

# SWIRCA & More

March  
2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken &amp; Gravy Mashed Potatoes Green Beans Bread/Marg Mandarin Oranges Milk</p>	<p>3 BBQ Pork on Bun Cheesy Potato Carrots Pear Cup Milk</p>	<p>4 Chicken Pattie Red Skin Potatoes Chuckwagon Corn Bread/Marg Peach Cup Milk</p>	<p>5 CLOSED  FOR  STAFF TRAINING</p>	<p>6 Goulash Green Peas Warm Spiced Apples Roll Snack Cake Milk</p>
<p>9 Smoked Pork Chop Hominy Carrots Wheat Bread/Marg Brownie Milk</p>	<p>10 Chicken Breast Sweet Potatoes Broccoli Bread/Marg Pineapple Cup Milk</p>	<p>11 Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>	<p>12 Chicken &amp; Dumplings Vegetable Blend Warm Spiced Peaches Bread/Marg Snack Cake Milk</p>	<p>13 Country Fried Steak w/Gravy on side Mashed Potatoes Seasoned Green Beans Bread/Marg Mixed Fruit Milk</p>
<p>16 Baked Zita w/Italian Sausage Italian Veggies Warm Spiced Peaches Texas Toast Milk</p>	<p>17 Chicken Parmesan Mashed Potatoes California Blend Bread/Marg Pudding Cup Milk</p>	<p>18 Hamburger on Bun Red Skin Potatoes Stewed Tomatoes Jello w/Fruit Milk</p>	<p>19 <u>Nutrition Awareness Day</u> Teriyaki Glazed Pork Pineapple Coconut Rice Garlic Green Beans Roll Frozen Fruit Salad Milk</p>	<p>20 Chili w/Beans Baby Bakers Broccoli Crackers Snack Cake Milk</p>
<p>23 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Milk</p>	<p>24 Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg Peach Cup Milk</p>	<p>25 BBQ Chicken on Bun Macaroni &amp; Cheese Cauliflower Strawberry Applesauce Milk</p>	<p>26 Ham &amp; Beans Oven Fried Potatoes Cornbread Fruit Cup Milk</p>	<p>27 Potato Crusted Fish Scalloped Potatoes Broccoli Bread/Marg Pudding Cup Milk</p>
<p>30 Pot Pie w/Biscuit Topping Corn Warm Spiced Peaches Brownie Milk</p>	<p>31 Meatloaf Mashed Potatoes Carrots Bread/Marg Mixed Fruit Cup 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>	<p>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>