

SWIRCA & More

May
2025

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 Cabbage Roll Mashed Potatoes Spiced Peaches Cucumber, Tomato & Onion Salad Wheat Bread/Marg Milk	2 BBQ Pork on Bun Baked Beans Broccoli Snack Cake Milk
5 Stuffed Green Pepper Sweet Potatoes Green Peas Wheat Bread/Marg Peach Cup Milk	6 Sausage Patty Biscuit & Gravy Hash Brown Patty Fig Newton Milk	7 Boneless Chicken Wings w/Honey Mustard Dip Scalloped Potatoes Baked Parmesan Zucchini Wheat Bread/Marg Cookie Milk	8 Philly Cheesesteak on Bun Tater Tots Broccoli Mandarin Orange Cup Milk	9 Shepard's Pie w/Mashed Potatoes Warm Spiced Apples Broccoli Crunch Salad Wheat Bread/Marg Milk
12 Smoked Pork Chop Macaroni & Cheese Seasoned Green Beans Roll Fresh Fruit Milk	13 Chicken Sliders (2) Sweet Potato Fries Kale Salad Fruit Crisp Milk	14 BBQ Meatballs Rice Pilaf Vegetable Blend Wheat Bread/Marg Pineapple Cup Milk	15 Swiss Mushroom Burger on Bun Tater Tots Buttered Corn Pear Cup Milk	16 Country Fried Steak w/ Gravy Garlic Mashed Potatoes California Blend Wheat Bread/Marg Pudding Cup Milk
19 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Cup Wheat Bread/Marg Milk	20 Meatloaf Sandwich Twice Baked Potato Seasoned Green Beans Peach Cup Milk	21 Sausage Patty Fried Egg English Muffin Hash Brown Banana Yogurt	22 BBQ Chicken Baked Beans Chuckwagon Corn Wheat Bread/Marg Pudding Cup Milk	23 Potato Crusted Fish Warm German Potato Salad Brussel Sprouts Wheat Bread/Marg Mandarin Oranges Milk
26 CLOSED MEMORIAL DAY HOLIDAY	27 Lasagna Roll Up Italian Beans Warm Spiced Apples Texas Toast Milk	28 BBQ Riblet on Bun Red Skin Potatoes Spinach Fresh Orange Milk	29 Salisbury Steak w/Gravy Mashed Potatoes Normandy Blend Wheat Bread/Marg Cookies Milk	30 Broccoli Cheddar Chicken Rice Pilaf Buttered Carrots Wheat Bread/Marg Tropical Fruit Cup Milk