

St. Charles COA

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Seasonal Fruit Milk Margarine	Salisbury Steak Mashed Red Potatoes Spring Vegetable Blend Wheat Bread White Cake Milk Margarine	<i>~Independence Day Meal~</i> Beef Hot Dog Delmonico Potatoes Glazed Carrots Hot Dog Bun Strawberry Cake Milk Mustard Ketchup	Closed for Holiday	Barbecue Riblet Baked Beans Broccoli Florets Hamburger Bun Seasonal Fruit Milk
8	9	10	11	12
Chicken Tenders Lima Beans Parslied Carrots Wheat Bread Seasonal Fruit Milk Ketchup	Meatballs/Spaghetti Sauce Spaghetti Noodles Green Beans Texas Bread Rice Krispie Treat 100% Fruit Juice Milk Margarine	Oven Fried Chicken Cheesy Whipped Potatoes Brussels Sprouts Wheat Bread Cinnamon Applesauce Milk Margarine	Chicken/Sausage Gumbo Steamed Rice Whole Kernel Corn Saltine Crackers Sugar Cookie 100% Fruit Juice Chocolate Milk Margarine	Pork Roast Brown Gravy Black-eyed Peas Mixed Greens Cornbread Seasonal Fruit Milk Margarine
15	16	17	18	19
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	Creole Steak Delmonico Potatoes Garden Vegetable Blend Dinner Roll Pineapple Tidbits Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Fruit Salad Saltine Crackers Marble Cake Milk Salad Dressing - 2	Meatballs w/Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Ham and White Beans Whole Kernel Corn Cabbage Texas Bread Fudge Crème Cookie Milk Margarine
22	23	24	25	26
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 Biscuit Graham Crackers 100% Fruit Juice Milk Margarine	Beef Patty Lettuce Tomato Ranch Beans Hamburger Bun Hot Spiced Fruit Chocolate Milk Mustard Ketchup	<i>~ Birthday Celebration ~</i> Smothered Chicken Ranch Potatoes Green Beans Wheat Bread Birthday Cake Milk Margarine
29	30	31		
Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Seasonal Fruit Milk Margarine	Salisbury Steak Mashed Red Potatoes Spring Vegetable Blend Wheat Bread White Cake Milk Margarine	Baked Chicken Poultry Gravy Cabbage Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	

Kim Dommert RD, LD

beat the summer heat

STAY

Hydrated!

Why Hydrate

Proper hydration is important to normal body function. Being well-hydrated supports your immune system, energy levels, brain function, and physical performance. It may also help relieve and prevent headaches, constipation, and kidney stones, aid in weight loss, and decrease joint pain.

Daily Fluid Requirements

Women: 11.5 cups

Men: 15.5 cups

Signs You May Be Dehydrated

Know the signs of dehydration. Signs may include:

- Intense thirst
- Exhaustion or increased perception of effort
- Increased body temperature
- Faster breathing and pulse rate
- Dark urine color
- Confusion
- Fainting

What to Eat and Drink

Water is the healthiest and most efficient way to stay hydrated but 20% of your daily fluid needs can come from the foods you eat or other beverages you drink. Here are some alternative ways to stay hydrated:

1. Infused Water - Add natural flavors to your water by infusing it with slices of fruits, vegetables, or herbs, like lemon, cucumber, and mint.
2. Milk & Plant-based Milk Alternatives – Liquid milk and plant-based milks, yogurt, and cottage cheese contribute to hydration while providing additional nutrients like calcium and vitamin D.
3. Water-Rich Fruits and Vegetables – Consume fruits and vegetables with high water content, such as watermelon, cucumber, celery, oranges, strawberries, and lettuce.
4. Smoothies – Create hydrating smoothies by blending water-rich fruits, vegetables, and yogurt or a plant-based milk alternative.
5. Broths and Soups – Contribute to your overall fluid intake while providing additional nutrients. Aim for low-sodium options.
6. Ice Pops and Frozen Treats – Make homemade ice pops using pureed fruits or 100% fruit juices. These can be a refreshing and hydrating option during hot summer months.
7. Low Sugar Mocktails – Enjoy refreshing beverages without the excessive sugar found in many traditional cocktails or the dehydrating effects of alcohol.