

SWIRCA & More

June

2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807 | Serving sizes: Meat/Entrée: 2 $\frac{1}{2}$ -3 oz cooked edible meat Veg/Salad/Fruit/Dessert: $\frac{1}{2}$ cup Margarine: 1 teaspoon Bread: 1 slice Milk: $\frac{1}{2}$ pint Casserole: 1 cup | | 1 Baked Chicken Garlic Mashed Potatoes California Blend Wheat Bread/Marg | 2 Sausage & Egg Croissant Hash Brown Pattie Warm Spiced Peaches Fig Newton Milk |
| 5 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk | 6 Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Pudding Cup Wheat Bread/Marg Milk | 7 Chicken Parmesan Pasta w/Sauce Cauliflower Pear Cup Wheat Bread/Marg Milk | 8 Chicken Alfredo French Style Green Beans Fruit Crisp Milk | 9 Quarter Pound Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk |
| 12 BBQ Riblet on Bun Red Skin Potatoes Succotash Applesauce Cup Milk | 13 Sausage Patty Country Gravy Southern Style Biscuit Oven Fried Potatoes Apple Slices Milk | 14 Stuffed Green Pepper Mashed Potatoes Green Peas Bread/Marg Peach Cup Milk | 15 Manwich Sloppy Joe on Bun Tater Tots Mixed Vegetables Brownie Milk | 16 Chicken Fajitas Yellow Rice Stewed Tomatoes Soft Tortilla Shell Snack Cake Milk |
| 19 CLOSED FOR JUNETEENTH HOLIDAY | 20 Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Roll Pineapple Cup Milk | 21 Meatballs w/Gravy Scalloped Potatoes Vegetable Blend Bread/Marg Mandarine Oranges Milk | 22 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Mixed Fruit Cup Milk | 23 Oven Fried Chicken Mashed Potatoes w/Gravy California Blend Vegetables Bread/Marg Pudding Cup Milk |
| 26 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk | 27 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk | 28 Beef & Noodles Normandy Blend Veg Spiced Apples Roll Snack Cake Milk | 29 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk | 30 Philly Cheesesteak on Bun Potato Wedges Broccoli Mandarin Oranges Milk |