

# St. Charles COA February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	Beef Stroganoff Whole Kernel Corn Green Beans Texas Bread Pineapple Tidbits Milk Margarine	Chicken Tenders Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Chocolate Swirl Pudding Milk Ketchup	Glazed Ham Black-eyed Peas Cabbage Cornbread Rice Krispie Treat Chocolate Milk Margarine	Crispy Pollock Crispy Cubed Potatoes Spring Vegetables Hamburger Bun Chocolate Moon Pie Milk Ketchup Tartar Sauce
9	10	11	12	13
Sloppy Joe Macaroni and Cheese Winter Vegetables 100% Fruit Juice Hamburger Bun Oatmeal Crème Cookie Milk	Pork Chop w/Gravy Whipped Potatoes Sliced Carrots Wheat Bread Mandarin Oranges Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Okra and Tomatoes Potato Salad Saltine Crackers Sugar Cookie Milk	Ham and White Beans Steamed Rice Collard Green 100% Fruit Juice Cornbread Mississippi Mud Pudding Milk Margarine	Chicken Fried Steak Country Gravy Whipped Potatoes Green Peas Wheat Bread Diced Peaches Milk Margarine
16	17	18	19	20
Smoked Sausage Red Kidney Beans Steamed Rice Brussels Sprouts Wheat Bread Graham Crackers Milk Margarine	<i>Closed for Holiday</i>		~Ash Wednesday~ Tuna Salad Green Pea Salad Coleslaw Wheat Bread (2 sl) Peanut Butter Cookie Milk	Beef Patty Ranch Beans Lettuce   Tomato   Pickle Hamburger Bun Mixed Fruit Crisp Chocolate Milk Ketchup   Mustard Mayonnaise
23	24	25	26	27
Creole Steak Delmonico Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Turkey Stew Steamed Rice Green Beans w/Peppers 100% Fruit Juice Wheat Bread Fudge Crème Cookie Milk Margarine	Spaghetti Sauce w/Meatballs Spaghetti Noodles Broccoli Florets Texas Bread Mixed Fruit 100% Fruit Juice Milk Margarine	Ham and Lima Beans Steamed Rice Mixed Greens 100% Fruit Juice Cornbread Rice Krispie Treat Milk Margarine	~Lent Meal~ Krab Cake Buttermilk Potatoes Succotash Dinner Roll Chocolate Chip Cookie Milk Ketchup
		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.	Menu follows state guidelines for nutrients.	~Lent and Birthday Meal~ Shrimp Gumbo Steamed Rice Okra & Tomatoes 100% Fruit Juice Dinner Roll Birthday Cake Milk Margarine



Nourishment through compassionate care.

Kim Dommert RD, LD



# FINDING BALANCE

## HEALTHY FATS FOR A HEALTHY HEART

Dietary fats are essential for our bodies. They provide energy, support cell function, and absorb other critical nutrients. Choosing the right types of fats helps protect your heart and supports long-term wellness.

While all fats have the same number of calories, they have different effects on the body. There are four major types of dietary fats:

### Polyunsaturated fats

- **Omega-3** – Found in flaxseed, chia seeds, walnuts, fatty fish, oils such as canola & soybean.
- **Omega-6** – Found in vegetable oils (corn oil, cottonseed oil, peanut oil), nuts, and seeds.

### Monounsaturated fats

- **Omega-9** – Found in safflower, canola, and sunflower oils, avocados, and nuts.

### Saturated fats

- Found in animal fats (butter, lard), coconut oil (high in sat. fats), and palm oil.
- Can raise LDL (“bad”) cholesterol when eaten in excess.
- Coconut Oil – best to use in moderation.

### Trans fats

- Best to avoid entirely.
- Found in some processed or fried foods.
- Increase LDL (“bad”) and lower HDL (“good”) cholesterol.

### Balancing Omega Fats

Both Omega-3 and Omega-6 fats are essential – our bodies can't make them, so we must get them from food. Omega-6 fats sometimes get a bad reputation, but normal amounts don't cause inflammation. Most people get plenty of Omega-6 and too little Omega-3.

For a healthy heart, add more Omega-3 foods like salmon, tuna, walnuts, chia seeds, and flaxseed. Focus on adding, not cutting back.

### What's the Story Behind Seed Oils?

Seed oils such as canola, sunflower, and soybean are often misunderstood. When used instead of butter or coconut oil, they are a heart-healthy choice. They provide Omega-6 fats your body needs for energy and growth. Use seed oils in cooking just as you would other healthy oils—they are safe, practical, and nutritious.