

# SWIRCA & More

March  
2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chicken &amp; Gravy Mashed Potatoes Seasoned Green Beans Bread/Marg Mandarin Oranges Milk</p>	<p>4</p> <p>BBQ Pork on Bun Cheesy Potatoes Carrots Peach Cup Milk</p>	<p>5</p> <p><u>Ash Wednesday</u> Potato Crusted Fish Scalloped Potatoes Stewed Tomatoes Bread/Marg Pear Cup Milk</p>	<p>6</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Snack Cake Milk</p>	<p>7</p> <p>Soft Shell Tacos (2) Cheese &amp; Lettuce Spanish Rice Black Beans Chocolate Chip Cookies Milk</p>
<p>10</p> <p>Smoked Pork Chop Hominy Carrots Wheat Bread/Marg Brownie Milk</p>	<p>11</p> <p>Chicken Pattie Sweet Potatoes Broccoli Bread/Marg Pineapple Cup Milk</p>	<p>12</p> <p>Polish Sausage Mashed Potatoes Sauerkraut Rye Bread/Marg Warm Spiced Apples</p>	<p>13</p> <p>Chicken &amp; Dumplings Vegetable Blend Warm Spiced Peaches Bread/Marg Pudding Cup Milk</p>	<p>14</p> <p>Country Fried Steak W/ Gravy on side Garlic Mashed Potatoes Seasoned Green Beans Bread/Marg Mixed Fruit Milk</p>
<p>17</p> <p>Baked Ziti w/Italian Sausage Italian Vegetables Warm Spiced Peaches Texas Toast Milk</p>	<p>18</p> <p>Chicken Parmesan Garlic Mashed Potatoes California Blend Bread/Marg Pudding Cup Milk</p>	<p>19</p> <p>Pork Pattie w/Gravy Sweet Potatoes Spinach Bread/Marg Cherry Ambrosia Milk</p>	<p>20</p> <p><u>Nutrition Awareness Day</u> Chicken Cordon Bleu RedSkin Potatoes Asparaagus Mixed Fruit Wheat Bread/Marg Milk</p>	<p>21</p> <p>Chili w/Beans Baby Bakers Broccoli Crackers Cookies Milk</p>
<p>24</p> <p>Spaghetti w/Meatsauce Italian Vegetables Warm Spiced Peaches Texas Toast Milk</p>	<p>25</p> <p>Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg Strawberry Applesauce Milk</p>	<p>26</p> <p>BBQ Chicken Homemade Macaroni &amp; Cheese California Blend Bread/Marg Lemon Cobbler Milk</p>	<p>27</p> <p>Ham &amp; Beans Oven Fried Potatoes Cornbread Fruit Cup Milk</p>	<p>28</p> <p>Potato Crusted Fish Scalloped Potatoes Broccoli Bread/Marg Pudding Cup Milk</p>
<p>31</p> <p>Pot Pie w/Biscuit Topping Corn Spiced Warm Peaches Brownie Milk</p>			<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>