

# St. Charles AAA

## October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>TRIO</b> Community Meals an elior company</p>	<p>Each Meal is Served with 1/2 Pint of 2% Milk</p>		1	2
			<p><b>Beef Macaroni w/Tomato</b> Mixed Vegetables Green Garden Salad Whole Wheat Bread Peach Crisp Salad Dressing</p>	<p><b>BBQ Chicken (Bone-in)</b> Baked Beans Broccoli Whole Wheat Bread Chocolate Chip Cookie</p>
5	6	7	8	9
<p><b>Chicken &amp; Sausage Jambalaya</b> Winter Blend Vegt Candied Swt Potatoes White Bread Variety Moon Pie</p>	<p><b>Beef Tips</b> Brown Rice Spinach Romaine Salad Green Beans /Peppers Whole Wheat Bread Fruit &amp; Grain Bar Ranch Dressing Margarine</p>	<p><b>Ham &amp; Lima Beans</b> Steamed Rice Carrot Raisin Salad Steamed Spinach Cornbread Grape Juice Margarine</p>	<p><b>Chicken ala King</b> Green Peas Normandy Blend Vegt Biscuit Pudding Cup</p>	<p><b>Beef Taco Salad</b> Tomato/ Lettuce Shredded Cheese Pinto Beans Chuckwagon Corn Corn Chips Fresh Banana Sour Cream/Taco Sc</p>
12	13	14 BIRTHDAY SPECIAL	15	16
<p><b>Chicken Breast Fillet w/Honey Mustard Sc</b> Italian Blend Vegt Au Gratin Potatoes Whole Wheat Bread Fresh Orange Margarine</p>	<p><b>Hamburger</b> Baked Beans Lettuce/Tomato/Pickle Hamburger Bun Peach Cobbler Yellow Mustard Ketchup/Mayonnaise Chocoalte Milk</p>	<p><b>Chkn/Sausage Gumbo</b> Steamed Rice Okra &amp; Tomatoes Potato Salad Whole Wheat Bread Birthday Cake Ice Cream</p>	<p><b>Ham w/White Beans</b> Brown Rice Turnip Greens Coleslaw Cornbread LD Fig Bar Margarine</p>	<p><b>Turkey Salad</b> Fresh Orange Lettuce &amp; Tomato Whl Wheat Bread (2) Pumpkin Bar</p>
19	20 BREAKFAST SPCL	21	22	23
<p><b>Meatballs w/Country Gravy</b> Mashed Potatoes Mixed Vegetables Whole Wheat Bread LD Jelly Crème Pie Margarine</p>	<p><b>Breakfast Sausage or Ham</b> Grits Spiced Apple Slices Orange Juice Biscuit Fruit &amp; Grain Bar Jelly/Margarine</p>	<p><b>Red Beans &amp; Sausage</b> Steamed Rice Steamed Spinach Green Garden Salad Cornbread Fresh Orange Salad Dressing Margarine</p>	<p><b>Hot Dog w/Chili</b> Creamed &amp; Whole Kernel Corn Coleslaw Wheat Hot Dog Bun Pear Cobbler</p>	<p><b>Baked Bone-in Chicken W/Brown Gravy</b> Candied Swt Potatoes Normandy Blend Vegt White Dinner Roll Oatmeal Raisin Cookie</p>
26	27	28	29	30 HALLOWEEN SPCL
<p><b>Smothered Chicken w/Brown Gravy</b> Mashed Potatoes Romana Blend Vegt Whole Wheat Bread LD Pumpkin Delight Margarine</p>	<p><b>Black-Eyed Peas w/Sausage</b> Steamed Rice Collard Greens Creamy Cucumbers Cornbread Fresh Fruit Margarine</p>	<p><b>Hamburger</b> Chuckwagon Corn Lettuce/Tomato/Pickle Hamburger Bun Pineapple Cobbler Mayonnaise Ketchup Chocolate Milk</p>	<p><b>Sliced Ham w/Raisin Sauce</b> Smothered Potatoes Buttered Cabbage Whole Wheat Bread Fresh Fruit Margarine</p>	<p><b>Roast Pork w/Gravy</b> Cabbage Apple Juice Macaroni &amp; Cheese Pecan Pie</p>

# BREAST CANCER

AWARENESS MONTH

## KNOW AND UNDERSTAND BREAST CANCER

### RISK FACTORS

- Being a woman
- Aging
- Family history
- Being overweight
- Changes in breast cancer-related genes
- Started menopause after age 55
- Having menstrual period before age 12
- Taking estrogen and progesterone hormones in menopause for more than 5 years
- Never giving birth or being older when first child was born
- Smoking and excessive alcohol consumption

### SIGNS & SYMPTOMS

- New lump or mass in breast or underarm
- Pain, discharge, irritation or dimpling
- Red or flaky skin
- Thickening or swelling
- Any change in size or shape

### SCREENING FOR EARLY DETECTION

Screening options include mammograms, regular self-breast exams, clinical exams and yearly medical check-ups. Women between ages 50–74 should have a mammogram every two years.

## REDUCE YOUR RISK

#### **Limit alcohol and cut out smoking.**

One drink a day for women and two for men.

#### **Maintain a healthy weight.**

Being overweight or obese increases your risk.

#### **Move more.**

Exercise a minimum of 30 minutes per day.

#### **Get your Zs.**

Lack of sleep may increase your risk.

#### **Avoid cancer-causing chemicals.**

They interfere with normal body function.

#### **Eat like a Mediterranean.**

Fill your plate with a variety of vegetables, fruits, grains, legumes, nuts, and olive oil often. Choose fish over red meat.

#### **Limit exposure to radiation.**

Only undergoing medical-imaging tests when absolutely necessary.