

St. Charles COA

January 2026



Menu follows state guidelines for nutrients.

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.

Closed for Holiday

Chicken Chef Salad
Cucumber Salad
Coleslaw
Saltine Crackers
Fudge Cream Cookie
Milk
Salad Dressing

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

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

Closed for Holiday

Smothered Meatballs
Twice Whipped Potatoes
Glazed Carrots
Texas Bread
Seasonal Fruit
Milk
Margarine

BBQ Pork Chop
Whipped Sweet Potatoes
Cabbage
Cornbread
Diced Pears
Milk
Margarine

Beef Patty
Ranch Beans
Lettuce | Tomato | Pickle
Hamburger Bun
Mixed Fruit Crisp
Chocolate Milk
Ketchup | Mustard
Mayonnaise

~Birthday Meal~
Savory Chicken
Mashed Red Potatoes
Summer Vegetables
Wheat Bread
Birthday Cake
Milk
Margarine

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

Chicken & Sausage Jambalaya
Cauliflower
Brussels Sprouts
Wheat Bread
Diced Peaches
Milk
Margarine

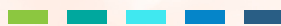
Kim Dommert RD, LD

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NOURISH TO FLOURISH

IN THE NEW YEAR

NUTRIENTS WORTH ADDING



As you step into the new year, focus on nourishment that helps you stay strong, active, and energized. Small, consistent choices—like adding more fiber, potassium, vitamin D, and omega-3s—support lasting health and help you feel your best every day.

Dietary Fiber

Functions: Supports heart and digestive health, including regularity

Sources: Whole grains, fruits, vegetables, beans, and popcorn

How much do you need?

21 g/day (women), 30 g/day (men)

Potassium

Functions: Helps your kidneys, heart, muscles, and nerves work properly

Sources: Leafy greens, beans, potatoes, avocado, yogurt, and bananas

How much do you need? 2,600 mg/day (women), 3,400 mg/day (men)

Omega-3s

Functions: Support heart, brain, and eye health

Sources: Fatty fish (like salmon and mackerel), flaxseed, chia seeds, and walnuts

How much do you need?

1–2 servings of fatty fish per week or include plant sources daily

Vitamin D

Functions: Supports bone and immune health

Sources: Salmon, trout, fortified milk or yogurt, UV-exposed mushrooms, fortified juice, and sunlight

How much do you need?

800 IU/day (male and female 70+)

Supplements may help if sunlight exposure is limited.



Everyday Habits that Help You Flourish

- Plan meals
- Build balanced meals
- Stay hydrated
- Eat the rainbow
- Don't skip meals
- Add foods, don't just subtract