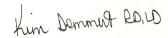


St. Charles COA November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Breakfast Sausage	Beef Chili	Turkey Breast w/Gravy	Potato Crusted Pollock	Chicken Chef Salad
Hashbrown Casserole	Parslied Rice	Lima Beans	Macaroni & Cheese	Cucumber Salad
Grits	Whole Kernel Corn	Brussels Sprouts	Glazed Carrots	Coleslaw
100% Fruit Juice	100% Fruit Juice	Dinner Roll	100% Fruit Juice	Saltine Crackers
Biscuit	Saltine Crackers	Banana Moon Pie	Wheat Bread	Fudge Creme Cookie
Graham Crackers	Seasonal Fruit	Milk	Mandarin Oranges	Milk
Milk	Milk	Margarine	Milk	Salad Dressing
Margarine Jelly	TVIIIK	Widigariic	Tartar Sauce	Salad Di essilig
10	11	12	13	14
Salisbury Beef	Shrimp Etouffee	Beef Patty	Pork Roast	~Birthday Meal~
Garlic Whipped Potatoes	Steamed Rice	Lettuce Tomato	Onion Gravy	Chicken & Sausage Jambalaya
Parslied Carrots		Baked Beans	Cheesy Whipped Potatoes	Mixed Beans
Dinner Roll	Green Peas w/Peppers		Collard Greens	
	100% Fruit Juice	Hamburger Bun		Spring Vegetables
Seasonal Fruit	Wheat Bread	Pineapple Cobbler	Dinner Roll	Wheat Bread
Milk	Marble Pudding	Chocolate Milk	Vanilla Wafers	Birthday Cake
Margarine	Milk	Ketchup	Milk	Milk
	Margarine		Margarine	Margarine
17	18	-	20	21
Smoked Sausage	Bowtie Lasagna	Meatballs w/Gravy	Chicken Cacciatore	Turkey Burger
Red Kidney Beans	Whole Kernel Corn	Whipped Potatoes	Penne Noodles	Lettuce Tomato Onion
Steamed Rice	Glazed Carrots	Green Peas	Northern Beans	Sweet Potato Wedges
Garden Vegetables	Texas Bread	Wheat Bread	100% Fruit Juice	Hamburger Bun
Wheat Bread	Seasonal Fruit	Mississippi Mud Pudding	Wheat Bread	Tropical Fruit Crisp
Seasonal Fruit	Milk	Milk	Chocolate Moon Pie	Milk
Milk	Margarine	Margarine	Milk	Mayonnaise
Margarine			Margarine	
24	25	26	27	28
Meatballs w/Spaghetti Sauce	Fajita Chicken	~Thanksgiving Meal~		
Spaghetti Noodles	Pinto Beans	Herbed Turkey Breast w/Gravy	Closed for Holiday	Closed for Holiday
Broccoli Florets	Corn O'Brien	Cornbread Dressing		
100% Fruit Juice	Corn Tortilla	Green Bean Casserole		
Wheat Bread	Seasonal Fruit	Cranberry Juice		
Rice Krispie Treat	Chocolate Milk	Dinner Roll		
Milk	Taco Sauce	Pumpkin Bar		
Margarine	Sour Cream	Milk		
3		Margarine		
		8		
			Danie fallanna atata	
			Menu follows state	TDIO
			guidelines for nutrients.	TRIO
				Community Meals
				Nourishment through compassionate care.
				compassionate tore.





As we age, keeping bones strong becomes more important. Bone loss speeds up—especially for women after menopause—and can lead to fractures and osteoporosis. But there's good news: healthy food, daily movement, and simple habits can help protect your bones at any age.

Bone-Loving Nutrients at a Glance

Nutrient	What it Does	Best Food Sources	
Calcium	Builds and maintains bone strength	Milk, yogurt, cheese, leafy greens, tofu, fortified drinks	
Vitamin D	Helps the body absorb calcium	Sunlight, fatty fish, eggs, fortified milk	
Magnesium	Helps activate vitamin D	Whole grains, nuts, beans, leafy greens	
Zinc	Supports bone-building cells	Meat, seeds, whole grains, seafood	
Vitamin K2	Helps bind calcium in bones	Cheese, eggs, fermented foods	
Protein	Builds and repairs tissue	Eggs, dairy, poultry, fish, beans	
Collagen	Gives structure to bones	Bone broth, collagen supplements, protein + vitamin C	
Vitamin C	Helps make collagen	Citrus, berries, bell peppers, tomatoes	

Habits Your Bones Will Love

- Move daily against gravity walking, dancing, or climbing stairs all help.
- Strength train 2–3 times/week using light weights or bands.
- Practice balance try chair yoga, tai chi, or standing heel raises
- Avoid smoking it weakens your bones.
- Limit alcohol, salt, and caffeine too much can weaken bones.
- Work with a trainer or physical therapist to stay safe and build strength.

Bone Boosting Nutrition Tips

- ✓ Eat 3 servings of calcium-rich foods each day
- ✓ Include protein with meals (meat, dairy, beans, tofu)
- Get vitamin D from sunshine or fortified foods
- ✓ Add foods rich in magnesium, zinc, K2, and vitamin C
- Drink water instead of soda or sugary drinks

