## SWIRCA & More

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Wheat Bread/Marg Pudding Cup Milk	3 Chicken Breast w/Creamy Garlic Sauce Baby Bakers Asparagus Wheat Bread/Marg Mixed Fruit Cup Milk	4 Hamburger on Bun Baked Beans Roasted Squash & Zucchini Jello w/Fruit Milk	5 Fire Braised Chicken Breast Garlic Mashed Potatoes Honey Roasted Beets Wheat Bread/Marg Brownie Milk	6 Sausage Pattie Biscuit & Gravy Oven Fried Potatoes Apple Slices Milk
9 French Onion Chicken Baby Bakers Buttered Carrots Wheat Bread/Marg Cookies Milk	10 Nathan's Quarter Pound Frank on Bun Potato Wedges Creamed Corn Pineapple Cup Milk	11 Sloppy Joe on Bun Macaroni & Cheese Mixed Vegetables Applesauce Cup Milk	12 Cabbage Roll Mashed Potatoes Spiced Peaches Cucumber, Tomtato & Onion Salad Wheat Bread/Marg Milk	13 BBQ Pork on Bun Baked Beans Broccoli Snack Cake Milk
16 Stuffed Green Pepper Sweet Potatoes Green Peas Wheat Bread/Marg Peach Cup Milk	17 Sausage Patty Biscuit & Gravy Hash Brown Patty Fig Newton Milk	18 Boneless Chicken Wings w/Honey Mustard Dip Scalloped Potatoes Baked Parmesan Zuchinni Wheat Bread/Marg Cookie Milk	19  CLOSED  JUNETEENTH  HOLIDAY	20 Shepard's Pie w/Mashed Potatoes Warm Spiced Apples Broccoli Crunch Salad Wheat Bread/Marg Milk
23 Smoked Pork Chop Macaroni & Cheese Green Peas Wheat Bread/Marg Peach Cup Milk	24 Chicken Sliders (2) Sweet Potato Fries Fruit Crisp Kale Salad Wheat Bread/Marg Milk	25 BBQ Meatballs Rice Pilaf Vegetable Blend Wheat Bread/Marg Pineapple Cup Milk	26 Swiss Mushroom Burger on Bun Tater Tots Buttered Corn Pear Cup Milk	27 Country Fried Steak w/Gravy (on side) Garlic Mashed Potatoes California Blend Wheat Bread/Marg Pudding Cup Milk
30 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Cup Wheat Bread/Marg Milk			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