



# St. Charles COA

## November 2026

| Monday                                                                                                                                             | Tuesday                                                                                                                          | Wednesday                                                                                                                                                                       | Thursday                                                                                                                                   | Friday                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2                                                                                                                                                  | 3                                                                                                                                | 4                                                                                                                                                                               | 5                                                                                                                                          | 6                                                                                                                                                                     |
| Breakfast Sausage<br>Hashbrown Casserole<br>Grits<br>100% Fruit Juice<br>Biscuit<br>Graham Crackers<br>Milk<br>Margarine   Jelly                   | Beef Chili<br>Parslied Rice<br>Whole Kernel Corn<br>100% Fruit Juice<br>Saltine Crackers<br>Fresh Banana<br>Milk                 | Turkey Breast w/Gravy<br>Whipped Sweet Potatoes<br>Herbed Green Peas<br>Dinner Roll<br>Oatmeal Raisin Cookie<br>Milk<br>Margarine                                               | Potato Crusted Pollock<br>Macaroni & Cheese<br>Glazed Carrots<br>100% Fruit Juice<br>Wheat Bread<br>Seasonal Fruit<br>Milk<br>Tartar Sauce | Turkey Chef Salad<br>Cucumber Salad<br>Coleslaw<br>Saltine Crackers<br>Rice Krispie Treat<br>Milk<br>Salad Dressing                                                   |
| 9                                                                                                                                                  | 10                                                                                                                               | 11                                                                                                                                                                              | 12                                                                                                                                         | 13                                                                                                                                                                    |
| Meatballs w/Gravy<br>Whipped Potatoes<br>Broccoli Florets<br>Dinner Roll<br>Seasonal Fruit<br>Milk<br>Margarine                                    | Shrimp Etouffee<br>Steamed Rice<br>Lima Beans<br>100% Fruit Juice<br>Wheat Bread<br>Mississippi Mud Pudding<br>Milk<br>Margarine | Beef Patty<br>Lettuce   Tomato<br>Baked Beans<br>Hamburger Bun<br>Mixed Fruit Cobbler<br>Chocolate Milk<br>Ketchup   Mustard<br>Mayonnaise                                      | Pork Roast<br>Onion Gravy<br>Cheesy Whipped Potatoes<br>Collard Greens<br>Dinner Roll<br>Vanilla Wafers<br>Milk<br>Margarine               | Chicken & Sausage Jambalaya<br>Mixed Beans<br>Spring Vegetables<br>Wheat Bread<br>Sugar Cookie<br>Milk<br>Margarine                                                   |
| 16                                                                                                                                                 | 17                                                                                                                               | 18                                                                                                                                                                              | 19                                                                                                                                         | 20                                                                                                                                                                    |
| Smoked Sausage<br>Red Kidney Beans<br>Steamed Rice<br>Garden Vegetables<br>Wheat Bread<br>Fresh Banana<br>Milk<br>Margarine                        | Bowtie Lasagna<br>Whole Kernel Corn<br>Glazed Carrots<br>Texas Bread<br>Seasonal Fruit<br>Milk<br>Margarine                      | Potato Crusted Pollock<br>Potato Wedges<br>Coleslaw<br>Hamburger Bun<br>Peach Crisp<br>Milk<br>Tartar Sauce                                                                     | Chicken Cacciatore<br>Penne Noodles<br>Northern Beans<br>100% Fruit Juice<br>Texas Bread<br>Chocolate Moonpie<br>Milk<br>Margarine         | <b>~Birthday Meal~</b><br>Salisbury Beef<br>Garlic Whipped Potatoes<br>Parslied Carrots<br>Dinner Roll<br>Birthday Cake<br>Milk<br>Margarine                          |
| 23                                                                                                                                                 | 24                                                                                                                               | 25                                                                                                                                                                              | 26                                                                                                                                         | 27                                                                                                                                                                    |
| Meatballs w/Spaghetti Sauce<br>Spaghetti Noodles<br>Broccoli Florets<br>100% Fruit Juice<br>Wheat Bread<br>Rice Krispie Treat<br>Milk<br>Margarine | Fajita Chicken<br>Pinto Beans<br>Corn O'Brien<br>Corn Tortilla<br>Seasonal Fruit<br>Chocolate Milk<br>Taco Sauce<br>Sour Cream   | <b>~Thanksgiving Meal~</b><br>Herbed Turkey Breast w/Gravy<br>Cornbread Dressing<br>Green Bean Casserole<br>100% Fruit Juice<br>Dinner Roll<br>Pumpkin Bar<br>Milk<br>Margarine | <b>Closed for Holiday</b>                                                                                                                  | <b>Closed for Holiday</b>                                                                                                                                             |
| 30                                                                                                                                                 |                                                                                                                                  |                                                                                                                                                                                 |                                                                                                                                            |                                                                                                                                                                       |
| Breakfast Sausage<br>Hashbrown Casserole<br>Grits<br>100% Fruit Juice<br>Biscuit<br>Graham Crackers<br>Milk<br>Margarine   Jelly                   |                                                                                                                                  |                                                                                                                                                                                 | Menu follows state<br>guidelines for nutrients                                                                                             | <br><b>TRIO</b><br>Community Meals<br>Nourishment through<br>compassionate care. |

*Courtney Steibel, RD, LD*  
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# THE FACTS ON FATS

## SATURATED FATS EDITION



Fat is an important nutrient that gives your body energy, helps your brain work, and supports growth and development. Some types of fat are healthier choices than others.

### What is Saturated Fat?

Saturated fat is a type of fat found in foods such as butter, cheese, whole milk, fatty meats, and some fried or packaged foods. Eating too much saturated fat over time may not be good for heart health, so it's important to balance these foods with healthier fat choices.

#### Common Sources of Saturated Fat:

butter, whole milk and full-fat dairy products, cheese, ice cream, bacon and sausage, fried foods, some packaged snacks and baked goods, coconut oil.

#### Healthier Fat Sources (Unsaturated Fat):

fish (such as salmon, tuna, and trout), avocados, nuts and seeds, oils (such as olive, canola, sunflower and soybean).

#### Dietary Guidelines for Americans

Should not exceed **10%** of total daily calories.

#### American Heart Association

Aim for less than **6%** of total daily calories from saturated fats.

### Tips for a Balanced Diet



**Choose** grilled or baked foods more often, instead of fried foods



**Read nutrition labels**—a daily value of **5% or less** is low in sat fat



**Try lower-fat** or reduced-fat dairy products



**Add more** fruits, vegetables, and whole grains to meals



**Practice moderation**—balance is important

### The Bottom Line

Saturated fat can be part of a healthy diet when included in moderation but choosing unsaturated fats most often can help support long-term health.