

St. Charles COA

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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				Chicken/Sausage Gumbo Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk
4	5	6	7	8
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine	Chili Parslied Rice Mixed Vegetables 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Oven Fried Chicken Mashed Red Potatoes Whole Kernel Corn Dinner Roll Mixed Fruit Milk Margarine	Meatloaf Brown Gravy Whipped Potatoes Green Beans Wheat Bread Devil's Food Cake Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Green Pea Salad Saltine Crackers Seasonal Fruit Milk Salad Dressing Margarine
11	12	13	14	15
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken Rice Casserole Summer Vegetable Blend Green Peas w/Peppers Wheat Bread Oatmeal Creme Cookie Milk Margarine	Beef Patty Lettuce Tomato Pickle Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup	Pork Roast Onion Gravy Chunky Potatoes Garden Vegetable Blend Dinner Roll Marble Pudding Milk Margarine	~Birthday Celebration~ Chicken and Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Birthday Cake Milk Margarine
18	19	20	21	22
Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	Barbecue Riblet Delmonico Potatoes Green Beans Dinner Roll Mississippi Mud Pudding Milk Margarine	Smothered Chicken Steamed Rice Northern Beans 100% Fruit Juice Dinner Roll Strawberry Cake Milk Margarine	~Christmas Meal~ Pork Chop w/Onion Gravy Whipped Potatoes Green Peas w/Onions Dinner Roll Frosted Devil's Food Cake Milk Margarine
25	26	27	28	29
Closed for Holiday	Closed for Holiday	Barbecue Chicken Lettuce Tomato Ranch Beans Hamburger Bun Mixed Fruit Crisp Chocolate Milk	~New Year's Meal~ Glazed Ham Black-eyed Peas Cabbage Cornbread Fudge Creme Cookie Milk Margarine	Closed for Holiday

Kim Dommert RD, LD

BUILD A Balanced Snack

Snacks provide energy and nutrition to keep you fueled and focused throughout the day. The five food groups - vegetables, fruits, grains, protein, and dairy/dairy alternatives - provide unique health benefits that are part of a balanced diet. Try including foods from two or three food groups to create a delicious balanced snack combo.

Food Group	Why Important
Vegetables	Contain key nutrients, like potassium, dietary fiber, folate, vitamin A, vitamin C, and numerous antioxidants
Fruits	Provide essential nutrients, such as potassium, fiber, vitamin C and folate, and numerous antioxidants
Whole Grains	Whole grains are shown to reduce the risk of some diseases and provide complex carbohydrates, dietary fiber, B vitamins and minerals like magnesium and selenium
Protein	Functions as building blocks for bones, muscles, cartilage, skin, and blood. Choose lean animal protein and plant-based options to lower saturated fat intake
Dairy/Dairy Alternatives	Build and maintain strong bones due to containing calcium, Vitamins A & D, phosphorous, riboflavin, protein, potassium, and zinc

Simple Snack Combo Ideas

Whole Grain Crackers + Avocado + Turkey

Greek Yogurt + Berries + Granola

Carrots + Hummus

Apple + String Cheese

Tomato + Hardboiled Eggs

Celery + Peanut Butter + Raisins

Dried Fruit + Nut + Popcorn Trail Mix

Tortilla + Banana + Almond Butter

Granola Bar + Orange Slices



Be Aware of Added Sugar and Salt

When choosing a premade or packaged snack food, be sure to read the nutrition facts label for added sugar and salt. Too much added sugar and salt puts you at risk for disease. Aim for the lowest amount of each when selecting a snack.