



St. Charles COA

April 2026



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	<p>Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.</p>	<p>Chicken Tenders Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Chocolate Swirl Pudding Milk Ketchup</p>	<p><i>~Easter Meal~</i> Glazed Ham Mashed Spiced Yams Cabbage Cornbread Carrot Cake Milk Margarine</p>	<p>Closed for Holiday</p>
6	7	8	9	10
<p>Swiss Steak Whipped Potatoes Glazed Carrots Dinner Roll Diced Pears Milk Margarine</p>	<p>Oven Fried Pork Chop Sweet Potato Wedges Green Peas Wheat Bread Seasonal Fruit Milk Margarine</p>	<p>Turkey Chef Salad Cucumber Tomato Salad Fruit Salad Saltine Crackers Sugar Cookie Milk Salad Dressing</p>	<p>Ham and White Beans Steamed Rice Collard Greens Cornbread Diced Peaches Milk Margarine</p>	<p>Beef Patty Potato Wedges Lettuce Tomato Hamburger Bun Mixed Fruit Cobbler Chocolate Milk Ketchup Mustard Mayonnaise</p>
13	14	15	16	17
<p>Smoked Sausage Red Kidney Beans Parslied Rice Spring Vegetables Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>Chicken Tenders Macaroni and Cheese Green Peas 100% Fruit Juice Wheat Bread Peanut Butter Cookie Milk Margarine Ketchup</p>	<p>Bowtie Lasagna Glazed Carrots Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine</p>	<p>Pork Roast Brown Gravy Garlic Whipped Potatoes Spinach 100% Fruit Juice Cornbread Mandarin Oranges Milk Margarine</p>	<p>Sloppy Joe Baked Beans Coleslaw Hamburger Bun Mixed Fruit Crisp Milk</p>
20	21	22	23	24
<p>Salisbury Steak Steamed Rice Harvard Beets 100% Fruit Juice Dinner Roll Shortbread Cookies Milk Margarine</p>	<p>Pork Chop Brown Gravy Mashed Spiced Yams Rosemary Carrots Wheat Bread Seasonal Fruit Chocolate Milk Margarine</p>	<p>Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Bread Pudding Milk</p>	<p>Ham & Black-eyed Peas Steamed Rice Mustard Greens Cornbread Oatmeal Raisin Cookie Milk Margarine</p>	<p>Meatballs w/Spaghetti Sauce Spaghetti Noodles Zucchini 100% Fruit Juice Garlic Texas Bread Birthday Cake Milk Margarine</p>
27	28	29	30	
<p>Smoked Sausage Red Kidney Beans Parslied Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine</p>	<p>Southern Meatballs Delmonico Potatoes Green Beans Wheat Bread Applesauce Milk Margarine</p>	<p>Picante Chicken Pinto Beans Whole Kernel Corn Flour Tortilla Seasonal Fruit Milk</p>	<p>Sliced Turkey Breast Sliced American Cheese Lettuce Tomato Onion Pickle Coleslaw Wheat Bread Mississippi Mud Pudding Milk Mayonnaise</p>	<p>Menu follows state guidelines for nutrients.</p>

Kim Dommert RD, LD

WELLNESS FROM THE GROUND UP

EAT WELL, LIVE SUSTAINABLY

Human health and the planet's health are closely linked. The foods we choose affect the environment that grows and supplies them. When we understand this connection and make small, realistic shifts, we can improve our own well-being while also supporting a healthier world.

Actions You Can Take to Make a Positive Difference

- **Choose local and seasonal foods.**
Fresher, more nutritious, and supports nearby farms.
- **Eat more plant-forward meals.**
Beans, lentils, vegetables, and grains often require fewer resources to produce.
- **Minimize food waste.**
Plan ahead, store food properly, and use leftovers creatively. Compost or donate food you cannot use.
- **Reduce packaging.** Buy in bulk, use reusable bags when shopping to reduce plastic usage, package food in reusable containers, or choose sustainable packaging.
- **Support sustainable foods and brands.**
Make mindful choices within your budget.
- **Grow something.** Start with herbs, a small garden, or community garden involvement.

Creating Well-Being Through Sustainable Choices

Better nutrition means stronger immune systems, more energy, improved brain function, and reduced risk of chronic diseases. A healthy environment ensures clean air, clean water, and resilient ecosystems. Both are essential for sustainable wellness—feeling good today while creating a livable world for tomorrow.

Food Choices & Their Benefits

Food Choices	Benefit For You	Benefit For Planet
Beans, Lentils, Chickpeas	High in plant protein and fiber	Lower land & water use; smaller carbon footprint
Seasonal Fruits & Vegetables	Nutrient-dense, fresher flavor	Supports local farms; fewer transportation emissions
"Ugly" Produce	May come off as imperfect, but same nutrients, often lower cost	Reduces food waste
Farmers Markets	Fresher food; supports local economy	Less packaging; shorter supply chain