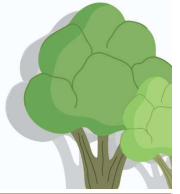


June 2026

St. Charles COA



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Swiss Steak Whipped Potatoes Glazed Carrots Dinner Roll Diced Pears Milk Margarine	Oven Fried Pork Chop Sweet Potato Wedges Green Peas Wheat Bread Seasonal Fruit Milk Margarine	Turkey Chef Salad Cucumber Tomato Salad Fruit Salad Saltine Crackers Sugar Cookie Milk Salad Dressing	Ham and White Beans Steamed Rice Collard Greens Cornbread Diced Peaches Milk Margarine	Beef Patty Potato Wedges Lettuce Tomato Hamburger Bun Mixed Fruit Cobbler Chocolate Milk Ketchup Mustard Mayonnaise
8	9	10	11	12
Smoked Sausage Red Kidney Beans Parslied Rice Spring Vegetables Dinner Roll Seasonal Fruit Milk Margarine	Chicken Tenders Macaroni and Cheese Green Peas 100% Fruit Juice Wheat Bread Peanut Butter Cookie Milk Margarine Ketchup	Bowtie Lasagna Glazed Carrots Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine	Pork Roast Brown Gravy Garlic Whipped Potatoes Spinach 100% Fruit Juice Cornbread Mandarin Oranges Milk Margarine	Sloppy Joe Baked Beans Coleslaw Hamburger Bun Mixed Fruit Crisp Milk
15	16	17	18	19
Salisbury Steak Steamed Rice Harvard Beets 100% Fruit Juice Dinner Roll Shortbread Cookies Milk Margarine	Pork Chop Brown Gravy Mashed Spiced Yams Rosemary Carrots Wheat Bread Seasonal Fruit Chocolate Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Bread Pudding Milk	~Father's Day Meal~ Baked Chicken Poultry Gravy Chunky Potatoes Winter Vegetables Dinner Roll Oatmeal Raisin Cookie Milk Margarine	Closed for Holiday
22	23	24	25	26
Smoked Sausage Red Kidney Beans Parslied Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine	Southern Meatballs Delmonico Potatoes Green Beans Wheat Bread Applesauce Milk Margarine	Picante Chicken Pinto Beans Whole Kernel Corn Flour Tortilla Seasonal Fruit Milk	Sliced Turkey Breast Sliced American Cheese Lettuce Tomato Onion Pickle Coleslaw Wheat Bread Mississippi Mud Pudding Milk Mayonnaise	Chicken & Sausage Jambalaya Parslied Carrots Brussels Sprouts Wheat Bread Birthday Cake Milk Margarine
29	30			
Swiss Steak Whipped Potatoes Glazed Carrots Dinner Roll Diced Pears Milk Margarine	Oven Fried Pork Chop Northern Beans Green Peas Wheat Bread Seasonal Fruit Milk Margarine	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.	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>

Kim Dommert RD, LD

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EATING WELL ON A BUDGET



Eat a nutritious diet and stretch your food dollar with the following money-saving tips.

Plan Ahead

- Cook from scratch when possible. Cooking at home will yield financial and health benefits.
- Budget wisely! Know how much money you have to spend on food.
- Plan meals around items that are on sale and utilize foods you already have on hand first.
- Make a shopping list and stick to it. Avoid shopping when hungry.

Waste Nothing

- Store food right away after you shop to keep it fresh and safe.
- If you buy large amounts of a fresh food, divide, label and store it in your freezer for later use.
- Use foods with the earliest expiration date.
- Learn how to use most of the vegetable or fruit—stems and all!
- Eat your leftovers at lunch or create new meals with leftover ingredients.

Shop Smarter

- Choose store brands or private label brands over national brands.
- Buy shelf-stable items on sale that you use regularly.
- Choose larger sizes of food. Larger packages of food tend to have a lower unit price.
- Check “sell by” or “use by” dates and purchase the freshest food possible.
- When selecting fresh produce, buy in-season and only what you can use before it spoils. Canned and frozen vegetables and fruits can be just as nutritious as fresh and usually cost less.
- Opt for these budget-friendly whole grains: brown rice, whole grain pasta, cereal, crackers and breads, plain oatmeal or popcorn.
- Swap out meat with beans, split peas, lentils and eggs, which cost far less. Select canned tuna, salmon or sardines vs fresh or frozen fillets.
- Skip the cookie and chip aisle. Out of sight, out of mind.
- Drink water instead of soft drinks and other sugary beverages.