



March 2020



Monday

Tuesday

Wednesday

Thursday

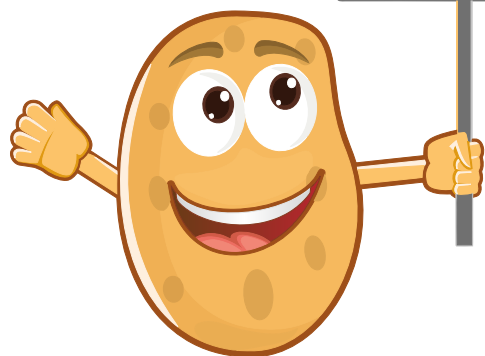
Friday

 <p>Salad Bar</p>	<p>3 Swedish Meatballs Buttered Noodles Chopped Broccoli Fruit Mix</p>	<p>4 Goulash Brussel Sprouts Wheat Roll Cookie</p>	<p>5 Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread/Ice Cream</p>	<p>6 Parmesan Fish Herbed Rice Winter Mix Veggies Cornbread/Pie</p>
<p>9 Chili Cottage Cheese Biscuit Cherry Crisp</p>	<p>10 Oven Fried Chicken Mashed Potatoes/Gravy Green Bean Casserole Biscuit/Ice Cream Sammy</p>	<p>11 Italian Meat Sauce Spaghetti/Garlic Bread Capri Blend Veggies Pudding Parfait</p>	<p>12 Cran Glazed Pork Loin Au Gratin Potatoes Broccoli/Dinner Roll Honeyed Pears</p>	<p>13 Baked Fish Herbed Rice Pacific Blend Veggies Dinner Roll/Fruit Mix</p>
 <p>Salad Bar</p>	<p>17 Roast Turkey Bread Stuffing Capri Blend Veggies Dinner Roll/Jell-O Whip</p>	<p>18 Lasagna Italian Veggies Garlic Bread Fruit Mix</p>	<p>19 Honey Garlic Chicken Parslied Red Potatoes Winter Mix Veggies Wheat Roll/Frosted Cake</p>	<p>20 Fried Fish Waffle Fries Broccoli Cookie</p>
<p>23 Sloppy Joe on a Bun French Fries Harvest Blend Veggies Pie</p>	<p>24 Roast Turkey Rice Pilaf/Wheat Roll French Cut Green Beans Oatmeal Raisin Cookie</p>	<p>25 Grilled Ham Slice Scalloped Potatoes/Roll Butternut Squash Ice Cream Fudge Bar</p>	<p>26 Roast Beef/Gravy Mashed Potatoes Scalloped Corn/Dinner Roll Strawberries w/Whip</p>	<p>27 Tuna Noodle Casserole Green Peas/Dinner Roll Buttered Beets Lemon Cake</p>
 <p>Salad Bar</p>	<p>31 Meatloaf Baked Potato/Wheat Roll Brussel Sprouts Sliced Strawberries</p>	<p>To cancel a Home Delivered Meal or make a Dining Site reservation, call:</p>	<p>Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289</p>	<p>NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.</p>

Oh So Sweet!

Sweet potatoes are packed with healthy nutrients including more than twice your daily need for Vitamin A! Vitamin A promotes good eye health. Sweet potatoes are also filled with lots of antioxidants to help you stay healthy during the winter. Antioxidants may help protect against heart disease, cancer, arthritis, and diabetes.

DID YOU KNOW?!



- Before George Washington became President, he was a sweet potato farmer!
- The average American consumes 4.5 pounds of sweet potatoes per year!
- North Carolina is the leading supplier of sweet potatoes in the United States!

Maple Glazed Sweet Potatoes

Ingredients

- 2 1/2 - 3 pounds sweet potatoes, peeled
- 1 3/4 - 2 pounds apples, peeled
- 3/4 cup maple syrup
- 1/4 cup apple cider
- 3 tablespoons butter
- dash of cinnamon

Directions

- Preheat oven to 350 degrees.
- Cut sweet potatoes and apples into 1/4 inch slices.
- Layer potatoes & apples in greased 9X13 baking dish.
- In saucepan, combine syrup, cider, butter and spice and bring to a boil.
- Pour over sweet potatoes and apples.
- Cover and bake for one hour.

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Sweet Potato Word Search

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|--------------|---------------|
| ANTIOXIDANT | FRIES |
| BEAUREGARD | HARVEST |
| CANNING | JEWELL |
| CARVER | MORNING GLORY |
| CASSEROLE | SOUTH |
| CONVOLVACEAE | STARCH |
| CROP | YAM |