

SWIRCA & More

July

2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Salisbury Steak w/Gravy Mashed Potatoes Carrots Wheat Bread/Marg Pudding Cup Milk	4 CLOSED FOR INDEPENDENCE DAY HOLIDAY	5 Lasagna Italian Blend Vegetables Spiced Apples Texas Toast Flavored Craisins Milk	6 Chicken Strips (3) Baked Potato w/Sour Cream Vegetable Blend Fresh Fruit Bread/Marg Milk	7 Potato Crusted Fish Homemade Macaroni & Cheese Seasoned Green Beans Wheat Bread/Marg Cookies Milk
10 Spaghetti w/Meat Sauce Broccoli Warm Spiced Applesauce Texas Toast Milk	11 Baked Chicken Garlic Mashed Potatoes California Blend Wheat Bread/Marg Tropical Mixed Fruit Milk	12 BBQ Pork on Bun Baked Beans Stewed Tomatoes Snack Cake Milk	13 Sweet & Sour Chicken Rice Pilaf Stir Fry Veggies Bread/Marg Pineapple Cup Milk	14 Sausage & Egg Croissant Hash Brown Pattie Warm Spiced Peaches Fig Newton Milk
17 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk	18 Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Pudding Cup Wheat Bread/Marg Milk	19 Chicken Parmesan Pasta w/Sauce Cauliflower Pear Cup Wheat Bread/Marg Milk	20 Chicken Alfredo French Style Green Beans Fruit Crisp Milk	21 Quarter Pound Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk
24 BBQ Riblet on Bun Red Skin Potatoes Succotash Applesauce Cup Milk	25 Sausage Patty Country Gravy Southern Style Biscuit Oven Fried Potatoes Apple Slices Milk	26 Stuffed Green Pepper Mashed Potatoes Green Peas Bread/Marg Peach Cup Milk	27 Manwich Sloppy Joe on Bun Tater Tots Mixed Vegetables Brownie Milk	28 Chicken Fajitas Yellow Rice Stewed Tomatoes Soft Tortilla Shell Snack Cake Milk
31 Smoked Pork Chop Homemade Macaroni & Cheese Broccoli Roll Pineapple Cup Milk			Serving sizes: Meat/Entrée: 2 ½ -3 oz cooked edible meat Veg/Salad/Fruit/Dessert: ½ cup Margarine: 1 teaspoon Bread: 1 slice Milk: ½ pint Casserole: 1 cup	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807