



St. Charles COA

November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Breakfast Sausage Hashbrown Casserole Grits 100% Fruit Juice Biscuit Graham Crackers Milk Margarine Jelly	Beef Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Banana Moon Pie Milk Margarine	Potato Crusted Pollock Macaroni & Cheese Glazed Carrots 100% Fruit Juice Wheat Bread Mandarin Oranges Milk Tartar Sauce	Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Salad Dressing
10	11	12	13	14
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Shrimp Etouffee Steamed Rice Green Peas w/Peppers 100% Fruit Juice Wheat Bread Marble Pudding Milk Margarine	Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Pineapple Cobbler Chocolate Milk Ketchup	Pork Roast Onion Gravy Cheesy Whipped Potatoes Collard Greens Dinner Roll Vanilla Wafers Milk Margarine	~Birthday Meal~ Chicken & Sausage Jambalaya Mixed Beans Spring Vegetables Wheat Bread Birthday Cake Milk Margarine
17	18	19	20	21
Smoked Sausage Red Kidney Beans Steamed Rice Garden Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	Meatballs w/Gravy Whipped Potatoes Green Peas Wheat Bread Mississippi Mud Pudding Milk Margarine	Chicken Cacciatore Penne Noodles Northern Beans 100% Fruit Juice Wheat Bread Chocolate Moon Pie Milk Margarine	Turkey Burger Lettuce Tomato Onion Sweet Potato Wedges Hamburger Bun Tropical Fruit Crisp Milk Mayonnaise
24	25	26	27	28
Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce Sour Cream	~Thanksgiving Meal~ Herbed Turkey Breast w/Gravy Cornbread Dressing Green Bean Casserole Cranberry Juice Dinner Roll Pumpkin Bar Milk Margarine	Closed for Holiday	Closed for Holiday
			Menu follows state guidelines for nutrients.	 TRIO Community Meals Nourishment through compassionate care.

Kim Dommert RD, LD

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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