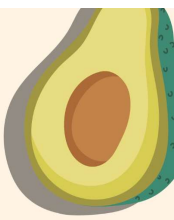


March 2025

St. Charles COA



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine	<i>Closed for Holiday</i>	<i>~ Ash Wednesday ~</i> Tuna Salad Carrot Raisin Salad Applesauce Wheat Bread (2) Glazed Cinnamon Cake Milk	Salisbury Steak Northern Beans Parslied Carrots Wheat Bread Seasonal Fruit Chocolate Milk Margarine	<i>~Lenten Meal~</i> Krab Cake Delmonico Potatoes Succotash Dinner Roll White Cake Milk Ketchup
10	11	12	13	14
Hawaiian Glazed Chicken Baked Sweet Potato Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk Margarine	Meatloaf Brown Gravy Whipped Potatoes Sliced Carrots Texas Bread Seasonal Fruit Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Garden Vegetables Saltine Crackers Cinnamon Cake 100% Fruit Juice Milk Margarine	Glazed Ham Black-eyed Peas Cabbage Cornbread Chocolate Pudding Milk Margarine	<i>~Lenten Meal~</i> Seafood Fettuccini Brussels Sprouts Cauliflower Dinner Roll Banana Cake Milk Margarine
17	18	19	20	21
Smoked Sausage Red Kidney Beans Parslied Rice Brussels Sprouts Wheat Bread Banana Moon Pie Milk Margarine	Baked Meatballs Brown Gravy Twice Whipped Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	BBQ Riblet Delmonico Potatoes Cabbage Cornbread Seasonal Fruit Milk Margarine	Beef Patty Ranch Beans Lettuce Tomato Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup	<i>~Lenten Meal~</i> Shrimp & Crab Au Gratin Mashed Red Potatoes Broccoli Florets Dinner Roll Lemon Cake Milk Margarine
24	25	26	27	28
Creole Steak Whipped Potatoes Broccoli Florets Dinner Roll Seasonal Fruit Milk Margarine	Smothered Chicken Mixed Beans Mixed Greens Wheat Bread Strawberry Cake Milk Margarine	Meatballs/Spaghetti Sauce Spaghetti Noodles Green Beans Texas Bread Graham Crackers 100% Fruit Juice Milk Margarine	Pork Roast Brown Gravy Northern Beans Cabbage Cornbread Rice Krispie Treat Milk Margarine	<i>~Lenten Meal~</i> Krab Cake Peas and Carrots Brussels Sprouts Dinner Roll Birthday Cake Milk Margarine
31				
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine			<i>Menu follows state guidelines for nutrients.</i>	 TRIO Community Meals Nourishment through compassionate care.

Kim Dommert RD, LD

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