

Mon	Tue	Wed	Thu	Fri
	<b>1</b> Breaded Fish Parslied Potatoes Winter Mixed Vegetables Muffin, MB Raspberry Filled Cookie	<b>2</b> Season Baked Chicken Mixed Vegetables Sweet Potatoes, MB Dinner Roll Frosted Cake	<b>3</b> Creamed Chip Beef over Biscuits Beets, MB Fruit Fluff	<b>4</b> Hot Roast Beef Sandwich Mashed Potatoes/Gravy Buttered Carrots, MB No Bake Cookie
<b>7</b> Cheeseburgers French Fried Cauliflower MB, Fruit	<b>8</b> Sweet & Sour Pork over Rice Oriental Vegetables, MBB Pudding with Topping	<b>9</b> Goulash Broccoli, Dinner Roll MBB, Cookie	<b>10</b> Chicken & Biscuits Green Beans Cranberry Sauce, MB Assorted Pie	<b>11</b> Macaroni and Cheese Stewed Tomatoes MBB Warmed Spice Pears
<b>14</b> Sausage and Peppers/Onions on Roll Hash Browns Buttered Carrots, MB Fruit Salad	<b>15</b> Beef Pot Pie Harvard Beets, MB Brownies	<b>16</b> Savory Chicken Creamy Rice Mixed Vegetables, MBB Fruit Crisp w/ Topping	<b>17</b> Corned Beef & Cabbage Carrots, Potatoes, MBB Ambrosia	<b>18</b> Fish Sandwich Lettuce/Tomato/Pickles Tator Tots, MB Jelly Roll
<b>21</b> Chef's Choice 	<b>22</b> Taco Pie Chuck Wagon Corn, MBB Fruited Jell-O with Topping	<b>23</b> BBQ Pork on Bun Prince William Mix Vegetables, Chips, Milk Pudding Parfait	<b>24</b> Chicken Alfredo over Pasta Brussel Sprouts Dinner Roll, Mb Assorted Pie	<b>25</b> Vegetable Lasagna Italian Mixed Vegetables Muffin, MB Cookie
<b>28</b> Chicken Sandwich Stewed Tomatoes Baked Beans, Milk Cream Pie	<b>29</b> Meatloaf and Gravy Mashed Potatoes w/ Gravy Mixed Vegetables Dinner Roll, MB Cookie	<b>30</b> Fiesta Turkey Macaroni Peas, MBB Ice Cream	<b>31</b> Meat & Cheese Subs Chips, Coleslaw, Milk Chef's Choice Dessert	<b>4/1</b> Salmon Patty with White Sauce Rice Pilaf, Squash MBB, Frosted Cake

**ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM FOR THE ELDERLY**

Food & Friendship Centers Located in Brasher, Canton, DeKalb, Edwards, Morristown, Ogdensburg, Potsdam and Star Lake  
Suggested Donation: \$3.00 (age 60 +) Guest Fee \$5.00 (Under 60) MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE.  
For more information contact DIANA McCORMICK (386-4730)

## **MARCH IS NATIONAL NUTRITION MONTH**

This year's campaign promotes healthful eating by providing practice nutrition and physical activities tips. "Eat right with color" focuses on adding a variety of colors to your plate to make more than just an appealing meal. A rainbow of foods create a palette of nutrients for a healthful diet.

### **20 WAYS TO ENJOY MORE FRUITS, VEGETABLES, WHOLE GRAINS AND DAIRY**

To get the most nutrition out of your calories, choose foods packed with vitamins, minerals, fiber and other nutrients-and lower in calories. Pick fruits, vegetables, whole grains and fat-free or low-fat dairy more often. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
3. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
4. Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.
5. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
6. Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.
7. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
8. Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
9. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
10. Prepare instant oatmeal with low-fat or fat-free milk in place of water. Top with dried cranberries and almonds.

11. Stuff an omelet with vegetables. Turn any omelet into a heart meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
12. “Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumbers and tomato as fillings.
13. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
14. Stock up: Fill your fridge with raw vegetables and fruits-“nature’s fast food”-cleaned, fresh and ready to eat.
15. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
16. Microwave a cup of tomato or vegetable soup for a quick afternoon snack.
17. “Grate” complement: Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, and pasta sauce and rice dishes.
18. Stuff a whole grain pita with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
19. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with a low-fat dressing.
20. Try this recipe for an easy, healthy snack. Surprise! Popcorn is a whole grain.