



March 2023 Dinner Specials



SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Did you know?

- Everything is priced a la carte
- Breakfast is served 7:30-10am
- Lunch is served 11:30-2pm
- Dinner is served 5-7pm

A La Carte

Entrée.....\$5.98
 Starch.....\$1.50
 Vegetable.....\$1.50

1	2	3	4
5	6	7	8
9	10	11	
12	13	14	15
16	17	18	
19	20	21	22
23	24	25	
26	27	28	29
30	31		



National Nutrition Month® was initiated in 1973 as National Nutrition Week. It became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 8th.



FACT OR FICTION?

Circle the correct answer.

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|--|-------------------------|
| 1. Most Americans get enough dietary fiber. | FACT OR FICTION? |
| 2. Frozen vegetables and fruits can be as nutritious as fresh produce. | FACT OR FICTION? |
| 3. Wheat bread is considered a whole grain. | FACT OR FICTION? |
| 4. Fish and seafood provide important nutrients. | FACT OR FICTION? |
| 5. Nuts and seeds are sources of plant-based protein. | FACT OR FICTION? |
| 6. Three cups from the Dairy Food Group are recommended daily for older children and adults. | FACT OR FICTION? |
| 7. Only exercise counts towards physical activity goals. | FACT OR FICTION? |
| 8. Snacking between meals is not recommended. | FACT OR FICTION? |
| 9. Fruits and vegetables provide vitamins and minerals that support our immune system. | FACT OR FICTION? |
| 10. Vegetable oils are considered healthier than solid fats. | FACT OR FICTION? |