

St. Charles COA December 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 2 | 3 | 4 | 5 | 6 |
| Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine | Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk | Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Devil's Food Cake Milk Margarine | Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine | Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Ranch Dressing - 2 |
| 9 | 10 | 11 | 12 | 13 |
| Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine | Chicken & Rice Casserole Summer Vegetables Green Peas w/Peppers Wheat Bread Oatmeal Creme Cookie Milk Margarine | Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup | Pork Roast Onion Gravy Chunky Potatoes Garden Vegetables Dinner Roll Marble Pudding Milk Margarine | <i>~Birthday Celebration~</i> Chicken/Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Birthday Cake Milk Margarine |
| 16 | 17 | 18 | 19 | 20 |
| Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine | Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine | BBQ Riblet Baked Sweet Potato Green Beans Dinner Roll Mississippi Mud Pudding Milk Margarine | Oven Fried Chicken Steamed Rice Northern Beans 100% Fruit Juice Dinner Roll Strawberry Cake Milk Margarine | <i>~Christmas Meal~</i> Pork Chop w/Gravy Whipped Potatoes Green Peas w/Onions Dinner Roll German Chocolate Cake Milk Margarine |
| 23 | 24 | 25 | 26 | 27 |
| Meatballs/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine | Closed for Holiday | | | <i>~New Year's Meal~</i> Glazed Ham Black-eyed Peas Cabbage Cornbread Fudge Creme Cookie Milk Margarine |
| 30 | | | | 31 |
| Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine | Closed for Holiday | | <i>Menu follows state guidelines for nutrients.</i> |  <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p> |

Kim Dommert RD, LD

KNOW YOUR FOOD LABEL

Organic. Natural. Plant-based. Are you confused by the front-of-the package labeling? Turn the package and look no further than the Nutrition Facts Label. The Nutrition Facts Label is where you can find the information you need to determine if a food item is the best choice for you. Learn more below.

1. Serving Information: Provides number of **servings per container** and the single serving size.

2. Calories: Identifies total calories per serving size and **NOT** the whole container.

3. Nutrients: Identifies the amount of key nutrients in the food item for a single serving. **TIP:** Nutrients to consume more of: fiber, vitamin D, calcium, iron, and potassium. Nutrients to consume less of: saturated fats, cholesterol, sodium, and added sugars.

4. % Daily Values: Provides the percentage of each nutrient in a single serving compared to how much you need in one day. The percentage is based on a 2000 calorie diet. **TIP:** Low is 5% or less: aim low in saturated fat, cholesterol, sodium, and added sugars. High is 20% or more: aim high in vitamins, minerals, and dietary fiber.

5. Ingredient List: Ingredients are listed in descending order based on the weight of the ingredient. **TIP:** Choose items most often that contain whole food ingredients listed first on the label.

6. Food Allergens: Allergens legally required to be on the label are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybean, and sesame. They can be labeled in three different ways: a “contains” statement, within the ingredient list, or within parentheses.

Nutrition Facts

1 Bar
Serving Size (52 G)

Amount Per Serving
Calories **190**

| | %Daily Value* |
|-------------------------------------|---------------|
| Total Fat 7 g | 9% |
| Saturated Fat 1 g | 5% |
| Trans Fat 0 g | |
| Cholesterol 5 mg | 1% |
| Sodium 140 mg | 6% |
| Total Carbohydrate 24 g | 9% |
| Dietary Fiber 6 g | 21% |
| Total Sugars 14 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 12 g | 22% |
| Vitamin D 0 mcg 0% Calcium 40 mg 2% | |
| Iron 1.4 mg 8% Potassium 400 mg 8% | |

INGREDIENTS:

Dates, Egg Whites, Almonds, Cashews, Strawberries, Natural Flavors.

CONTAINS EGGS, ALMONDS AND CASHEWS. May contain peanuts and other tree nuts.