









March is National Nutrition Month; Celebrate a **World of Flavors**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>CELEBRATE A WORLD OF FLAVORS NATIONAL NUTRITION MONTH® 2022</p> <p>eat right. Academy of Nutrition and Dietetics</p>		1 Apple Sandwich 	2 Tuna Avocado Salad 	3 Green Beans & Potatoes 	4 Crunchy Berry Parfait 	5 Carrot Pasta 	6 Make a Family Favorite 
	7 Sweet and Sour Cabbage 	8 Flavored Water 	9 Chicken and Dumpling Soup 	10 Baked Cauliflower Tots 	11 Fish Tacos 	12 Fantastic French Toast 	13 Email a family favorite recipe to your nutritionist
	14 Fruit Pizza 	15 Grow your own indoors 	16 Curried Brown Rice 	17 Mozzarella Chicken, Spinach 	18 3 Can Chili 	19 Skillet Lasagna 	20 Make a Family Favorite 
	21 Meatball Soup 	22 Bell Pepper Nachos 	23 Cauliflower Shells & Cheese 	24 Anytime Pizza 	25 Applesauce Pancakes 	26 Herb Spinach Bake 	27 Email a family favorite recipe to your nutritionist
	28 Strawberry Smores 	29 Tofu Veggie Soup 	30 Maple Sweet Potatoes 	31 Zucchini Bread 			

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