

SWIRCA & More

September

2022

Monday	Tuesday	Wednesday	Thursday	Friday
Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807			1 Cabbage Roll French Style Green Beans Fruit Crisp Wheat Bread/Marg Milk	2 Hot Dog on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk
5 CLOSED FOR LABOR DAY HOLIDAY	6 BBQ Riblet on Bun Red Skin Potatoes Succotash Warm Applesauce Milk	7 Sausage Pattie Gravy & Biscuit Oven Fried Potatoes Apple Slices Milk	8 Stuffed Green Pepper Sweet Potatoes Green Peas Bread/Marg Peach Cup Milk	9 Manwich Sloppy Joe on Bun Tater Tots Mixed Vegetables Brownie Milk
12 Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Roll Pudding Cup Milk	13 French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk	14 Jambalaya (1cup) Green Beans Garden Salad w/dsg Cornbread Peach Cup Milk	15 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Pineapple Cup Milk	16 Sliced Turkey w/Gravy Mashed Potatoes California Blend Bread/Marg Fruit Cobbler Milk
19 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk	20 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk	21 Omelet Hash Brown Pattie Biscuit Pear Cup Yogurt	22 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk	23 Philly Cheesesteak on Bun Tater Tots Broccoli Mandarin Oranges Milk
26 Salisbury Steak w/Gravy Mashed Potatoes Carrots Bread/Marg Peach Cup Milk	27 Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk	28 Ham & Beans (1 cup) Spinach Cornbread Snack Cake Milk	29 Loaded Baked Potato w/Taco Meat Broccoli Cheese Sour Cream/Butter Bread/Marg Brownie Milk	30 Potato Crusted Fish Macaroni & Tomatoes Green Beans Wheat Bread/Marg Cookies Milk