



St. Charles COA

July 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	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

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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
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	Examples: butter, maple syrup, honey, olive oil, spices, dried herbs, vinegar, sugar, soy sauce, lard	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	Examples: soda, chips, candy, microwave meals, chicken nuggets, fast food

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.