk	8 Meatloaf Sandwich Twice Baked Potato Seasoned Green Beans Peach Cup Milk	9 Sausage Patty Fried Egg English Muffin Hash Brown Banana Yogurt	10 BBQ Chicken Baked Beans Chuckwagon Corn Wheat Bread/Marg Pudding Cup Milk	11 Potato Crusted Fish Warm German Potato Salad Brussel Sprouts Wheat Bread/Marg Mandarin Oranges Milk
14 Vegetable Soup Tuna Melt Sliders Warm Spiced Peaches Cottage Cheese	15 Lasagna Roll Up Italian Beans Warm Spiced Apples Texas Toast Milk	16 BBQ Riblet on Bun Red Skin Potatoes Spinach Fresh Orange Milk	17 CLOSED FOR STAFF TRAINING	18 Salisbury Steak w/Gravy Mashed Potatoes Normandy Blend Vegetables Wheat Bread/Marg Tropical Fruit Cup Milk
21 Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Wheat Bread/Marg Pudding Cup Milk	22 Chicken w/Creamy Garlic Sauce Baby Bakers Asparagus Wheat Bread/Marg Mixed Fruit Cup Milk	23 Hamburger on Bun Baked Beans Yellow & Zucchini Squash Jello w/Fruit Milk	24 Fire Braised Chicken Breast Garlic Mashed Potatoes Honey Roasted Beets Bread/Marg Brownie Milk	25 Sausage Pattie Biscuit & Gravy Oven Fried Potatoes Apple Slices Milk
28 French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk	29 Nathans's Quarter Pound Frank on Bun Potato Wedges Creamed Corn Pineapple Cup Milk	30 Sloppy Joe on Bun Homemade Macaroni & Cheese Mixed Vegetables Applesauce Milkk	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807	
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				