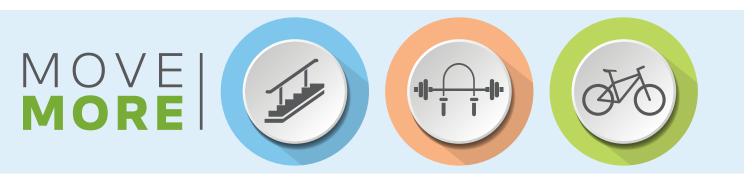
St. Charles COA May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef Patty	Sliced Ham	Chicken Chef Salad
TDIO		Baked Beans	Oven Roasted Potatoes	Cucumber Tomato Salad
TRIO		Lettuce Tomato	Cabbage	Broccoli Raisin Salad
Community Meals		Hamburger Bun	Cornbread	Saltine Crackers
——————————————————————————————————————		Hot Mixed Fruit	Chocolate Pudding	Cinnamon Cake
Nourishment through		Chocolate Milk	Milk	Milk
compassionate care.		Ketchup	Margarine	Salad Dressing
6	7	8	9	10
Smoked Sausage	Chicken Tenders	Bowtie Lasagna	Pork Roast with Gravy	~Mother's Day Meal~
Red Kidney Beans	Garlic Whipped Potatoes	Green Beans	Parslied Rice	Baked Chicken
Parslied Rice	Peas and Carrots	Whole Kernel Corn	Turnip Greens	Poultry Gravy
Spring Vegetable Blend	Wheat Bread	Texas Bread	100% Fruit Juice	Twice Whipped Potatoes
Wheat Bread	Marble Cake	Seasonal Fruit	Cornbread	Broccoli Florets
Seasonal Fruit	Milk	Milk	Fudge Creme Cookie	Texas Bread
Milk	Margarine	Margarine	Milk	Strawberry Cake
Margarine	Ketchup		Margarine	Milk
				Margarine
13	14	15	16	17
Salisbury Beef	Cheese Omelet	Meatballs w/Spaghetti Sauce	Chicken and Sausage Gumbo	Glazed Ham
Brown Gravy	Sausage Patty	Spaghetti Noodles	Steamed Rice	Black-eyed Peas
Northern Beans	O'Brien Potatoes	Green Beans	Potato Salad	Cabbage
Sliced Carrots	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	Cornbread
Wheat Bread	Biscuit	Wheat Bread	Saltine Crackers	Chocolate Swirl Pudding
Seasonal Fruit	Graham Crackers	Seasonal Fruit	Hot Cinnamon Applesauce	Milk
Milk	Milk	Milk	Chocolate Milk	Margarine
Margarine	Margarine	Margarine		
20	21	22	23	24
Smoked Sausage	Baked Meatballs	Taco Meat	Sliced Turkey Breast	~Memorial Day~
Red Kidney Beans	Brown Gravy	Lettuce Tomato	Poultry Gravy	Chili Dog
Parslied Rice	Delmonico Potatoes	Pinto Beans	Ranch Potatoes	Hashbrown Casserole
Broccoli Florets	Green Beans	Whole Kernel Corn	Green Peas	Ranch Beans
Wheat Bread	Wheat Bread	Flour Tortilla	Dinner Roll	Hot Dog Bun
Rice Krispie Treat	Seasonal Fruit	Seasonal Fruit	Mississippi Mud Pudding	Birthday Cake
Milk	Milk	Milk	Milk	Milk
Margarine	Margarine	Taco Sauce	Margarine	Mustard
27	28	29	30	31
	Baked Chicken	Beef Patty	Sliced Ham	Chicken Chef Salad
	Poultry Gravy	Baked Beans	Oven Roasted Potatoes	Cucumber Tomato Salad
Closed for Holiday	Whipped Potatoes	Lettuce Tomato	Cabbage	Broccoli Raisin Salad
	Green Beans	Hamburger Bun	Cornbread	Saltine Crackers
	Wheat Bread	Hot Mixed Fruit	Chocolate Pudding	Cinnamon Cake
	1	Chocolate Milk	Milk	Milk
	Seasonal Fruit	Chocolate Milk	IVIIIK	1411111
	Seasonal Fruit Milk	Ketchup	Margarine	Salad Dressing

Lin Dommest RD, LD



NATIONAL PHYSICAL FITNESS & SPORTS NUTRITION MONTH

Taking part in more movement every day can help you feel your best. Physical activity provides many mental and physical health benefits, such as improving your mood, helping you perform the activities of daily living, and preventing and managing health conditions and diseases. Stay motivated by finding pleasure in the activities you choose to do, by surrounding yourself with other active people, and by tracking your progress through technology like an app or a fitness watch or on a paper calendar.

Physical Activity Guidelines for Adults 65+

- 150 minutes (about 2 and a half hours) or more a week for moderate-intensity activity or a minimum of 75 minutes or more a week of vigorous activity
- · Include the following each week:
 - Muscle-strengthening physical activity at least two days per week involving all the major muscle groups
 - Multi-component activities that include more than one type of physical activity, such as aerobic, muscle strengthening, and balance training. Examples: dancing, yoga, tai chi, gardening, and sports
- If chronic conditions prevent reaching 150 minutes a week of moderate-intensity activity, be as active as your abilities and conditions allow

Moderate vs Vigorous

Be sure to determine the level of effort you may need for a physical activity relative to your fitness level and understand how chronic conditions may affect your ability to do regular physical activity.

Moderate-intensity Activity – A rule of thumb is that you can talk but likely cannot sing. Activities may include walking 2.5 miles per hour or faster, swimming, hiking, kayaking, bicycling slower than 10 miles/hour, yard and home repair, active yoga (Vinyasa or power yoga), tennis (doubles), ballroom or line dancing, and exercise classes like water aerobics.

Vigorous-intensity Activity – It should be difficult to say more than a few words. Activities may include sports, jogging or running, cross-country skiing, swimming, tennis (singles), bicycling faster than 10 miles/hour, heavy yard work (digging or shoveling), hiking uphill, high-intensity interval training (HITT), and some exercise classes (vigorous aerobics or kickboxing).

