

SWIRCA & More

August

2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Roll Pudding Cup Milk	2 French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk	3 Jambalaya (1cup) Green Beans Garden Salad w/dsg Cornbread Peach Cup Milk	4 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Pineapple Cup Milk	5 Sliced Turkey w/Gravy Mashed Potatoes California Blend Bread/Marg Fruit Cobbler Milk
8 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk	9 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk	10 Omelet Hash Brown Pattie Biscuit Pear Cup Yogurt	11 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk	12 Philly Cheesesteak on Bun Tater Tots Broccoli Mandarin Oranges Milk
15 Salisbury Steak w/Gravy Mashed Potatoes Carrots Bread/Marg Peach Cup Milk	16 Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk	17 Ham & Beans (1 cup) Spinach Cornbread Snack Cake Milk	18 Loaded Baked Potato w/Taco Meat Broccoli Cheese Sour Cream/Butter Bread/Marg Brownie Milk	19 Potato Crusted Fish Macaroni & Tomatoes Green Beans Wheat Bread/Marg Cookies Milk
22 Penne Pasta w/Meat Sauce Cauliflower Warm Spiced Applesauce Texas Toast Milk	23 Hawaiian Chicken Garlic Mashed Potatoes California Blend Bread/Marg Tropical Fruit Cup Milk	24 BBQ Pork on Bun Baked Beans Stewed Tomatoes Pie Milk	25 Sweet & Sour Turkey Rice Stir Fry Veggies Bread/Marg Pineapple Cup Milk	26 Bacon, Lettuce, Tomato & Egg (BLT & E) Sandwich Hash Brown Pattie Warm Fruit Compote Snack Cake Milk
29 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk	30 Smoked Pork Chop Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk	31 Chicken Parmesan Baby Bakers Cauliflower Bread/Marg Pear Cup Milk		Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807