

# SWIRCA & More

February  
2023

Monday	Tuesday	Wednesday	Thursday	Friday
Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807		1 Pork Pattie w/Gravy Lima Beans Spinach Bread/Marg Cherry Ambrosia Milk	2 Hamburger on Bun Roasted Red Skin Potatoes Stewed Tomatoes Jello w/Fruit Milk	3 Goulash Green Peas Roll Pie Milk
6 Penne Pasta w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk	7 Smoked Pork Chop Sweet Potato Brussel Sprouts Bread/Marg Fruit Cobbler Milk	8 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Strawberry Applesauce Milk	9 Ham & Beans Oven Fried Potatoes Cornbread Fruit Cup Milk	10 Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk
13 Chicken Pot Pie w/Biscuit Topping Corn Warm Spiced Peaches Brownie Milk	14 Chicken Pattie Red Skin Potatoes Asparagus Bread/Marg Pear Cup Milk	15 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Milk	16 Meatloaf w/Gravy Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk	17 Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk
20 CLOSED FOR PRESIDENT'S DAY	21 Smoked Sausage Roasted Red Skin Potatoes Squash Roll Snack Cake Milk	22 <u>Ash Wednesday</u> Potato Crusted Fish Homemade Macaroni & Cheese French Style Green Beans Wheat bread/Marg Applesauce Milk	23 Homemade Beef Stew Seasoned Cabbage Biscuit Pudding Cup Milk	24 Italian Chicken Pattie Baked Potato w/Sour Cream Vegetable Blend Bread/Marg Peach Cup Milk
27 Sweet & Sour Chicken Rice Broccoli Mandarin Orange Cup Bread/Marg Milk	28 BBQ Pork on Bun Cheesy Potatoes Carrots Mixed Fruit Cup Milk			