

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 | ~Birthday Celebration~ 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 | ~Christmas Meal~ 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 | Closed for Holiday | Beef Patty Onion Gravy Delmonico Potatoes Spinach Dinner Roll Seasonal Fruit Milk Margarine | ~New Year's Meal~ 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 | | Menu follows state guidelines for nutrients. |  <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p> |

Kim Dommert RD, LD

