



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY MEALS ON WHEELS MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Goodwill Industries of Southeastern Wisconsin, Inc. 358-6527			<input type="checkbox"/> DELIVERY ISSUES? <input type="checkbox"/> ADDRESS CHANGE? <input type="checkbox"/> HOSPITAL STAY? <input type="checkbox"/> VACATION HOLD?	 Diabetic Dessert <hr/> May Contain Pork	1 Apricot Glazed Pork Loin* Baked Potato Sour Cream Peas & Carrots 7-Grain Bread Pineapple Tidbits
4 BBQ Beef Sandwich on Whole Grain Bun Hashbrown Casserole Mexi-Corn Pickle Spear Rice Krispie Treat ♥ Fresh Orange	5 Pepper Steak with Tomatoes, Peppers & Onions Buttered Noodles Winter Squash Vienna Bread Cinnamon Apple Slices	6 Vegetable Lasagna Italian Beans Mixed Greens Salad Dressing w/Cucumber, Tomato Garlic Bread Mandarin Oranges	7 Teriyaki Chicken Leg/Thigh Blended Rice Oriental Vegetables Asian Coleslaw Baking Powder Biscuit Fresh Pear	8 Omelet with Broccoli Cheese Sauce Vegetable Sausage Patty Baby Potato Cakes 🍊 Orange Juice Bagel/Cream Cheese Fruit Cup	
11 Cheddarwurst* Whole Grain Bun Baked Beans w/Onions & Brown Sugar 🍏 Apple Juice Steamed Baby Carrots Peanut Butter Cookie ♥ Graham Crackers	12 Sliced Pork* w/Gravy Mashed Potatoes Whole Grain Bread Sweet & Sour Red Cabbage 🍏 Apple Juice Melon	13 Chicken Supreme Leg/Thigh Fresh Sweet Potato Green Beans Almondine Spinach Salad Sweet Sour Dressing Whole Wheat Dinner Roll Grapes	14 π Pi(e) Day Salisbury Steak Garlic Mashed Potatoes Gravy California Vegetables Marble Rye Bread Dutch Apple Pie ♥ Applesauce	15 Baked Fish/Lemon Sauce Tartar Sauce Au Gratin Potatoes Wisconsin Vegetable Blend Coleslaw Rye Roll Snickerdoodle Cookie ♥ Banana	
18 Hot Ham Sandwich* Kaiser Roll German Potato Salad Broccoli-Cauliflower Mix 🍇 Grape Juice Chocolate Chip Cookie ♥ Apricots	19 Beef Stroganoff Wide Egg Noodles w/Butter Green & Wax Bean Medley Pickled Beet Salad Rye Bread Fruited Yogurt	20 Grilled Chix Caesar Salad Romaine, Tomatoes, Croutons, Dressing Whole Wheat Dinner Roll Fresh Fruit Cup Lemon Sunshine Cake ♥ Lemon Pudding	21 BBQ Pulled Pork * on Whole Grain Bun Succotash Carrot Raisin Salad Sun Chips Blonde Brownie ♥ Banana	22 Cheesy Tuna Noodle Casserole Broccoli Cuts Crinkle Carrots 🍊 Orange Juice Oatmeal Raisin Cookie ♥ Red Delicious Apple	
25 Meatloaf Gravy Scalloped Potatoes Vegetable Blend 7-Grain Bread 🍷 Juice Blushing Pears	26 Oven-Fried Chicken Creamed Spinach American Potato Salad Dinner Roll 🍷 Fruit Punch Baker's Choice Cookie ♥ Fresh Fruit	27 Grilled Brat* Whole Wheat Bun German Style Kraut Macaroni & Cheese Cucumber Salad Mandarin Oranges w/Pineapple	28 Roast Beef/Gravy Baked Potato Casserole* Stewed Tomatoes <small>Onions & Peppers</small> Garden Salad/Ranch Whole Grain Dinner Roll Chocolate Cake/Choc Icing ♥ Chilled Fruit	29 Stuffed Salmon Boat Dill Sauce Quartered Red Potatoes Brussels Sprouts Multi-Grain Bread Sliced Peaches	

NATIONAL NUTRITION MONTH®

MARCH 2019

Word Search for Adults

Words may be horizontal, vertical, diagonal, or backwards.

www.eatright.org

#NationalNutritionMonth

1. Almond
2. Basil
3. Cauliflower
4. Dill
5. Eggs
6. Feta
7. Gumbo
8. Ham
9. Jicama
10. Kiwi
11. Lobster
12. Mushroom
13. Nutmeg
14. Okra
15. Paprika
16. Quinoa
17. Radish
18. Swiss Cheese
19. Tomatillo
20. Vanilla
21. Wasabi
22. Yam
23. Zucchini

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