

CATAWBA COUNTY

North Carolina

The Meal Times

March 2016

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Please call **695-5610** the day before by no later than **10:00am** if you will not be home and need to cancel your meal. Thank you!

We now have voicemail! You can now call after 5:00pm and on weekends and leave a message for us to come back to!

Senior Nutrition Services will be closed Friday, March 25th in observance of Good Friday. We hope you have a blessed Easter.



National Cereal Day

www.NationalDayCalendar.com

March 7

Fall Prevention Tips

- **Beware of black ice:** It's just as slippery as regular ice, but difficult to see, making it a top winter safety concern. Stay on clear pathways or ones that have been treated with sand or salt.
- **Shovel Safety:** If you have to shovel, clear a level pathway to stand on so you won't lose your balance.
- **Make Winter safety a priority:** Avoid rushing and allow yourself extra time to reach your destination safely. Avoid short-cuts through snow or over icy areas.

Remember, falls can happen quickly, but lead to long-lasting injuries.

Now, not only is cereal eaten for breakfast, it has become a popular "before bed" snack and some people even have a bowl as an evening meal. Cereal is also used in many cake, cookie and bar recipes. The most popular one is Rice Crispy Bar Treats. Cereal is typically a low-fat, nutrient-dense food with many essential vitamins and minerals. And in addition to delivering important nutrients and essential vitamins such as iron, B vitamins and zinc, cereal also provides the important benefits of grains.



To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy

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Senior Nutrition Services PO Box 207, Newton, NC 28658
(828) 695-5610 www.catawbacountync.gov/dss/

LIVE UNITED



Catawba County United Way
Community Partner



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| | 1 BONELESS PORK CHOP TOMATOES & OKRA MACARONI & CHEESE WHEAT ROLL STRAWBERRY SHORTCAKE MILK | 2 CHEESEBURGER COLESLAW PORK & BEANS BUN MUSTARD KETCHUP FRUIT W/ YOGURT MILK | 3 HAM & BEANS BROCCOLI MASHED SWEET POTATOES CORNBREAD FRESH FRUIT MILK | 4 BREADED BAKED FISH PEAS CORN RICE W/ CARROTS & BROCCOLI ROLL FRESH FRUIT MILK |
| 7 CHOPPED PORK BBQ SAUCE COLESLAW BAKED BEANS BUN BLACKBERRY CRISP MILK | 8 STEW BEEF BROWN GRAVY GREEN BEAN CASSEROLE MASHED POTATOES ROLL AMBROSIA SALAD | 9 CHICKEN CASSEROLE MIXED GREENS SWEET POTATO CASSEROLE BISCUIT CRANBERRY SAUCE PEACHES W/ YOGURT MILK | 10 MACARONI & CHEESE BROCCOLI MIXED BEANS & CORN ROLL FRESH FRUIT MILK | 11 VEGETABLE LASAGNA GREEN BEANS CARROTS ROLL FRESH FRUIT MILK |
| 14 BAKED CHICKEN THIGH BROWN GRAVY TOMATO & OKRA RICE WHEAT ROLL STRAWBERRY SHORTCAKE MILK | 15 PEPPER STEAK BROWN GRAVY PEAS & CARROTS MASHED POTATOES ROLL PINEAPPLE GRATIN MILK | 16 HOT DOG W/ ONIONS COLESLAW PORK & BEANS BUN MUSTARD/KETCHUP APPLE CRISP MILK | 17 PINTO BEANS W/ SMOKED HAM SLICE COLLARD GREENS KRINKLE CUT CARROTS CORNBREAD FRESH FRUIT MILK | 18 BUTTERMILK PANCAKES W/ POULTRY SAUSAGE BLUEBERRIES GOLDEN ROASTED POTATOES FRESH FRUIT MILK |
| 21 CUBED STEAK BROWN GRAVY CAPRI VEGETABLES MELON FRUIT SALAD RICE ANGEL FOOD CAKE MILK | 22 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES SWEET POTATOES CRANBERRY SAUCE YOGURT W/ PINEAPPLE MILK | 23 BAKED HAM PINEAPPLE PEAS & CARROTS GRAPE JUICE POTATO SALAD ROLL WHITE CAKE W/ JELLY BEANS MILK | 24 FRIED CHICKEN GRAVY GREEN BEANS CORN MASHED POTATOES ROLL FRESH FRUIT MILK | 25 BISCUIT & GRAVY W/ POULTRY SAUSAGE NUTMEG SLICED APPLES GARLIC REDSKIN ROASTED POTATOES FRESH FRUIT MILK |
| 28 CUBED PORK WHITE GRAVY GREEN BEANS SWEET POTATOES ROLL PISTACHIO CREAM SALAD MILK | 29 PIMENTO CHEESE MINISTRONE SOUP SALTINES WHEAT BREAD CHERRY CRISP MILK | 30 BBQ CHICKEN BREAST BBQ SAUCE GREEN BEANS PINEAPPLE TIDBITS WHOLE KERNEL CORN ROLL CHOCOLATE PUDDING MILK | 31 ROAST BEEF & GRAVY SANDWICH GREEN BEANS CARROTS BUN FRESH FRUIT MILK | |