






TUESDAY		THURSDAY		
<p>NWSDS CLATSOP & TILLAMOOK COUNTIES MARCH 2010</p>	<p>CHICKEN SALAD with Whole Wheat Roll Tomato Florentine Soup Chilled Pears Mocha Nut Cookie</p> <p style="text-align: right;">2</p>		<p>♥ CREAM TURKEY & VEGT OR <u>BRAISED BEEF TIPS</u> over Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Butterscotch Bar</p> <p style="text-align: right;">4</p>	
	<p>SHAVED BEEF SANDWICH HALF on Whole Wheat Bread Chicken Noodle Soup Marinated Vegt Salad Peanut Butter Bar</p> <p style="text-align: right;">9</p>		<p>♥ CHICKEN PATTY W/GVY OR <u>LIVER & ONIONS W/GVY</u> Whipped Potatoes w/Gravy Steamed Carrots Oatmeal Bread Applesauce Cake</p> <p style="text-align: right;">11</p>	
 <p>Daylight Savings Time Begins</p> <p>DAYLIGHT SAVINGS TIME MARCH 14</p>	<p>KRAB SALAD with Whole Wheat Roll Split Pea Soup Golden Fruit Salad Ice Cream Cup</p> <p style="text-align: right;">16</p>		<p>♥ BAKED BEEF RIGATONI OR <u>CHICKEN RICE BAKE</u> Broccoli Cuts Pickled Beets Oat Bran Roll Banana Pudding</p> <p style="text-align: right;">18</p>	
	<p>MEATLOAF SANDWICH HALF on Whole Wheat Bread Navy Bean Soup Pineapple Tidbits Choc Zucchini Brownie</p> <p style="text-align: right;">23</p>		<p>♥ ORIENTAL RICE W/HAM OR <u>CHICKEN CHOW MEIN</u> Green Peas & Onions Marin Spring Garden Salad Sunflower Seed Roll Cherry Whip</p> <p style="text-align: right;">25</p>	
	<p>TUNA SALAD with Whole Wheat Roll Cream of Broccoli Soup Chilled Applesauce Frosted Cake</p> <p style="text-align: right;">30</p>	 <p>WEDNESDAY, MARCH 17</p>		<p>A minimum donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p>1% Milk served with all meals</p>

Avocados Earn an "A" for Nutrition

Wild avocado trees originated in south-central Mexico some-time between 5000 and 7000 B.C. In 1871, the first avocado trees were brought to the U.S. More than 25 different varieties are grown, but the Hass became the industry leader in the 1970s due to its nearly year-round harvestability.

FUN FACTS: Avocados are a fruit, not a vegetable. The avocado also is known as the alligator pear because of its shape and green skin. They once were considered a luxury food reserved only for royalty. Now, avocados are popular throughout the world. Brazilians add avocados to ice cream. Filipinos puree avocados with sugar and milk for a dessert drink.

NUTRITION: One-fifth of a medium-sized avocado has 50 calories and 20 nutrients, including vitamins E and C, folate, fiber, iron and potassium. It has no sodium or cholesterol. It has 3 grams of monounsaturated fat, which helps stabilize blood glucose in persons with diabetes. Avocados also contain the phytonutrient carotenoid lutein, which may help maintain healthy eyes.

TIPS: If you do not plan to eat an avocado right away, select hard, unripened fruit. When stored at room temperature, it will soften and be ready to eat in 2-5 days. Wash the exterior surface with water just before cutting to prevent bacteria from being carried into the flesh. Twist the halves apart and slip the tip of a spoon beneath the large seed to lift it out. Wrap cut avocado halves tightly in plastic and use within two days. Avocados can be mashed with lemon juice and frozen for up to five months.

USES: Avocados are excellent in salads, soups and salsas. Pureed avocados can be used instead of butter or mayonnaise on sandwiches and cooked vegetables.



Clatsop & Tillamook Counties Dining Site Schedules

SENIOR HELPLINE

(800) 584-9712

CLATSOP COUNTY

Seaside

Bob Chisholm
Community Center
Monday - Friday
(503) 738-9323

Svensen

Wickiup Grange Hall
Wednesday Only
(503) 458-6888

TILLAMOOK COUNTY

Nehalem

United Methodist Church
10th & "A" Street
Tuesday & Thursday
(503) 368-3622

Pacific City

Kiwanda
Community Center
34600 Cape Kiwanda Drive
Monday - Friday
(503) 965-7900

Tillamook

Tillamook Senior Center
316 Stillwell
Monday - Friday
(503) 842-9660