



NATIONAL NUTRITION MONTH® 2023

FUEL FOR THE **FUTURE**



Fueling your body with nutrient-dense, sustainable food is important throughout all life stages. Nutrients are critical for living a healthy life. Sustainability is essential to meeting the growing demand for food without compromising adequate food for future generations. Choosing foods that are high in nutrition, but also good for the planet is the key to fueling the future.

CARBOHYDRATES

are essential as an energy source for everything our bodies do – from walking to breathing to thinking and even digesting food.

Best Wellness Choices for Living Sustainably:

Vegetables, fruits, legumes, whole grains and low-fat dairy.

VITAMINS AND MINERALS

are needed for most every bodily process, keep you healthy and prevent disease. *Best Wellness Choices for Living Sustainably:*

Vegetables, fruits, legumes, whole grains, nuts, seeds, low-fat dairy, eggs, and seafood.

PROTEINS

are the building blocks of life and essential for cell and tissue growth. *Best Wellness Choices for Living Sustainably:* Poultry, seafood, low-fat dairy, eggs, tofu, tempeh, legumes, nuts, seeds and quinoa. Choose plant-based proteins more often as they have less impact on the environment.

FIBER is a type of carbohydrate that helps reduce cholesterol, control blood sugar and aid in digestion and gives a feeling of fullness in the stomach. *Best Wellness Choices for Living Sustainably:* Vegetables, fruits, legumes, whole grains, nuts and seeds.

FATS give our body energy, support cell function, help absorb some nutrients and produce important hormones. *Best Wellness Choices for Living Sustainably:* Unsaturated fats from plant sources like those found in oils such as olive, canola, sunflower, and peanut, avocados, nuts and seeds and omega 3 fats from fatty fish like salmon and tuna.

WATER is essential to keeping our bodies working as they should. *Best Wellness Choices for Living Sustainably:* Water is the best choice but use reusable bottles versus single-use plastic water bottles to avoid harmful environmental waste.

St. Charles AAA

March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each Meal is Served with 1/2 Pint of 2% Milk	1 Beef Meat Sauce with Penne Pasta Tossed Salad Italian Vegetables Wheat Bread Apple Cobbler Assorted Dressing Margarine	2 Sliced Ham Raisin Sauce Broccoli & Cauliflower Whipped Potatoes Wheat Bread Fruited Gelatin Margarine	3 Lent Special Shrimp Gumbo Rice Green Beans Cranberry Juice Wheat Bread Peanut Butter Cookie Margarine
		6 Baked Meatballs Brown Gravy Chantilly Potatoes Glazed Carrots Wheat Bread Fudge Round Margarine	7 Red Beans & Sausage Rice Coleslaw Mixed Greens Cornbread Fresh Apple Margarine	8 Hamburger Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Orange Juice Chocolate Milk Mayonnaise Ketchup/Mustard
13 Meatballs Creole Sauce Lima Beans Chuckwagon Corn WG Hot Dog Bun Applesauce	14 Sausage/Pinto Beans Rice Orange Juice Mixed Greens Cornbread Fruit & Grain Bar Margarine	15 Turkey King Ranch Brussels Sprouts Glazed Carrots Wheat Bread Apple Juice Margarine	16 Salisbury Patty Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Chocolate Pudding Margarine	17 Egg Patty(2ea)/Gravy or Sausage/Gravy Grits Cranberry Juice Chantilly Potatoes Biscuit Banana Margarine
20 Turkey & Sausage Jambalaya Cabbage Carrots Wheat Bread Oatmeal Crème Cookie Margarine	21 Ham & White Beans Brown Rice Mixed Greens Orange Juice Cornbread Fig Bar Margarine	22 Chicken and Sausage Gumbo Rice Okra & Tomatoes Potato Salad Saltine Crackers Birthday Cake	23 Hamburger Lettuce/Tomato/Pickle Baked Beans WG Hamburger Bun Mixed Fruit Cobbler Chocolate Milk Mayonnaise Mustard/Ketchup	24 Lent Special Shrimp Etouffee Rice California Vegetables Cranberry Juice Wheat Bread Chocolate Chip Cookie Margarine
27 Chili with Beans Mixed Greens Country Corn Saltine Crackers Applesauce	28 Chicken Parmesan Venetian Vegetables Green Beans Wheat Bread Oatmeal Crème Cookie Margarine	29 Taco with Cheese Lettuce/Tomato Pinto Beans Tortilla Chips Fresh Orange Taco Sauce	30 Ham & Black-eyed Peas Rice Cabbage Apple Juice Cornbread Fresh Fruit Margarine	31 Lent Special Seafood Salad Tossed Salad Pickled Beets Saltine Crackers Snickerdoodle Bar Assorted Dressing