

# SWIRCA & More

July  
2022

Monday	Tuesday	Wednesday	Thursday	Friday
Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807				1 Philly Cheesesteak on Bun Tater Tots Broccoli Mandarin Oranges Milk
4 CLOSED FOR INDEPENDENCE DAY  HOLIDAY	5 Salisbury Steak w/Gravy Mashed Potatoes Carrots Bread/Marg Peach Cup Milk	6 Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk	7 Ham & Beans (1 cup) Spinach Cornbread Snack Cake Milk	8 Potato Crusted Fish Macaroni & Tomatoes Green Beans Wheat Bread/Marg Cookies Milk
11 Penne Pasta w/Meat Sauce Cauliflower Warm Spiced Applesauce Texas Toast Milk	12 Hawaiian Chicken Garlic Mashed Potatoes California Blend Tropical Fruit Cup	13 BBQ Pork Baked Beans Stewed Tomatoes Pie Milk	14 Sweet & Sour Turkey Rice Stir Fry Veggies Pineapple Cup Milk	15 Bacon, Lettuce, Tomato & Egg Sandwich (BLT& E) Hash Brown Pattie Warm Fruit Compote Snack Cake Milk
18 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk	19 Smoked Pork Chop Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk	20 Chicken Parmesan Baby Bakers Cauliflower Bread/Marg Pear Cup Milk	21 Cabbage Roll French Style Green Beans Bread/Marg Fruit Cobbler Milk	22 Quarter Pound Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk
25 BBQ Riblet on Bun Red Skin Potatoes Succotash Applesauce Milk	26 Sausage Pattie Gravy & Biscuit Oven Fried Potatoes Apples Milk	27 Stuffed Green Pepper Sweet Potatoes Green Peas Wheat Bread/Marg Peach Cup Milk	28 Manwich Sloppy Joe on Bun Tater Tots Mixed Vegetables Brownie Milk	29 Chicken Fajitas w/Onions & Peppers Stewed Tomatoes Mexican Rice Soft Tortilla Cookies Milk