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MENU *and* MORE

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MARCH WORD SEARCH PUZZLE

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams



Name a fruit you would like to try:

Name a vegetable you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dinner or for dessert)

How will you eat this vegetable? (As a snack, with dip, or for lunch.)



In celebration of Girl Scout Week, a Meals on Wheels supporter has donated **Girl Scout Cookies** for all of our participants. Our donor said, "Folks who are homebound, don't often get out to see the Girl Scout Troop booth sales or get the opportunity to buy a box of cookies. At least we can send them a couple of Girl Scout Cookies to brighten their day." **We will deliver Girl Scout Cookies the week of March 7th!**



March 2022 Menu

Mon	Tue	Wed	Thu	Fri
1 Meat Substitute Meal Grilled Chicken Breast Broccoli Yellow Squash Cornbread Congealed Salad Fruit	2 Pork Stew Lima Beans Cinnamon Peaches Broccoli Cauliflower Salad Fruit Vanilla Cake Square	3 Mac & Cheese w/ Ham Green Peas Black Beans Marinated Vegetable Salad Mixed Fruit Brownie	4 Stir-Fried Chicken over Rice Steamed Broccoli Sweet Potatoes Roll Sweet & Sour Slaw Fruit	4 Baked Fish w/ Herb Sauce (Over Rice Pilaf) Green Beans Stewed Tomatoes Tartar Sauce Coleslaw Fruit
7 Chicken Parmesan Spinach Roasted Potatoes Vegetable Salad Fruit Gelatin Peaches	8 Chicken & Biscuit Pan Pie Peas Cinnamon Apples Macaroni Salad Applesauce Brownie	9 Cheeseburger Mac Casserole Green Beans Carrots Corn Bread Broccoli Cauliflower Salad Fruit	10 Potato Soup w/ Bacon & Cheese Broccoli Corn Saltine Crackers Watergate Salad Fruit	11 Meatloaf Mashed Potatoes w/ Gravy Squash Casserole Roll Marinated Cucumber Salad Fruit
14 Baked Spaghetti Stewed Apples Carrots Pea Salad Tropical Fruit Salad Brownie	15 Sliced Ham w/ Glaze Cabbage Lima Beans Potato Salad Mandarin Orange Fruit Gelatin	16 Chicken Cordon Bleu Yam Souffle Peas Marinated Tomato Salad Waldorf Salad Fruit	17 Beef Goulash Cabbage Peach Cobbler Watergate Salad Marinated Cucumbers Fruit	18 Chicken & Dumplings Black-Eyed Peas Turnip Greens Marinated Tomato Salad Fruit Brownie
21 Grilled Chicken Breast w/ Herb Sauce Lima Beans Cauliflower w/ Cheese Sauce Three Bean Salad Fruit Gelatin Fruit	22 Chicken & Ranch Casserole Great Northern Beans Squash Carrot Raisin Salad Fruit Brownie	23 Turkey & Dressing Cabbage Casserole Sweet Potatoes Pasta Salad Fruit Gelatin Fruit	24 Sloppy Joe Broccoli Stewed Tomatoes Bun Coleslaw Fruit	25 Pulled Pork BBQ Broccoli Casserole Mixed Vegetables Bun Coleslaw Fruit
28 Hamburger Patty Oven Roasted Potatoes Baked Beans Bun / Ketchup / Mustard Coleslaw Fruit	29 Pinto Beans Collard Greens Squash Casserole Cornbread Waldorf Salad Fruit	30 Shepherd's Pie Green Beans Corn Sweet & Sour Coleslaw Glazed Strawberry Banana Salad Fruit	31 Stuffed Green Peppers w/ Red Sauce Lima Beans Carrots Broccoli Cauliflower Salad Cucumber Salad Fruit	Veggie Substitute Meal Great Northern Beans Broccoli Yellow Squash Cornbread Congealed Salad Fruit