

St. Charles COA

October 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	Menu follows state guidelines for nutrients		1	2
			Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Breadstick Tropical Fruit Milk	Chicken Fried Steak Country Gravy Parslied Potatoes Broccoli Florets Wheat Bread Seasonal Fruit Milk
5	6	7	8	9
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 Fresh Banana Milk	Turkey Breast w/Gravy Whipped Sweet Potatoes Herbed Green Peas Dinner Roll Oatmeal Raisin Cookie Milk Margarine	Potato Crusted Pollock Macaroni & Cheese Glazed Carrots 100% Fruit Juice Wheat Bread Seasonal Fruit Milk Tartar Sauce	Turkey Chef Salad Cucumber Salad Coleslaw Saltine Crackers Rice Krispie Treat Milk Salad Dressing
12	13	14	15	16
Meatballs w/Gravy Whipped Potatoes Broccoli Florets Dinner Roll Seasonal Fruit Milk Margarine	Shrimp Etouffee Steamed Rice Lima Beans 100% Fruit Juice Wheat Bread Mississippi Mud Pudding Milk Margarine	Beef Patty Lettuce Tomato Baked Beans Hamburger Bun Mixed Fruit Cobbler Chocolate Milk Ketchup Mustard Mayonnaise	Pork Roast Onion Gravy Cheesy Whipped Potatoes Collard Greens Dinner Roll Vanilla Wafers Milk Margarine	Chicken & Sausage Jambalaya Mixed Beans Spring Vegetables Wheat Bread Sugar Cookie Milk Margarine
19	20	21	22	23
Smoked Sausage Red Kidney Beans Steamed Rice Garden Vegetables Wheat Bread Fresh Banana Milk Margarine	Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	Potato Crusted Pollock Potato Wedges Coleslaw Hamburger Bun Peach Crisp Milk Tartar Sauce	Chicken Cacciatore Penne Noodles Northern Beans 100% Fruit Juice Texas Bread Chocolate Moonpie Milk Margarine	~Birthday Meal~ Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Birthday Cake Milk Margarine
26	27	28	29	30
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	Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Bread Pudding Milk	Sliced Ham Swiss Cheese Lettuce Tomato Onion Pickle California Salad Wheat Bread (2 sl) Banana Pudding Milk Mayonnaise Mustard	~Halloween Meal~ Beef Frank Tater Tots Baked Beans Hot Dog Bun Seasonal Fruit Milk Ketchup Mustard

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PROTEIN



BUILDING BLOCKS FOR LIFE

Protein is one of the three macronutrients, along with fats and carbohydrates, that helps your body function properly.

Why is Protein Important?

- Building blocks for bones, muscles, cartilage, skin, and blood
- Produces antibodies to help fight infection
- Creates enzymes and hormones that regulate body functions
- Maintains proper pH and fluid balance
- Stabilizes blood sugar when paired with carbs and fats
- Helps you feel full and satisfied after meals and snacks

How Much Protein Do You Need?

Protein needs vary. Active individuals and older adults often need more protein, while sedentary adults typically need less. If following a plant-based diet, be mindful of meeting your needs.

Good Sources of Protein

ANIMAL

- Fish and seafood
- Meat and poultry
- Eggs
- Milk, yogurt, and cheese

PLANT

- Beans, peas, and lentils
- Nuts, nut butters, seeds
- Soy food, such as tofu, tempeh, and edamame
- Quinoa and other whole grains



Smart Protein Tips

- Start the day with protein-rich breakfast options
- Add protein to snacks
- Prioritize protein after physical activity
- Spread throughout the day instead of eating it all at one meal
- Combine protein with fiber for better fullness