



Blueberries are proof that good things come in small packages!

Blueberries are:

- nutrient-dense, meaning they are low in calories and provide many beneficial nutrients.
- one of the richest sources of antioxidants that help protect against disease such as heart disease, diabetes and cancer. The antioxidants found in blueberries may also improve brain function, particularly memory.
- a good source of fiber, providing 14% of your Daily Value in one cup. Fiber promotes a healthy gut and may help manage weight.
- a good source of Vitamin C and manganese. Vitamin C supports growth and development of tissues and promotes wound healing. Manganese contributes to the metabolism of amino acids, carbohydrates, cholesterol, and glucose.

Blueberries make eating right super easy. Simply wash and eat by the handful. Top on your favorite cereal or salad. Fold into muffins, pancakes, breads, hand-made burgers, meatballs or meatloaf. Whip into a smoothie or make a blueberry jam or sauce.

Eat the BeWell Way for Better Health

Blueberries are the perfect symbol for our BeWell wellness platform, which provides an eating pattern that is based on scientific evidence to promote health. Make your own BeWell plate by following the steps below.

- 1.** Make a commitment to eating mostly whole foods vs processed foods, which will automatically limit artificial trans fat consumed.
- 2.** Load your plate with plant-based foods, like vegetables, whole grains, and fruit, which will boost fiber.
- 3.** Add a healthy fat such as walnuts, avocado, or olive oil during food preparation and 2 – 4 oz of lean or plant-based protein like poultry, seafood, legumes, nuts or tofu.
- 4.** Try to include a daily probiotic food like yogurt, kefir, miso, or kimchi.
- 5.** Be mindful of portion size and added salt. Try herbs and spices, like garlic, cumin, cilantro, ginger or fennel to flavor your food instead.
- 6.** Limit added sugar. Opt for fruit as dessert most days of the week. Or try small pieces of health-promoting dark chocolate to satisfy your sweet tooth.

St. Charles AAA

July 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
|  <p>TRIO Community Meals an elior company</p> | <p>Each Meal is Served with 1/2 Pint of 2% Milk</p> | | 1 | 2 |
| | | | <p>Penne Pasta with Meat Sauce Tossed Salad Green Bns/Red Peppers Wheat Bread Apple Cobbler Salad Dressing</p> | <p>Chicken Chef Salad Seasonal Fruit Saltine Crackers Almond Cookie Salad Dressing</p> |
| 5 | 6 | 7 | 8 | 9 |
| <p>CLOSED</p> | <p>Beef Tips Brown Gravy Yams California Blend Vegt Wheat Bread Fruit & Grain Bar</p> | <p>Red Beans & Sausage Brown Rice Orange Juice Spinach Cornbread Fudge Round Margarine</p> | <p>Beef Patty Pepper & Onion Gravy Au Gratin Potatoes Glazed Carrots Wheat Bread Mandarin Oranges Margarine</p> | <p>Hot Dog with Chili Bayou Slaw Fiesta Potatoes Hot Dog Bun Hot Spiced Apples</p> |
| 12 | 13 | 14 | 15 | 16 |
| <p>Swedish Meatballs Smothered Potatoes California Blend Vegt Wheat Bread Raisin Creme Cookie</p> | <p>Sliced Ham with Raisin Sauce Glazed Carrots Green Peas Dinner Roll Fruited Gelatin</p> | <p>Chkn/Sausage Gumbo Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake Ice Cream</p> | <p>Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Pineapple Cobbler Mustard/Ketchup Mayonnaise Chocolate Milk</p> | <p>July Special BBQ Chicken Leg Qrt Baked Beans Capri Blend Vegetables Wheat Bread Seasonal Fruit</p> |
| 19 | 20 | 21 | 22 | 23 |
| <p>Smothered Chicken Garlic Whip Potatoes Blackeyed Peas Wheat Bread Star Crunch</p> | <p>Beef Taco Salad Shredded Cheese Lettuce & Tomato Chuckwagon Corn Tortilla Chips Mixed Fruit Cobbler Taco Sauce Sour Cream</p> | <p>Turkey Breast Brown Gravy Whipped Potatoes Glazed Carrots Wheat Bread Snickerdoodle Bar Margarine</p> | <p>Breakfast Sausage or Ham Grits Cranberry Juice Hot Spiced Apples Biscuit Oatmeal Crème Cookie Margarine/Jelly</p> | <p>Chicken Salad Tossed Salad Pasta Salad Wheat Bread (2) Seasonal Fruit Salad Dressing</p> |
| 26 | 27 | 28 | 29 | 30 |
| <p>King Ranch Chicken Cabbage Green Peas Dinner Roll Oatmeal Creme Pie</p> | <p>Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Tropical Fruit Crisp Mustard/Ketchup Mayonnaise Chocolate Milk</p> | <p>Chicken Fajita Shredded Cheese Ranch Beans Pineapples Flour Tortilla Coconut Cake Sour Cream</p> | <p>Ham & Blackeyed Peas Rice Collard Greens Orange Juice Cornbread Chocolate Chip Creme Margarine</p> | <p>Chicken Chef Salad Seasonal Fruit Saltine Crackers Peanut Butter Bar Salad Dressing</p> |