

# St. Charles COA

## November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Menu follows state guidelines for nutrients.</b>			1 Glazed Ham Black-eyed Peas Cabbage Cornbread Banana Pudding Milk Margarine
				8 Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Ranch Dressing - 2
4 Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine	5 Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	6 Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Devil's Food Cake Milk Margarine	7 Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	15 Chicken/Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Lemon Cake Milk Margarine
11 Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	12 Chicken & Rice Casserole Summer Vegetables Green Peas w/Peppers Wheat Bread Oatmeal Creme Cookie Milk Margarine	13 Beef Patty Lettuce   Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup	14 Pork Roast Onion Gravy Chunky Potatoes Garden Vegetables Dinner Roll Marble Pudding Milk Margarine	
18 Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine	19 Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	20 BBQ Riblet Baked Sweet Potato Green Beans Dinner Roll Mississippi Mud Pudding Milk Margarine	21 Oven Fried Chicken Steamed Rice Northern Beans 100% Fruit Juice Dinner Roll Strawberry Cake Milk Margarine	22 <b>~Birthday Celebration~</b> Meatballs w/Gravy Ranch Potatoes Green Peas Wheat Bread Birthday Cake Milk Margarine
25 Meatballs/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	26 Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce	27 <b>~Thanksgiving Meal~</b> Turkey w/Gravy Cornbread Dressing Green Beans Dinner Roll Spice Cake 100% Fruit Juice Milk Margarine	28 <b>Closed for Holiday</b>	29 <b>Closed for Holiday</b>

*Kim Dommert RD, LD*

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# BOOST YOUR GUT HEALTH

Boosting gut health improves digestion, enhances immunity, and supports better overall physical and mental health. A balanced diet and lifestyle are key to maintaining a healthy gut microbiome. Here are five tips to help improve your gut health:

1. **Add Variety.** Eating a variety of foods from different food groups helps to diversify the healthy bacteria in your gut. Make sure to eat a rainbow of colors by adding different fruits and vegetables and add more whole grains, legumes, nuts, and seeds to your diet.
2. **Eat More Probiotics.** Probiotics are a bacteria that can enhance gut health. They can be found in fermented foods, such as yogurt, kefir, sauerkraut, kimchi, miso, and kombucha.
3. **Add More Prebiotics.** Prebiotics are a type of fiber that enhance gut health by promoting the growth and activity of beneficial bacteria. Good sources: apples, bananas, berries, onions, asparagus, whole grains, chickpeas, flaxseeds, and chia seeds.
4. **Stay Hydrated.** Drinking plenty of water can help maintain a healthy mucosal lining in the intestines and support the balance of beneficial bacteria. Aim for at least 8 glasses of water a day, more if you are active or live in a hot climate.
5. **Increase Fiber-Rich Foods.** Fiber benefits include proper digestion and absorption of nutrients. Add more fiber-rich foods to your diet like vegetables, legumes, fruits, whole grain breads and cereals, nuts, and seeds.

## What to Look for in a Healthy Yogurt

The yogurt aisle can be overwhelming with so many different choices and not all yogurts are created equal. Here are some tips for selecting the best one:

- **Live and Active Cultures** – Look for labels that mention “live and active cultures” or specific probiotic strains like Lactobacillus and Bifidobacterium.
- **Low Added Sugars** – Choose plain or low-sugar options and sweeten naturally with fresh fruit or a small amount of honey or maple syrup.
- **High Protein Content** – Greek yogurt is a great option as it typically contains more protein than regular yogurt.
- **Non-Dairy Alternatives** – If you choose non-dairy alternatives, ensure that they are fortified with calcium and vitamin D, contain live cultures, and are low in added sugars.

