

St. Charles COA

November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Barbecue Chicken Lettuce Tomato Ranch Beans Hamburger Bun Mixed Fruit Crisp Chocolate Milk	Glazed Ham Black-eyed Peas Cabbage Cornbread White Cake Milk Margarine	Chicken/Sausage Gumbo Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk
6	7	8	9	10
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine	Chili Parslied Rice Mixed Vegetables 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	Oven Fried Chicken Mashed Red Potatoes Whole Kernel Corn Dinner Roll Mixed Fruit Milk Margarine	Meatloaf Brown Gravy Whipped Potatoes Green Beans Wheat Bread Devil's Food Cake Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Green Pea Salad Saltine Crackers Seasonal Fruit Milk Salad Dressing Margarine
13	14	15	16	17
Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken Rice Casserole Summer Vegetable Blend Green Peas w/Peppers Wheat Bread Oatmeal Creme Cookie Milk Margarine	Beef Patty Lettuce Tomato Pickle Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup	Pork Roast Onion Gravy Chunky Potatoes Garden Vegetable Blend Dinner Roll Marble Pudding Milk Margarine	~Birthday Celebration~ Chicken and Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Birthday Cake Milk Margarine
20	21	22	23	24
Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	~Thanksgiving Meal~ Turkey Breast with Gravy Cornbread Dressing Green Beans Cranberry Juice Dinner Roll Spice Cake Milk Margarine	Closed for Holiday	Closed for Holiday
27	28	29	30	
Beef Patty Onion Gravy Ranch Potatoes Spinach Dinner Roll Seasonal Fruit Milk Margarine	Meatballs and Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	Barbecue Chicken Lettuce Tomato Ranch Beans Hamburger Bun Mixed Fruit Crisp Chocolate Milk	Glazed Ham Black-eyed Peas Cabbage Cornbread White Cake Milk Margarine	

Kim Dommert RD, LD

MAKE THE MOST OUT OF YOUR MEALS

CHOOSE NUTRIENT-DENSE FOODS

Nutrient-Dense Foods Explained

“Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium.” (Dietary Guidelines for Americans, 2020).

Fill Your Plate with Nutrient-Dense Choices

Vegetables & Fruits: fresh, frozen, low sodium canned

Whole Grains: oats, rice, ancient grains (like quinoa and barley), pasta, bread

Lean Animal or Plant-based Proteins: seafood, fish, poultry, eggs, legumes, nuts, seeds, tofu, tempeh

Nuts and Seeds: tree nuts, peanuts, all seeds (like sunflower, pumpkin and chia)

Beans, Peas, and Lentils: all beans, split peas, lentils

Fat-free and Low-fat Dairy or Plant-based Alternatives: unsweetened milk, low-sugar yogurt, cheese

Benefits of Eating Nutrient-Dense Foods

- **FUEL.** Instead of receiving a boost of energy and crashing after a meal, nutrient-dense foods provide sustained energy, powering us through our day.
- **SATISFACTION.** Nutrient-dense foods make us more satisfied and comfortably full instead of thinking about our next meal.
- **DISEASE PREVENTION.** Nutrient-dense foods may decrease the risk of various health conditions and diseases including heart disease, obesity, and cancer.

Quick Guide for Choosing More Nutrient-Dense Foods

Nutrient-dense foods such as oatmeal, yogurt, and trail mix can quickly lose their nutrient-dense value when food companies add other ingredients. To avoid being fooled, be sure to read the nutrition facts label. The Percent Daily Value (%DV) for each nutrient provides quick insight to help you determine if a serving of food is high or low in a nutrient.

5% DV or less of a nutrient per serving is considered **low**. Choose foods **lower in %DV** for saturated fat, sodium, and added sugars

20% DV or more of a nutrient per serving is considered **high**. Choose foods **higher in %DV** for dietary fiber, vitamin D, calcium, iron, and potassium

