

SWIRCA & More

October

2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Cup Milk	4 Smoked Pork Chop Sweet Potatoes Brussel Sprouts Bread/Marg Cookies Milk	5 BBQ Chicken on Bun Twice Stuffed Potato California Blend Strawberry Applesauce Milk	6 Ham & Beans (1cup) Oven Fried Potatoes Cornbread Fruit Cup Milk	7 Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk
10 CLOSED FOR COLUMBUS HOLIDAY	11 Chicken Pattie Red Skin Potatoes Asparagus Bread/Marg Pear Cup Milk	12 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk	13 Meatloaf Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk	14 Chili w/Beans Peanut Butter & Jelly Sandwich Broccoli Crackers Pudding Cup Milk
17 Chicken & Noodles Mashed Potatoes French Style Green Beans Bread/Marg Cookies Milk	18 Smoked Sausage Macaroni & Cheese Sugar Snap Peas Roll Snack Cake Milk	19 Italian Chicken Pattie Baked Potato Vegetable Blend Bread/Marg Peach Cup Milk	20 Homemade Beef Stew Seasoned Cabbage Biscuit Pie Milk	21 Manwich Sloppy Joe on Bun Hash Brown Pattie Mixed Vegetables Fruit Cup Milk
24 Meatballs w/Gravy Buttered Noodles Broccoli Bread/Marg Mandarin Oranges Milk	25 BBQ Pork on Bun Cheesy Potatoes Carrots Peach Cup Milk	26 Baked Chicken Rice Pilaf Peas Bread/Marg Pineapple Cup Milk	27 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Snack Cake Milk	28 Tuna Casserole Corn Stewed Tomatoes Bread/Marg Chocolate Chip Cookie Milk
31 Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread /Marg Brownie Milk				Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807