



MARCH BREAKFAST



Tuesday – 3/2 Orange Juice Oatmeal Turkey Sausage Pancake on Stick Fresh Fruit Pancake Syrup	Wednesday – 3/3 Apple Juice Turkey Sausage Biscuit w/ Swiss Cheese Tropical Fruit	Thursday – 3/4 Grape Juice Bran Flakes Cereal Hard Boiled Egg Fresh Fruit Wheat English Muffin w/ Peanut Butter
Tuesday – 3/9 Apple Juice Turkey Sausage Biscuit Bran Flakes Cereal Raisins	Wednesday – 3/10 Grape Juice Raisin Bran Cereal Pumpkin Muffin Cherry Craisins Hard Boiled Egg	Thursday – 3/11 Cranberry Juice WG Frosted Flakes Cereal Whole Wheat Bagel Egg Patty w/ Cheddar Cheese Fresh Fruit
Tuesday – 3/16 Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll	Wednesday – 3/17 Orange Juice Bran Flakes Cereal Pancakes w/ Pancake Syrup Turkey Sausage Link Fresh Fruit	Thursday – 3/18 Grape Juice Oatmeal Turkey Sausage/Egg/Cheese Wrap Strawberry Waffle Graham Crackers
Tuesday – 3/23 Grape Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit	Wednesday – 3/24 Cranberry Juice Cinnamon Squares Cereal Hard Boiled Egg String Cheese Tropical Fruit	Thursday – 3/25 Orange Juice Egg and Cheese Taco Roll Granola Fresh Fruit
Tuesday – 3/30 Apple Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup	Wednesday – 3/31 Orange Juice Bran Flakes Cereal Whole Wheat Cinnamon Roll Hard Boiled Egg	

MARCH	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	689	93.6	907
Week 2	744	97.1	930
Week 3	734	95.1	888
Week 4	720	96.9	950
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		

Apple Salad

For this delectable and simple seasonal salad, combine diced apples and celery with raisins and nuts. Add dressing and enjoy!



Ingredients

2 cups apple (diced) ½ cup raisins
 1 cup celery (diced) ½ cup nuts
 1 Tablespoons orange juice 2 tablespoons light mayonnaise

Directions

- Mix orange juice with light mayonnaise.
- Toss apples, celery, raisins and nuts with the dressing mixture.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-salad>

Unique Needs for Ages 65+

Eating habits change as we get older. Simple adjustments can help you enjoy the foods and beverages you eat and drink.

- Add sliced fruits and vegetables to meals and snacks. Look for pre-sliced varieties if slicing and chopping is a challenge.
- Ask your doctor for other options if the medications you take affect your appetite.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, buttermilk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

<https://www.myplate.gov/life-stages/older-adults>

M M C E E Z E Y T E H R H F K
 I O H D K M K G L E U S X I V
 A R A K U X I B E O K I I O T
 B G M R V N B T F L T C T W W
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BASKET
 BRACKET
 CHAMPIONSHIP
 COLLEGE
 DRIBBLE
 DUNK
 FINAL FOUR
 FREE THROW
 OVERTIME
 REBOUND
 SWISH
 TOURNAMENT

Be Salt Smart

Choose foods and beverages with less salt and sodium. Find foods with lower amounts of sodium (or none at all).

Read the label

The Nutrition Facts label shows you how much sodium is in packaged foods. Choose lower sodium foods – especially if you have high blood pressure, diabetes, or kidney disease.

Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables – almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”

Look for cue words

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.

Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.

Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you’re using. The sodium from these can add up quickly.

Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredient list.

<https://www.myplate.gov/tip-sheet/be-salt-smart>