

SAGOLA MARCH 2025

		Tuesday	Wednesday	Thursday		
<p>DICSA— 906-774-2256 ext. 235, or 244</p> <p>Meal served at 11:30</p>	<p>4 Cheese Omelet Sausage Hash Browns Warmed Fruit Bread w/ Butter</p>	<p>5 Garlic Parmesan Fish Baked Potato Steamed Carrots Apple Crisp</p>	<p>6 Cheese Tortellini w/ Meat Sauce Italian Style Veggies Garlic Bread</p>	<p>Meals are funded by program income, lo- cal millage, OSA & The Area Agency on Aging.</p>		
	<p>11 French Bread Pizza Italian Blend Veggies Fresh Fruit</p>	<p>12 Shepherds Pie Candied Carrots Dinner Roll</p>	<p>13 Turkey & Cheese Wrap Baked Potato Chips Yogurt String Cheese Fruit</p>	<p>Meals are subject to change without notifi- cation. All meals are served with skim milk, or juice & fruit.</p>		
	<p>18 Corned Beef & Cabbage Mashed Potatoes Carrots Biscuit</p>	<p>19 Pasty Pie Applesauce Corn</p>	<p>20 Baked Chicken Mashed Potatoes & Gravy Veggie Biscuit</p>			
	<p>25 Philly Cheese Sandwich w/ Ground Beef Baked Fries Veggie</p>	<p>26 Italian Sausage Bake Veggie Cheesy Breadstick</p>	<p>27 Pulled Pork Sandwich Potato Wedges Veggie Pudding</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