

St. Charles COA

July 2026



Monday	Tuesday	Wednesday	Thursday	Friday	
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>		1 Turkey Chef Salad Cucumber & Tomato Salad Fruit Salad Saltine Crackers Sugar Cookie Milk Salad Dressing	2 <i>~July 4th Meal~</i> Hot Dog Delmonico Potatoes Glazed Carrots Hot Dog Bun Diced Peaches Milk Mustard/Ketchup	3 <i>Closed for Holiday</i>	
	6 Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Fresh Orange Milk Margarine	7 Sloppy Joe Crispy Cubed Potatoes Spring Vegetables Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup	8 Baked Chicken Breast Poultry Gravy Cabbage Glazed Carrots Whole Wheat Roll Mississippi Mud Pudding Milk Margarine	9 Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Breadstick Tropical Fruit Milk	10 Chicken Fried Steak Country Gravy Parslied Potatoes Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine
	13 Chicken Tenders Lima Beans Parslied Carrots Dinner Roll Mandarin Oranges Chocolate Milk Margarine Ketchup	14 Meatballs & Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Garlic Breadstick Rice Krispie Treat Milk	15 Glazed Ham Mashed Spiced Yams Green Peas w/Peppers Dinner Roll Chocolate Chip Cookie Milk Margarine	16 Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Peach Crisp Milk	17 Pork Roast Brown Gravy Black-Eyed Peas Turnip Greens Cornbread Muffin Seasonal Fruit Milk Margarine
20 Smoked Sausage Red Kidney Beans Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	21 Creole Steak Delmonico Potatoes Garden Vegetables Dinner Roll Pineapple Tidbits Milk Margarine	22 Turkey Chef Salad Green Pea Salad Fruit Salad Saltine Crackers Rice Krispie Treat Milk Salad Dressing	23 Meatballs w/Gravy Garlic Whipped Potatoes Green Beans Whole Wheat Roll Banana Pudding Milk Margarine	24 Ham & White Beans Collard Greens Coleslaw Cornbread Muffin Apple & Blueberry Cobbler Milk Margarine	
27 Krab Cake Macaroni & Cheese Glazed Carrots 100% Fruit Juice Dinner Roll Mixed Fruit Milk Margarine	28 Chicken & Sausage Jambalaya Whole Kernel Corn California Vegetables Wheat Bread Sugar Cookie Milk Margarine	29 Cheese Omelet Sliced Ham O'Brien Potatoes 100% Fruit Juice Biscuit Graham Crackers Milk Margarine	30 Beef Patty Lettuce/Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup	31 <i>~Birthday Meal~</i> Ham & Pinto Beans Steamed Rice Broccoli Florets 100% Fruit Juice Cornbread Birthday Cake Milk Margarine	

Kim Dommert RD, LD



Sipping Smart

THE BUZZ ON COFFEE CONSUMPTION

Coffee, enjoyed hot or cold and brewed from roasted beans, offers more than just great flavor. It contains several key components:

- **Caffeine:** 80–100 mg per 1 cup (8 fl oz) boosts alertness.
- **Antioxidants:** protect cells from damage and reduce inflammation.
- **Key Nutrients:** offer small amounts of potassium, niacin, and magnesium.
- **Water:** contributes to daily fluid needs.

Potential Health Perks

- Moderate coffee intake has been associated with a lower risk of cardiovascular disease, Type 2 diabetes, and Parkinson's disease.
- May enhance focus, alertness, and coordination.
- Can support physical performance, both aerobic endurance and muscular power

Smart Coffee Habits

- **Limit intake** to 3–4 cups per day (~400 mg caffeine).
 - Remember to account for other caffeine sources like tea, soda, and energy drinks.
- **Avoid coffee 6–8 hours before bedtime** to not interfere with sleep quality.



What's in your Cup?

- Choose nonfat, 1% milk, or unsweetened plant-based milk over full fat dairy.
- Skip whipped cream and top with cinnamon or other spices instead.
- Reduce added sugar by choosing unsweetened coffee or opting for half the flavored syrup.
- Watch specialty drinks (mochas, flavored lattes, blended coffees), they can contain meal-level calories with limited nutrition.



Know Your Limit

Coffee can cause unwanted symptoms in some individuals, often when there is too much caffeine consumed.

- Gastrointestinal issues
- Shaking, irritability, increased heart rate or blood pressure
- Headaches, fatigue, or low mood
- Difficulty falling or staying asleep