Offered daily:
- Salad Bar with Fresh Vegetables
- Assortment of fruit

March is National Nutrition Month
The purpose of nutrition month is to help the public become aware of the importance of good nutrition and a healthful eating plan. Here are 5 helpful tips to eating healthier.

1. **Make eating whole foods fun, exciting, and something to look forward to.** Instead of eating just a plain salad, try adding a handful of sunflower seeds, a few grape tomatoes, and half an avocado.
2. **Start slowly replacing and cooking old favorites in a healthier way.** Change the oils, flours, and add more veggies where you can. Even if you aim for making 2 dinners a week that are a healthier spin on traditional meals, you’ll be heading in the right direction.
3. **Ask for input.** If you are cooking for others as well, talk about what else could be added, what they would do differently, or what spices/meat/sauces to try next time.
4. **Aim for progress.** Progress, not perfection. Eating a bit more veggies is better than none and compromise with yourself at times. If adding that little bit of cheese to your meal will make it more enjoyable for you, so be it.
5. **Lead by example.** When others see you with tons of energy, looking and feeling better than you have in a while, they will be more likely to hop on board with you.

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### TAC Lunch Menu

#### Ingredients:
- 8 corn tortillas
- 3 medium tomatoes, diced
- 4 medium avocados, diced
- 3 tbsp. red onion, finely chopped
- 1/4 cup cilantro, finely chopped
- 1 tsp cumin
- 1 tsp chili powder
- 3/4 tsp salt
- Lime, juice of
- 15oz can black beans, drained & rinsed
- 1/2 cup feta or Cotija cheese
- Cooking spray

#### Directions:
1. To make tostada shells, line a large baking sheet with silicone mat and arrange tortillas in a single layer. Spray with cooking spray and sprinkle with salt on both sides. Bake at 400°F for 6 minutes per each side.
2. While tostadas are baking, make easy guacamole salsa by combining tomato, avocado, red onion, cilantro, cumin, chili powder, salt and lime juice. Get other ingredients ready.
3. To assemble tostadas, top each shell with guacamole, beans, chicken and cheese.

### Cafe Hours
- Mon-Fri: 6:00am-10:00am
- Lunch: 11:30am-12:45pm
- Afternoon: 1:30pm-2:30pm

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<table>
<thead>
<tr>
<th>Monday</th>
<th>March 2</th>
<th>Tuesday</th>
<th>March 3</th>
<th>Wednesday</th>
<th>March 4</th>
<th>Thursday</th>
<th>March 5</th>
<th>Friday</th>
<th>March 6</th>
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</thead>
<tbody>
<tr>
<td><strong>Soup of the Day</strong></td>
<td>Egg Drop Soup</td>
<td><strong>Soup of the Day</strong></td>
<td>Turkey Rice Soup</td>
<td><strong>Soup of the Day</strong></td>
<td>Chili</td>
<td><strong>Soup of the Day</strong></td>
<td>Italian Style Beef &amp; Pepperoni Soup</td>
<td><strong>Soup of the Day</strong></td>
<td>Cream of Broccoli Soup</td>
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<tr>
<td><strong>Entrées</strong></td>
<td>Beef Cutlet Parmesan Baked Cod Broccoli, Chicken, and Rice Casserole</td>
<td><strong>Entrées</strong></td>
<td>Stuffed Green Pepper Vegetarian Stuffed Pepper Chicken Parmesan on Noodles BBQ Meatball Sandwich</td>
<td><strong>Entrées</strong></td>
<td>Roast Beef &amp; Dumplings Pepperoni Pizza</td>
<td><strong>Entrées</strong></td>
<td>Chicken Breast w/Hunter Sauce Grilled Reuben Sandwich Grilled Turkey Reuben Sandwich Beef Stew over a Biscuit</td>
<td><strong>Entrées</strong></td>
<td>Creamed Turkey with Whipped Potatoes Catfish Strips with Coleslaw Hamburger on a Bun</td>
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<tr>
<td>Whipped Potatoes &amp; Gravy Stir Fried Snow Peas</td>
<td>Roasted Red Potatoes Sliced Carrots</td>
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<td>Whipped Potatoes &amp; Gravy Corn</td>
<td>Crispy Chicken Salad</td>
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<td>French Fries Mixed Vegetables</td>
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<td>Curly Q Fries Winter Blend Vegetables</td>
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<tr>
<td>Shaved Turkey &amp; American Cheese on Whole Wheat Bread</td>
<td>Roast Beef, Cucumber &amp; Cheese Sandwich on Pumpernickel Bread</td>
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<td>BLT Macaroni Salad</td>
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<td>Egg Salad Sandwich</td>
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<tr>
<td><strong>Fruit</strong></td>
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<tr>
<td><strong>Desserts</strong></td>
<td>Cake Pan Pumpkin Pie Toffee Almond Chip Cookies</td>
<td><strong>Desserts</strong></td>
<td>Peach Cake Cherry Pie Dessert</td>
<td><strong>Desserts</strong></td>
<td>Chocolate Cake with Chocolate Frosting Banana Pound Cake</td>
<td><strong>Desserts</strong></td>
<td>Peaches &amp; Cream Pie Brownie Pie</td>
<td><strong>Desserts</strong></td>
<td>Apple Cake Peanut Butter Cookie</td>
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**Taking your lunch to go?**
Ask for a paper plate and plastic cutlery so you won’t need to return the dishes.

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**Product includes Pork**

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