

SWIRCA & More

July
2022

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