

# SWIRCA & More

July

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>1 Meatloaf Sandwich Twice Stuffed Potatoes Seasoned Green Beans Peach Cup Milk</p>	<p>2 Sausage Pattie Fried Egg English Muffin Hash Brown Pattie Banana Yogurt</p>	<p>3 BBQ Chicken Baked Beans Chuckwagon Corn Wheat Bread/Marg Pudding Cup Milk</p>	<p>4 Independence Day  CLOSED</p>
<p>7 Vegetable Soup Tuna Melt Spiced Peaches Cottage Cheese</p>	<p>8 Lasagna Rollup Italian Beans Warm Spiced Apples Texas Toast Milk</p>	<p>9 BBQ Riblet on Bun Red Skin Potatoes Spinach Fresh Orange Milk</p>	<p>10 Salisbury Steak w/Gravy Mashed Potatoes Normandy Blend Wheat Bread/Marg Cookies Milk</p>	<p>11 Broccoli Cheddar Chicken Rice Pilaf Buttered Carrots Wheat Bread/Marg Tropical Fruit Cup Milk</p>
<p>14 Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Wheat Bread/Marg Pudding Cup Milk</p>	<p>15 Chicken Breast w/Creamy Garlic Sauce Baby Bakers Asparagus Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p>16 Hamburger on Bun Baked Beans Roasted Squash &amp; Zucchini Jello w/Fruit Milk</p>	<p>17 Fire Braised Chicken Breast Garlic Mashed Potatoes Honey Roasted Beets Wheat Bread/Marg Brownie Milk</p>	<p>18 Sausage Pattie Biscuit &amp; Gravy Oven Fried Potatoes Apple Slices Milk</p>
<p>21 French Onion Chicken Baby Bakers Buttered Carrots Wheat Bread/Marg Cookies Milk</p>	<p>22 Nathan's Quarter Pound Frank on Bun Potato Wedges Creamed Corn Pineapple Cup Milk</p>	<p>23 Sloppy Joe on Bun Macaroni &amp; Cheese Mixed Vegetables Applesauce Cup Milk</p>	<p>24 Cabbage Roll Mashed Potatoes Spiced Peaches Cucumber, Tomtato &amp; Onion Salad Wheat Bread/Marg Milk</p>	<p>25 BBQ Pork on Bun Baked Beans Broccoli Snack Cake Milk</p>
<p>28 Stuffed Green Pepper Sweet Potatoes Green Peas Wheat Bread/Marg Peach Cup Milk</p>	<p>29 Sausage Patty Biscuit &amp; Gravy Hash Brown Patty Fig Newton Milk</p>	<p>30 Boneless Chicken Wings w/Honey Mustard Dip Scalloped Potatoes Baked Parmesan Zuchinni Wheat Bread/Marg Cookie Milk</p>	<p>31 Philly Cheesesteak on Bun Tater Tots Broccoli Mandarin Oranges Milk</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>