

# St. Charles COA

## October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu follows state guidelines for nutrients.</b>	1 Meatballs/Spaghetti Sauce Spaghetti Noodles Green Beans Texas Bread Rice Krispie Treat 100% Fruit Juice Milk Margarine	2 Oven Fried Chicken Cheesy Whipped Potatoes Brussels Sprouts Wheat Bread Cinnamon Applesauce Milk Margarine	3 Chicken/Sausage Gumbo Steamed Rice Whole Kernel Corn Saltine Crackers Sugar Cookie 100% Fruit Juice Chocolate Milk Margarine	4 Pork Roast Brown Gravy Black-eyed Peas Mixed Greens Cornbread Seasonal Fruit Milk Margarine
7 Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Graham Crackers Milk Margarine	8 Chili Parslied Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Seasonal Fruit Milk	9 Turkey Breast w/Gravy Lima Beans Brussels Sprouts Dinner Roll Devil's Food Cake Milk Margarine	10 Meatloaf Brown Gravy Ranch Potatoes Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	11 Chicken Chef Salad Cucumber Salad Coleslaw Saltine Crackers Fudge Creme Cookie Milk Ranch Dressing - 2
14 Salisbury Beef Garlic Whipped Potatoes Parslied Carrots Dinner Roll Seasonal Fruit Milk Margarine	15 Chicken & Rice Casserole Summer Vegetables Green Peas w/Peppers Wheat Bread Oatmeal Creme Cookie Milk Margarine	16 Beef Patty Lettuce   Tomato Baked Beans Hamburger Bun Hot Rosy Applesauce Chocolate Milk Ketchup	17 Pork Roast Onion Gravy Chunky Potatoes Garden Vegetables Dinner Roll Marble Pudding Milk Margarine	18 Chicken/Sausage Jambalaya Corn O'Brien Green Beans Wheat Bread Lemon Cake Milk Margarine
21 Smoked Sausage Red Kidney Beans Steamed Rice Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine	22 Bowtie Lasagna Whole Kernel Corn Glazed Carrots Texas Bread Seasonal Fruit Milk Margarine	23 BBQ Riblet Baked Sweet Potato Green Beans Dinner Roll Mississippi Mud Pudding Milk Margarine	24 Oven Fried Chicken Steamed Rice Northern Beans 100% Fruit Juice Dinner Roll Strawberry Cake Milk Margarine	25 <b>~Birthday Celebration~</b> Meatballs w/Gravy Ranch Potatoes Green Peas Wheat Bread Birthday Cake Milk Margarine
28 Meatballs/Spaghetti Sauce Spaghetti Noodles Broccoli Florets 100% Fruit Juice Wheat Bread Rice Krispie Treat Milk Margarine	29 Fajita Chicken Pinto Beans Corn O'Brien Corn Tortilla Seasonal Fruit Chocolate Milk Taco Sauce	30 Chicken/Sausage Gumbo Parslied Rice Sliced Carrots 100% Fruit Juice Saltine Crackers Orange Cake Milk	31 <b>~Halloween Meal~</b> Beef Frank Tater Tots Baked Beans Hot Dog Bun Seasonal Fruit Milk Ketchup   Mustard	 <b>TRIO</b> Community Meals <b>Nourishment through compassionate care.</b>

*Kim Dommert RD, LD*

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# FUNCTIONAL FOODS: ENHANCE YOUR MEALS

## What are Functional Foods?

While functional foods do not have a legal definition, the Academy of Nutrition and Dietetics states “functional foods, including whole foods and fortified, enriched, or enhanced foods, have a potentially beneficial effect on health when consumed as part of a varied diet on a regular basis, at effective levels.” Simply put, functional foods are foods that provide health benefits beyond basic nutrition when consumed as part of a varied diet.

## Types of Functional Foods

- **Whole Foods:** Naturally occurring foods that have health-promoting properties. Examples: Fruits, vegetables, nuts, seeds, legumes, whole grains, and fish
- **Fortified Foods:** Foods that have nutrients added to them that were not originally present. Examples: Fortified cereals, milk with added vitamin D, and orange juice with added calcium
- **Enriched Foods:** Foods that have nutrients added back that were lost during processing. Examples: Enriched flour, bread, pasta with added B vitamins and iron
- **Enhanced Foods:** Foods that have been altered to contain higher levels of nutrients or beneficial compounds. Examples: Eggs with higher omega-3 content and yogurt with added probiotics

## Benefits of Functional Foods

- Enhance nutrient intake
- Support immune function
- Improve heart health and gut health
- Reduce the risk of chronic disease and cancer
- Provide essential nutrients that may be lacking

## Drawbacks of Functional Foods

- Over-reliance and neglect of a balanced diet
- Costly
- Limited long-term scientific evidence
- Misleading marketing and health claims
- No legal definition so regulation may be variable

## Bottom Line

While there is promising research and known health benefits of functional foods and beverages, it is important to approach them with a balanced perspective. They should complement, not replace, a varied, well-rounded diet. Discussions around functional foods and beverages will continue to grow with updated research.