

SWIRCA & More

July

2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 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 |