



St. Charles COA February 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine	4 Bowtie Lasagna Whole Kernel Corn Green Beans Dinner Roll Marble Cake Milk Margarine	5 Chicken Tenders Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Chocolate Swirl Pudding Milk BBQ Sauce	6 Salisbury Steak Northern Beans Parslied Carrots Wheat Bread Seasonal Fruit Chocolate Milk Margarine	7 Frankfurter w/Chili Baked Beans Cheesy Potatoes Hot Dog Bun Seasonal Fruit Milk
10 Hawaiian Glazed Chicken Baked Sweet Potato Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk Margarine	11 Meatloaf Brown Gravy Whipped Potatoes Sliced Carrots Texas Bread Seasonal Fruit Milk Margarine	12 Chicken & Sausage Gumbo Steamed Rice Garden Vegetables Saltine Crackers Cinnamon Cake 100% Fruit Juice Milk Margarine	13 Glazed Ham Black-eyed Peas Cabbage Cornbread Chocolate Pudding Milk Margarine	14 Chicken Chef Salad Cucumber Tomato Salad Broccoli Raisin Salad Saltine Crackers Milk Graham Crackers Salad Dressing - 2 Margarine
17 Smoked Sausage Red Kidney Beans Parslied Rice Brussels Sprouts Wheat Bread Banana Moon Pie Milk Margarine	18 Baked Meatballs Brown Gravy Twice Whipped Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	19 BBQ Riblet Delmonico Potatoes Cabbage Cornbread Seasonal Fruit Milk Margarine	20 Beef Patty Ranch Beans Lettuce Tomato Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup	21 Oven Fried Chicken Mashed Red Potatoes Summer Vegetables Wheat Bread Lemon Cake Milk Margarine
24 Creole Steak Whipped Potatoes Broccoli Florets Dinner Roll Seasonal Fruit Milk Margarine	25 Smothered Chicken Mixed Beans Mixed Greens Wheat Bread Strawberry Cake Milk Margarine	26 Meatballs/Spaghetti Sauce Spaghetti Noodles Green Beans Texas Bread Graham Crackers 100% Fruit Juice Milk Margarine	27 Pork Roast Brown Gravy Northern Beans Cabbage Cornbread Rice Krispie Treat Milk Margarine	28 ~Birthday Celebration~ Chicken & Sausage Jambalaya Sliced Carrots Brussels Sprouts Wheat Bread Birthday Cake Milk Margarine

Menu follows state guidelines for nutrients.



Nourishment through compassionate care.

Kim Dommert RD, LD

Kim Dommert, RD, LD