

OCTOBER 2026

Meal Site Menu

Please note menus are subject to change without notice. We apologize for any inconvenience.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Operated by the SWIRCA & More Nutrition Program. 16 W. Virginia St Evansville, Indiana 812-464-7807			1 BBQ Meatballs Rice Pilaf Broccoli Bread/Marg. Pineapple Cup Milk	2 Sausage Patty Country Gravy Biscuit Hashbrown Patty Fig Newton Milk
5 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Snack Cake Milk	6 Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg. Jello w/ Fruit Milk	7 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Strawberry Applesauce Milk	8 Ham & Beans Oven Fried Potatoes Cornbread Fruit Cup Milk	9 Potato Crusted Fish Scalloped Potatoes Broccoli Bread/Marg. Pudding Milk
12 CLOSED FOR COLUMBUS DAY	13 Meatloaf Mashed Potatoes Carrots Bread/Marg. Mixed Fruit Cup Milk	14 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Milk	15 Sweet & Sour Meatballs Rice pilaf Broccoli Bread/Marg. Pineapple Cup Milk	16 Goulash Peas Warm Spiced Apples Roll/Marg. Snack Cake Milk
19 Chicken & Noodles Mashed Potatoes French Style Green Beans Bread/Marg. Cookies Milk	20 Sausage, Green Beans, & Potato Casserole Squash Warm Spiced Apples Bread/Marg. Milk	21 Baked Chicken Cheesy Potatoes Vegetable Blend Bread/Marg. Peach Cup Milk	22 Homemade Beef Stew Cabbage Biscuit Pineapple Cup Milk	23 Sloppy Joe on Bun Hash Brown Pattie Mixed Vegetables Fruit Cup Milk
26 Chicken & Gravy Mashed Potatoes Green Beans Mandarin Oranges Bread/Marg. Milk	27 BBQ Pork on Bun Cheesy Potatoes Carrots Peach Cup Milk	28 Chicken Pattie Red Skin Potatoes Tomatoes & Zucchini Bread/Marg. Pear Cup Milk	29 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg. Cookies Milk	30 Soft Shell Tacos (2) Cheese & Lettuce Spanish Rice Black Beans Chocolate Chip Cookies Milk

