

# MARCH 2019 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MARCH is National Nutrition Month</b></p> <p>National Nutrition Month® is a nutrition campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.</p>	 <p><b>right</b> Academy of Nutrition and Dietetics</p>	<p><b>How to Celebrate National Nutrition Month:</b></p> <ul style="list-style-type: none"> <li>• Discover the benefits of a healthy eating style.</li> <li>• Choose foods and drinks that are good for your health.</li> <li>• Include a variety of healthful foods from all of the food groups on a regular basis.</li> <li>• Select healthier options when eating away from home.</li> <li>• Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.</li> <li>• Keep it simple. Eating right doesn't have to be complicated.</li> </ul> <p>Make food safety part of your everyday routine. Help to reduce food waste by considering the foods you have on hand before buying more at the store.</p>	<p><i>Join us today for a nutritious and balanced meal. Make nutrition a focus of your day, this month and beyond!</i></p>  <p><b>Project Open Hand</b> meals with love</p>	<p>1-Mar</p> <p>Roasted Pork Loin / Mushroom Herb Gravy</p> <p>Bulgur</p> <p>Broccoli &amp; Cauliflower</p>
<p>4-Mar</p> <p>Roasted Chicken Thigh / Mushroom Sage Gravy</p> <p>Penne</p> <p>Peas &amp; Carrots</p>	<p>5-Mar</p> <p>Mongolian Beef</p> <p>Brown Rice</p> <p>Green Beans</p>	<p>6-Mar</p> <p>Baked Tilapia / Basque Sauce</p> <p>Bulgur</p> <p>Glazed Carrots</p>	<p>7-Mar</p> <p>Chicken Tetrazzini Stew</p> <p>Penne</p> <p>Broccoli &amp; Cauliflower</p>	<p>8-Mar</p> <p>Roasted Pork Loin / Sweet &amp; Sour Sauce</p> <p>Brown Rice</p> <p>Broccoli</p>
<p>11-Mar</p> <p>Roasted Chicken Thigh / Marinara Sauce</p> <p>Brown Rice Pilaf</p> <p>Carrots</p>	<p>12-Mar</p> <p>Turkey Bolognese</p> <p>Penne</p> <p>Green Beans</p>	<p>13-Mar</p> <p>Herb Roasted Chicken Thigh / Lemon Mustard Sauce</p> <p>Brown Rice</p> <p>Peas &amp; Carrots</p>	<p>14-Mar</p> <p>Chicken &amp; Eggplant Provencal</p> <p>Brown Rice Pilaf</p> <p>Normandy Vegetables</p>	<p>15-Mar</p> <p>Baked Herb Tilapia / Puttanesca Sauce</p> <p>Penne</p> <p>Glazed Carrots</p>
<p>18-Mar</p> <p>Roasted Chicken Thigh / Paprikash Sauce</p> <p>Brown Rice</p> <p>Broccoli</p>	<p>19-Mar</p> <p>Turkey Meatloaf / Mushroom Sage Gravy</p> <p>Penne</p> <p>Peas &amp; Carrots</p>	<p>20-Mar</p> <p>Roasted Pork Loin / Marsala Sauce</p> <p>Brown Rice</p> <p>Carrots</p>	<p>21-Mar</p> <p>Alma's Chicken Tinga Stew</p> <p>Brown Rice</p> <p>Green Beans</p>	<p>22-Mar</p> <p>Baked Tilapia / Sweet &amp; Sour Sauce</p> <p>Bulgur</p> <p>Normandy Vegetables</p>
<p>25-Mar</p> <p>Roasted Chicken Thigh / French Country Sauce</p> <p>Brown Rice</p> <p>Peas &amp; Carrots</p>	<p>26-Mar</p> <p>Roasted Beef Patty / Onion Gravy</p> <p>Macaroni</p> <p>Carrots</p>	<p>27-Mar</p> <p>Roasted Pork Loin / Salsa Verde</p> <p>Brown Rice</p> <p>Carrots</p>	<p>28-Mar</p> <p>Chicken &amp; Red Bean Stew</p> <p>Spanish Brown Rice</p> <p>Normandy Vegetables</p>	<p>29-Mar</p> <p>Roasted Tilapia / Puttanesca Sauce</p> <p>Penne</p> <p>Broccoli</p>