

St. Charles COA

June 2024



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Smoked Sausage Red Kidney Beans Parslied Rice Spring Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine	Chicken Tenders Garlic Whipped Potatoes Peas and Carrots Wheat Bread Marble Cake Milk Margarine Ketchup	Bowtie Lasagna Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine	Pork Roast with Gravy Parslied Rice Turnip Greens 100% Fruit Juice Cornbread Fudge Creme Cookie Milk Margarine	Oven Fried Chicken Mixed Beans Brussels Sprouts Dinner Roll Seasonal Fruit Milk Margarine
10	11	12	13	14
Salisbury Beef Brown Gravy Northern Beans Sliced Carrots Wheat Bread Seasonal Fruit Milk Margarine	Cheese Omelet Sausage Patty O'Brien Potatoes 100% Fruit Juice Biscuit Graham Crackers Milk Margarine	Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Wheat Bread Seasonal Fruit Milk Margarine	Chicken and Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Hot Cinnamon Applesauce Chocolate Milk	<i>~Father's Day Meal~</i> Baked Chicken Poultry Gravy Chunky Potatoes Whole Kernel Corn Dinner Roll Devil's Food Cake Milk Margarine
17	18	19	20	21
Smoked Sausage Red Kidney Beans Parslied Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine	Baked Meatballs Brown Gravy Delmonico Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Sliced Ham & Cheese Lettuce Tomato Pickles Mustard Wheat Bread Coleslaw Oatmeal Cream Pie Milk	Sliced Turkey Breast Poultry Gravy Ranch Potatoes Green Peas Dinner Roll Mississippi Mud Pudding Milk Margarine	Chicken and Sausage Jambalaya Parslied Carrots Brussels Sprouts Wheat Bread Lemon Cake Milk Margarine
24	25	26	27	28
Meatloaf Brown Gravy Lima Beans Sliced Carrots Texas Bread Seasonal Fruit Milk Margarine	Baked Chicken Poultry Gravy Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Beef Patty Baked Beans Lettuce Tomato Hamburger Bun Hot Mixed Fruit Chocolate Milk Ketchup	St. Charles COA Closed	<i>~ Birthday Celebration ~</i> Chicken Chef Salad Cucumber Tomato Salad Broccoli Raisin Salad Saltine Crackers Birthday Cake Milk Salad Dressing

Kim Dommert RD, LD

FARM TO FORK: embrace SEASONAL eating



Seasonal produce is food purchased and eaten around the time it is harvested. Eating produce in season means eating it in peak freshness. By choosing to eat in season, you not only enjoy the benefits of fresher, more flavorful, and nutrient-dense foods but also contribute to a more sustainable and environmentally friendly food system.

Benefits of Eating in Season:

- Better Nutrition – Because seasonal produce is often harvested at its peak ripeness, it has higher nutrient content. Fruits and vegetables allowed to ripen naturally on the plant tend to have more vitamins, minerals, and antioxidants.
- Peak Flavor - Seasonal produce tastes better because it is harvested at its flavor peak, providing a more enjoyable and satisfying eating experience.
- Cost-Effectiveness - In-season produce is usually more abundant, leading to lower prices and reduced transportation costs. In-season foods are more likely to be grown locally, reducing the need for long-distance transportation.
- Sustainable - Eating in season often means consuming locally grown produce, which can reduce the carbon footprint associated with transportation and minimizes packaging waste. Many local farmers prioritize sustainable farming practices too.
- Support Your Local Farmers - When you buy seasonal produce, you are more likely to support local farmers and contribute to the local economy.

Where to Find Foods in Season:

- Farmer's Market - Local farmers bring their fresh, locally grown produce. Shopping here ensures that you are getting the freshest seasonal produce.
- CSA – Stands for Community Supported Agriculture. These programs allow you to subscribe to a local farm and receive a share of their harvest regularly. They offer a variety of in-season fruits and vegetables and may include dairy, meat, and egg products.
- Grow-Your-Own - Consider starting a small garden at home. This allows you to control what you grow and eat, ensuring that your produce is in season.
- Food Co-ops and other Grocery Stores: Look for locally grown signs and labels at member-owned food co-ops, health food stores, and grocery stores. These places often bring in seasonal produce from local farms.

