



St. Charles COA

July 2025



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | 1 | 2 | 3 | 4 |
|  Nourishment through compassionate care. | BBQ Chicken Mashed Red Potatoes Creole Green Beans Texas Bread Seasonal Fruit Milk Margarine | Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup | ~July 4th Meal~ Beef Frank Delmonico Potatoes Glazed Carrots Hot Dog Bun Strawberry Cake Milk Mustard Ketchup | Closed for Holiday |
| 7 | 8 | 9 | 10 | 11 |
| Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Seasonal Fruit Milk Margarine | Sloppy Joe Mashed Red Potatoes Spring Vegetables Hamburger Bun White Cake Milk Margarine | Baked Chicken Breast Poultry Gravy Cabbage Glazed Carrots Dinner Roll Mississippi Mud Pudding Milk Margarine | Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Texas Bread Applesauce Milk | BBQ Riblet Baked Sweet Potato Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine |
| 14 | 15 | 16 | 17 | 18 |
| Chicken Tenders Lima Beans Parslied Carrots Dinner Roll Mandarin Oranges Milk Ketchup | Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Breadstick Rice Krispie Treat Milk | Glazed Ham Cheesy Whipped Potatoes Broccoli Florets Dinner Roll Carrot Cake Milk Margarine | Chicken & Sausage Gumbo Steamed Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Banana Moon Pie Chocolate Milk Margarine | Pork Roast Brown Gravy Black-eyed Peas Mixed Greens Cornbread Seasonal Fruit Milk Margarine |
| 21 | 22 | 23 | 24 | 25 |
| Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine | Hamburger Steak Brown Gravy Delmonico Potatoes Garden Vegetables Dinner Roll Pineapple Tidbits Milk Margarine | Chicken Chef Salad Cucumber Tomato Salad Fruit Salad Saltine Crackers Marble Cake Milk Salad Dressing | Smothered Meatballs Garlic Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine | ~Birthday Meal~ Ham & White Beans Whole Kernel Corn Cabbage Texas Bread Birthday Cake Milk Margarine |
| 28 | 29 | 30 | 31 | |
| Meatloaf Tomato Gravy Whipped Potatoes Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine | Chicken & Sausage Jambalaya Whole Kernel Corn Brussels Sprouts Wheat Bread Spice Cake Milk Margarine | Cheese Omelet Sliced Ham O'Brien Potatoes 100% Fruit Juice Biscuit Graham Crackers Milk Margarine | Beef Patty Lettuce Tomato Ranch Beans Hamburger Bun Hot Mixed Fruit Chocolate Milk Ketchup | Menu follows state guidelines for nutrients. |

Kim Dommert RD, LD



Decoding Processed Foods

WHAT YOU NEED TO KNOW

Not all processed foods are bad. Even washing, cutting, or freezing food counts as processing. The **NOVA** classification system helps us understand the degree of processing and its impact on health:

| NOVA 1: Unprocessed or Minimally Processed Foods | NOVA 2: Processed Culinary Ingredients | NOVA 3: Processed Foods | NOVA 4: Ultra-Processed Foods |
|---|---|---|--|
| <ul style="list-style-type: none"> • Close to their natural state, nutrient-dense • No added preservatives or artificial ingredients | <ul style="list-style-type: none"> • Extracted from natural foods for cooking • Best used in moderation | <ul style="list-style-type: none"> • Modified with salt, sugar, or oil • Still close to natural state and contain important nutrients • More convenient and longer lasting | <ul style="list-style-type: none"> • Heavily altered, contain additives not used in home kitchens • Convenient but often high in sugar, sodium, unhealthy fats • Some can provide important nutrients |
| <p>Examples: fresh or frozen fruits or vegetables, fresh eggs, plain milk or yogurt, brown rice or oats, dried beans or lentils, fresh chicken or fish, unsalted nuts or seeds</p> | <p>Examples: butter, maple syrup, honey, olive oil, spices, dried herbs, vinegar, sugar, soy sauce, lard</p> | <p>Examples: canned vegetables and beans (with salt), natural cheese, fresh bread (few ingredients), whole grain pasta, hummus, canned fish (in oil or brine), roasted & salted nuts, fortified whole grain cereal</p> | <p>Examples: soda, chips, candy, microwave meals, chicken nuggets, fast food</p> |

Use NOVA as a Helpful Guide - Not a Rulebook

NOVA can help you recognize foods that are more or less processed—but it's not all or nothing.

- ▶ Choose more whole foods, fewer highly processed items.
- ▶ Read labels and make choices that work for your budget and lifestyle.
- ▶ Some packaged foods can still be part of a healthy, balanced diet.