

<p><u>MONDAY 2ND</u> CHILE BEANS YELLOW SQUASH & TOMATOES CORNBREAD GRAPES</p>	<p><u>TUESDAY 3RD</u> BEEF STEW TOSSED SALAD FLOUR TORTILLA APRICOTS</p>	<p><u>WEDNESDAY 4TH</u> CHICKEN TACO W FIXINS' PINTO BEANS SPINACH PEAS</p>	<p><u>THURSDAY 5TH</u> PORK CHOP & GRAVY RICE PILAF BRUSSEL SPROUTS APPLESAUCE</p>
<p><u>MONDAY 9TH</u> MEATBALL SUB ITALIAN BLEND VEGGIES STRAWBERRIES & YOGURT</p>	<p><u>TUESDAY 10TH</u> CHICKEN SANDWICH POTATO WEDGES CARROT RAISIN SALAD TROPICAL FRUIT</p>	<p><u>WEDNESDAY 11TH</u> PEPPERONI PIZZA TOSSED SALAD PEACHES</p>	<p><u>THURSDAY 12TH</u> HAM & CHEESE SANDWICH CALIFORNIA BLEND BANANA PB COOKIE</p>
<p><u>MONDAY 16TH</u> GREEN CHILE CHICKEN ENCHILADAS W FIXINS' PINTO BEANS CALABACITAS FRUIT COCKTAIL</p>	<p><u>TUESDAY 17TH</u> ST. PATRICK'S DAY DINNER CORNED BEEF & CABBAGE PARSLEY POTATOES CARROTS RYE BREAD GREEN JELLO</p>	<p><u>WEDNESDAY 18TH</u> GRILLED CHICKEN WRAP W FIXINS' POTATO SALAD APPLE JUICE OATMEAL COOKIE</p>	<p><u>THURSDAY 19TH</u> SHEPHERDS PIE GREEN BEANS WHEAT ROLL APRICOTS</p>
<p><u>MONDAY, 23RD</u> FRITO PIE W FIXINS' PINTO BEANS SPINACH TROPICAL FRUIT</p>	<p><u>TUESDAY, 24TH</u> CHICKEN STRIPS POTATOES GREEN BEANS ROLL STRAWBERRIES & BANANAS</p>	<p><u>WEDNESDAY, 25TH</u> STEAK RANCHERO SPANISH RICE CUCUMBER SALAD TOSSED SALAD PEAR</p>	<p><u>THURSDAY, 26TH</u> CHICKEN FAJITA W FIXINS' PINTO BEANS CAPRI VEGGIES PEACHES</p>
<p><u>MONDAY, 30TH</u> CHICKEN BREAST & GRAVY RICE PILAF SALAD PLUMS</p>	<p><u>TUESDAY, 31ST</u> GREEN CHILE CHEESEBURGER FRENCH FRIES CALIF BLEND CANTALOUPE</p>	<p>HOURS OF OPERATION: MON-THURS 7am-3pm</p> <p>LUNCH TIME: 11:30am-1:00pm</p>	<p>101 S. PARK AVE AZTEC, NM 87410 505.334.2881</p>



SAINT PATRICK'S DAY



S R H X H E P O T J Y P F V D I K D P N
 L G W A C C D Y R U D K Q F B C E Z G E
 E B T M S I K A A G Q F C F W D V Z I R
 P M S W F G G B R I S Z L U H H A I J U
 R S H A E A O Y L A N R G O L T M N A S
 E Q A Y S M L R F O P A H D E C I W C A
 C A M L T I D N P D Y B N V M B D E W E
 H Y R H I Y G E Q R J A A E E L B R L R
 A B O A V S R E W A L U J Q R E J M G T
 U B C T E X E I K E W S J T A S R A H H
 N Z K K X M E P R B A X C I L S L R T R
 B R X H Y H N I X I J K V S D I G C L U
 S L E S T G E D N Y B C D W J N R H D S
 P R R I J I N T T U I U T R F G U G J H
 R A O R R E W C E L T I C E S G R E E N
 I I L I M N I O C C I W Q V R E M W Y G
 N N K Q P A T R I C K S U O N I L B U D
 G B L Y X N S M W X N A U L M V H G N I
 M O O N S E H S I W I G O C N D L T U K
 W W F E M X M R D D U F O R T U N E Q A



BLESSING
 CELTIC
 CLOVER
 COIN
 DANCE
 DUBLIN
 EMERALD
 FESTIVE
 FOLKLORE
 FORTUNE

GOLD
 GREEN
 HAT
 IRISH
 JIG
 IRELAND
 LEPRECHAUN
 LUCKY
 MAGIC
 MARCH

PARADE
 POT
 PATRICK
 RAINBOW
 SAINT
 SHAMROCK
 SPRING
 TREASURE
 WISHES
 BEARD



March is National NUTRITION MONTH

The Tale of Hunger Pains – What is your body trying to say?

- Cravings for beef could be an indication your body is low on iron.
- Lack of appetite could mean your body is low on vitamin B.
- Dehydration can be mistaken for mild hunger.

Kick Cravings to the Curb.

- Raw sea salt can help curb your craving for French fries or other salty foods.
- High protein snacks can help deal with cravings for sugar.
- Comforting experiences (like a massage or a hot bath) can help with cravings for comfort food.
- Eating raw seeds can help curb your desire for chocolate.



THE SKINNY ON DIETS



Number of dieters who return to their pre-dieting weight within three years

It is safe to lose 1 to 2 pounds per week.



Number of people who lose weight on a crash diet will keep the weight off