

SWIRCA & More

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Boneless Riblet on Bun Macaroni & Cheese Brussel Sprouts Applesauce Milk	3 Beef & Noodles Seasoned Green Beans Biscuit Cupcake Milk	4 Hot Dog on Bun Baked Beans Tri-Taters (2) Pudding Cup Milk	5 Chicken Sweet Potatoes Broccoli Mixed Fruit Cup Wheat Bread/Margarine Milk	6 Lunch By Cypress Grove
9 Hamburger on Bun Tater Tots Pickled Beets Warm Spiced Peaches Milk	10 Sloppy Joe on Bun Baby Bakers Mixed Vegetables Fruit Cup Milk	11 Sliced Turkey w/Gravy Mashed Potatoes Peas & Carrots Fruit Crisp Bread w/Margarine Milk	12 Chicken Parmesan Corn Broccoli Bread/Margarine Cookies Milk	13 Cream of broccoli Soup, cheese, crackers, dessert
16 Meatballs w/ Gravy (6 each) Noodles Buttered Corn Bread/Marg Pineapple Cup Milk	17 Country Fried Steak Yams Vegetable Blend Bread/margarine Mandarin Orange Cup Milk	18 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk	19 <u>Nutrition</u> <u>Awareness Day</u> Meatloaf w/Tomato Glaze Root Vegetables Broccoli Salad Blueberry Oatmeal Crisp Wheat Bread/Margarine Milk	20 Lunch by the Islamic Center
23 Polish Sausage Mashed Potatoes Sauerkraut Warm Applesauce Wheat Bread/Margarine Milk	24 Penne Pasta w/ Meat Sauce (1 cup) Italian Vegetables Texas Toast Warm Spiced Peaches Milk	25 Baked Chicken Buttered Noodles Green Beans Mixed Fruit Cup Bread/Margarine Milk	26 Chopped Steak w/Gravy Cheesy Potatoes Stewed Tomatoes Bread/Marg Pear Cup Milk	27 Lunch by Hamilton Pointe
30 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Bread/Margarine Moon Pie Milk	31 Loaded Tots w/Taco Meat (1 cup) Peas Fruit Crisp Milk		Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807	<p>Your meal is provided on a donation basis, whatever you can afford to contribute. There is no set fee or charge. A suggested donation is \$3.50 per meal. Cash, checks, or Food Stamps are accepted.</p> <p><u>Meat/Entrée:</u> 2 ½ - 3 oz</p> <p><u>Veg/Salad/Dessert:</u> ½ cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> ½ pint</p> <p><u>Casseroles:</u> 8oz</p>