

SWIRCA & More

October
2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA & 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>	<p>1 BBQ Riblet on Bun Red Skin Potatoes Spinach Fresh Orange Milk</p>	<p>2 Salisbury Steak w/Gravy Mashed Potatoes Normandy Blend Bread/Marg Cookies Milk</p>	<p>3 Meatballs w/Brown Gravy Buttered Noodles Seasoned Green Beans Bread/Marg Snack Cake Milk</p>
<p>6 Spaghetti w/Meatsauce Italian Vegetables Warm Spiced Apples Texas Toast Brownie Milk</p>	<p>7 Smoked Pork Chop Sweet Potatoes Brussel Spouts Bread/Marg Pineapple Cup Milk</p>	<p>8 BBQ Chicken on Bun Warm German Potato Salad California Blend Strawberry Applesauce Milk</p>	<p>9 Sloppy Joe on Bun Hash Brown Pattie Mixed Vegetables Fruit Cup Milk</p>	<p>10 Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk</p>
<p>13 CLOSED COLUMBUS DAY</p>	<p>14 Chicken Pattie Red Skin Potatoes Seasoned Green Beans Bread/Marg Pear Cup Milk</p>	<p>15 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Milk</p>	<p>16 Meatloaf Garlic Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p>17 Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk</p>
<p>20 Chicken & Noodles Mashed Potatoes French Style Green Beans Bread/Marg Cookies Milk</p>	<p>21 Smoked Sausage Homemade Macaroni & Cheese Cauliflower Wheat Bread/Marg Banana Milk</p>	<p>22 Chicken Pattie Twiced Stuffed Potato Vegetable Blend Bread/Marg Peach Cup Milk</p>	<p>23 Homemade Beef Stew Seasoned Cabbage Biscuit Peach Cobbler Milk</p>	<p>24 Ham & Beans Oven Fried Potatoes Cornbread Pineapple Cup Milk</p>
<p>27 Sweet & Sour Chicken Rice Pilaf Broccoli Bread/Marg Mandarin Oranges Milk</p>	<p>28 BBQ Pork on Bun Cheesy Potatoes Carrots Peach Cup Milk</p>	<p>29 Baked Chicken Scalloped Potatoes Peas Bread/Marg Pineapple Cup Milk</p>	<p>30 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk</p>	<p>31 Sausage Pattie Gravy Biscuit Hash Brown Pattie Fruit Cup Milk</p>