


BREEN MARCH 2025

Monday	Tuesday	Wednesday	Thursday	
3 Lasagna Veggie Garlic Bread	4 Super Grilled Ham & Cheese Veggie Baked Sweet Potato Fries	5 Fish w/ Vegetables Oven Roasted Potatoes Dinner Roll	6 Italian Sausage Bake Veggie Cheesy Breadstick	Questions or Concerns please reach out to DICSA 906-774-2256 Ext 230, 235 or 244
10 Wet Burrito Refried Beans w/ Cheese Mexican Rice Jello w/ Fruit	11 Brats Potato Wedges Corn	12 Chili Pudding Hard Roll	13 Meatloaf Mashed Potatoes & Gravy Candied Carrots	Salad Bar 11:00 Meal served at 11:30
17 Pasty Pie Veggie Applesauce	18 Chicken Bacon Ranch Parslied Buttered Noodles Veggie Biscuit Yogurt Parfait	19 Salisbury Steak Mashed Potatoes & Gravy Veggie	20 Chicken Gravy over Mashed Potatoes Carrots Dinner Roll Pudding	Meals are funded by program income, local millage, OSA & The Area Agency on Aging.
24 Meatloaf Mashed Potatoes & Gravy Candied Carrots	25 Baked Ham Au Gratin Potatoes Carrots Dinner Roll	26 Liver & Onions (Or Substitute) Roasted Garlic Potatoes Carrots Pudding Biscuit	27 Spaghetti & Meatballs Italian Style Veggies Garlic Bread	Meals are subject to change without notification
31 Lemon Chicken & Rice Veggie Applesauce				

Top 10 Polyphenols

Polyphenols come from plants, and they produce substances that benefit you and your gut bacteria. You can reduce your risk of disease and improve your gut bacteria balance by eating more polyphenol-rich foods like those shown below.



pomegranate



cranberries



dark chocolate
(70% or higher)



herbs & spices



black & green olives



blueberries



black elderberries



flaxseed



almonds



red onions

for more information, please visit
www.healthtakesguts.com