

# SWIRCA & More

March

2023

Monday	Tuesday	Wednesday	Thursday	Friday
Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807		1 Jambalaya (1 cup) French Style Green Beans Cornbread Pineapple Cup Milk	2 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk	3 Meatballs w/Gravy Rice Pilaf Normandy Blend Jello w/Fruit Bread/Marg Milk
6 Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread/Marg Snack Cake Milk	7 Chicken Sweet Potatoes Broccoli Wheat Bread/Marg Mixed Fruit Cup Milk	8 Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Milk	9 Chicken & Dumplings Vegetable Blend Warm Spiced Peaches Wheat Bread/Marg Brownie Milk	10 Country Fried Steak Mashed Potatoes Seasoned Green Beans Mandarin Oranges Bread/Marg Milk
13 Baked Ziti w/Italian Sausage Italian Vegetables Warm Spiced Peaches Texas Toast Milk	14 Chicken Parmesan Garlic Mashed Potatoes California Blend Bread/Marg Pudding Milk	15 Pork Pattie w/Gravy Lima Beans Spinach Bread/Marg Snack Cake Milk	16 <u>Nutrition Awareness</u> <u>Day</u> Onion Sage Chicken Baked Potato Carrots Wheat Bread/Marg Fresh Fruit Milk	17 Goulash Peas Roll Pie Milk
20 Penne Pasta w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk	21 Ham & Beans Oven Fried Potatoes Cornbread Fruit Cup Milk	22 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Strawberry Applesauce Milk	23 Smoked Pork Chop Sweet Potato Brussel Sprouts Bread/Marg Fruit Cobbler Milk	24 Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk
27 Chicken Pot Pie w/Biscuit Topping Corn Warm Spiced Peaches Brownie Milk	28 Chicken Pattie Red Skin Potatoes Asparagus Bread/Marg Pear Cup Milk	29 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Milk	30 Meatloaf w/Gravy Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk	31 Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk