



St. Charles COA

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	Beef Stroganoff Whole Kernel Corn Green Beans Texas Bread Pineapple Tidbits Milk Margarine	Chicken Tenders Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Chocolate Swirl Pudding Milk Ketchup	Glazed Ham Black-eyed Peas Cabbage Cornbread Rice Krispie Treat Chocolate Milk Margarine	~Lent Meal~ Seafood Fettuccini Cauliflower Parslied Carrots Dinner Roll Oatmeal Raisin Cookie Milk Margarine
9	10	11	12	13
Sloppy Joe Macaroni and Cheese Winter Vegetables 100% Fruit Juice Hamburger Bun Oatmeal Crème Cookie Milk	Pork Chop w/Gravy Whipped Potatoes Sliced Carrots Wheat Bread Mandarin Oranges Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Okra and Tomatoes Potato Salad Saltine Crackers Sugar Cookie Milk	Ham and White Beans Steamed Rice Collard Green 100% Fruit Juice Cornbread Mississippi Mud Pudding Milk Margarine	~Lent Meal~ Shrimp Etouffee Steamed Rice Herbed Green Peas Wheat Bread Chocolate Moon Pie 100% Fruit Juice Milk Margarine
16	17	18	19	20
Smoked Sausage Red Kidney Beans Steamed Rice Brussels Sprouts Wheat Bread Graham Crackers Milk Margarine	Smothered Meatballs Twice Whipped Potatoes Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	BBQ Pork Chop Whipped Sweet Potatoes Cabbage Cornbread Diced Pears Milk Margarine	Beef Patty Ranch Beans Lettuce Tomato Pickle Hamburger Bun Mixed Fruit Crisp Chocolate Milk Ketchup Mustard Mayonnaise	~Lent Meal~ Krab Cake Buttermilk Potatoes Succotash Dinner Roll Chocolate Chip Cookie Milk Ketchup
23	24	25	26	27
Creole Steak Delmonico Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Turkey Stew Steamed Rice Green Beans w/Peppers 100% Fruit Juice Wheat Bread Fudge Crème Cookie Milk Margarine	Spaghetti Sauce w/Meatballs Spaghetti Noodles Broccoli Florets Texas Bread Mixed Fruit 100% Fruit Juice Milk Margarine	Ham and Lima Beans Steamed Rice Mixed Greens 100% Fruit Juice Cornbread Rice Krispie Treat Milk Margarine	~Lent and Birthday Meal~ Shrimp Gumbo Steamed Rice Okra & Tomatoes 100% Fruit Juice Dinner Roll Birthday Cake Milk Margarine
30	31			
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	Beef Stroganoff Whole Kernel Corn Green Beans Texas Bread Pineapple Tidbits Milk Margarine	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.	Menu follows state guidelines for nutrients.	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>

Kim Dommert RD, LD

National Nutrition Month® 2026



Good nutrition fuels your energy and helps you feel your best. With so many food trends, it's easy to be unsure about what's right for you. Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetic Technicians, Registered (NDTRs), can guide you with simple, science-based advice to help you eat well and thrive.

Stick to the Nutrition Basics

Decades of research support these simple, powerful habits.

- **Eat more plant-based foods:** fruits, vegetables, whole grains, beans, nuts, and seeds
- **Include lean proteins:** poultry, fish, eggs, tofu, or beans
- **Choose healthy fats:** olive oil, avocado, nuts, and seeds
- **Add more whole grains:** brown rice, quinoa, whole-wheat pasta, and bread
- **Stay hydrated:** choose water first—try fruit- or veggie-infused for flavor
- **Eat mindfully:** slow down, enjoy your food, and notice when you're hungry or full
- **Move your body:** find ways to be active every day

Navigate through the Noise

Every day, we are overwhelmed with new diet trends, influencer advice, and “miracle” foods. It's easy to feel unsure about what's true, but science gives us clear, consistent guidance for lifelong health.

Watch Out for Red Flags

If something sounds too good to be true, it probably is. Be cautious of nutrition claims that:

- Promise quick fixes or miracle results
- Use fear to get attention
- Rely on influencers instead of experts
- Tell you to cut out entire food groups (unless needed for medical reasons)
- Don't come from credible sources like the CDC, NIH, or peer-reviewed studies

Before You Try a Trend, Ask Yourself

- **What's the evidence?** Look for information backed by multiple research studies—not just social media or one new headline.
- **Who's giving the advice?** RDNs and recognized health organizations use solid science to give practical, realistic guidance.
- **Does it promote balance?** Healthy eating isn't about extremes—it's about variety, moderation, and enjoyment.