

SWIRCA & More

June

2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ Pork on Bun Baked Beans Stewed Tomatoes Pie Milk	2 Sweet & Sour Turkey Rice Stir Fry Veggies Wheat Bread/Marg Pineapple Cup Milk	3 Bacon, Lettuce, Tomato & Egg (BLT& E) Sandwich Hash Brown Pattie Warm Fruit Compote Snack Cake Milk
6 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk	7 Smoked Pork Chop Scalloped Potatoes Broccoli Pudding Cup Wheat Bread/Marg Milk	8 Chicken Parmesan Baby Bakers Cauliflower Pear Cup Wheat Bread/Marg Milk	9 Cabbage Roll French Style Green Beans Fruit Crisp Wheat Bread Milk	10 Quarter Pound Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk
13 BBQ Riblet on Bun Red Skin Potatoes Succotash Applesauce Milk	14 Sausage Pattie Gravy & Biscuit Oven Fried Potatoes Apples Milk	15 Stuffed Green Pepper Sweet Potatoes Green Peas Bread/Marg Peach Cup Milk	16 Manwich Sloppy Joe on Bun Tater Tots Mixed Vegetables Brownie Milk	17 Chicken Fajitas w/Onions & Peppers Stewed Tomatoes Mexican Rice Soft Tortilla Cookies Milk
20 Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Roll Mandarin Oranges Milk	21 French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk	22 Jambalaya (1 cup) Seasoned Green Beans Garden Salad w/Dsg Cornbread Peach Cup Milk	23 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Pineapple Cup Milk	24 Sliced Turkey w/Gravy Mashed Potatoes California Blend Bread/Marg Pudding Cup Milk
27 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk	28 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk	29 Omelet Hash Brown Pattie Biscuit Pear Cup Yogurt	30 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807