


IRON MOUNTAIN MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Ham & Potato Soup Biscuit Pudding cup</p> <p>NATIONAL SOUP DAY</p>	<p>4 Pancakes Hashbrowns Applesauce Yogurt cup</p> <p>NATIONAL PANCAKE DAY</p>	<p>5 Mexican Lasagna Refried Beans Veggie</p> <p>MEXICAN DAY</p>	<p>6 Hearty Pork Stew Pickled Beets Whole Wheat Dinner Roll Pudding</p>	<p>7 Shredded BBQ Chicken on a Bun Sweet Potatoes w/ Butter Steamed Carrots</p>
<p>10 Spaghetti w/ Meatballs Veggie Garlic Bread</p> <p>NATIONAL MEAT BALL DAY</p>	<p>11 Crack Chicken Penne Veggie Dinner Roll</p> <p>NATIONAL NOODLE DAY</p>	<p>12 Liver & Onions (Or Substitute) Roasted Garlic Potatoes Carrots Garlic & Cheese Biscuit Pudding</p>	<p>13 Chicken & Wild Rice Soup Biscuit w/ Butter Spiced Pears</p> <p>CHICKEN NOODLE SOUP DAY</p>	<p>14 Ham & Cheese Wrap Baked Potato Chips Yogurt String Cheese</p> <p>NATIONAL POTATO CHIP DAY</p>
<p>17 Honey Garlic Chicken w/ Veggies Lo Mein Whole Wheat Dinner Roll</p>	<p>18 Sloppy Joe w/ Bun Baked Mac & Cheese Sweet Potato Fries</p> <p>NATIONAL SLOPPY JOE DAY</p>	<p>19 Fish w/ Vegetables Roasted Potatoes Whole Wheat Dinner Roll Jello w/ Fruit</p>	<p>20 Cheese Ravioli w/ Marinara Sauce Italian Veggies Garlic Bread</p> <p>NATIONAL RAVIOLI DAY</p>	<p>21 Chicken Tacos Spanish Rice Veggie</p> <p>NATIONAL CRUNCHY TACO DAY</p>
<p>24 Philly Cheese Sandwich w/ Ground Beef Baked Fries Veggie</p> <p>NATIONAL CHEESE-ESTEAK DAY</p>	<p>25 Chop Suey w/ Veggies over Lo Mein Fortune Cookie Fruit</p>	<p>26 Chicken Florentine Casserole Buttered Pasta Baby Carrots</p> <p>NATIONAL SPINACH DAY</p>	<p>27 Meatloaf Mashed Potatoes & Gravy Candied Carrots</p>	<p>28 Ham Dinner Cheesy Potatoes Glazed Carrots Dinner Roll</p>
<p>31 Biscuits & Sausage Gravy Oven Roasted Potatoes Applesauce</p>				

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