



St. Charles COA

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Closed for Holiday	Sloppy Joe Mashed Red Potatoes Spring Vegetables Hamburger Bun White Cake Milk Margarine	Baked Chicken Breast Poultry Gravy Cabbage Glazed Carrots Dinner Roll Mississippi Mud Pudding Milk Margarine	Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Texas Bread Applesauce Milk	~Summer Grill~ Cheeseburger Baked Beans Coleslaw Hamburger Bun Mixed Fruit Cobbler Milk Ketchup
8	9	10	11	12
Chicken Tenders Lima Beans Parslied Carrots Dinner Roll Mandarin Oranges Milk Ketchup	Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Breadstick Rice Krispie Treat Milk	Glazed Ham Cheesy Whipped Potatoes Broccoli Florets Dinner Roll Carrot Cake Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Whole Kernel Corn 100% Fruit Juice Saltine Crackers Banana Moon Pie Chocolate Milk Margarine	Pork Roast Brown Gravy Black-eyed Peas Mixed Greens Cornbread Seasonal Fruit Milk Margarine
15	16	17	18	19
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	Hamburger Steak Brown Gravy Delmonico Potatoes Garden Vegetables Dinner Roll Pineapple Tidbits Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Fruit Salad Saltine Crackers Marble Cake Milk Salad Dressing	Smothered Meatballs Garlic Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Ham & White Beans Whole Kernel Corn Cabbage Texas Bread Fudge Cream Cookie Milk Margarine
22	23	24	25	26
Meatloaf Tomato Gravy Whipped Potatoes Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken & Sausage Jambalaya Whole Kernel Corn Brussels Sprouts Wheat Bread Spice Cake Milk Margarine	Cheese Omelet Sliced Ham O'Brien Potatoes 100% Fruit Juice Biscuit Graham Crackers Milk Margarine	Beef Patty Lettuce Tomato Ranch Beans Hamburger Bun Hot Mixed Fruit Chocolate Milk Ketchup	~Birthday Meal~ Baked Chicken w/Gravy Ranch Potatoes Green Beans Wheat Bread Birthday Cake Milk Margarine
29	30			
Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Seasonal Fruit Milk Margarine	Sloppy Joe Mashed Red Potatoes Spring Vegetables Hamburger Bun White Cake Milk Margarine		Menu follows state guidelines for nutrients.	 TRIO Community Meals Nourishment through compassionate care.

Kim Dommert RD, LD



FROM

Plate TO Pillow

Nutrition Tips
for Deeper Sleep

A good night's sleep is essential for brain function, mood, and immune health, but 1 in 3 adults do not get enough. Eating the right nutrients and making small changes to your routine can help improve sleep quality.

Sleep-Supporting Foods

Best Food Sources	Beneficial Compound
Kiwi fruit, tart cherries, dark chocolate, walnuts, almond, blueberries, goji berries, spinach, kale, avocado, sweet potatoes, pumpkin seeds	Antioxidants
Dairy and dairy alternatives, leafy greens, almonds, tofu	Calcium
Pumpkin seeds, almonds, spinach, bananas, whole grains	Magnesium
Tart cherries, goji berries, eggs, milk, pistachios, walnuts, almonds, cashews, grapes, tomatoes, brown rice, mushrooms oatmeal, legumes, salmon, sardines	Melatonin
Fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, walnuts	Omega-3 Fatty Acids
Turkey, chicken, fish, eggs, dairy, nuts, seeds, cheese, tofu, bananas, spinach, dark chocolate, whole grains	Tryptophan
Chickpeas, lentils, salmon, tuna, chicken, turkey, beef, eggs, milk, bananas, potatoes, avocados, spinach, carrots, oats, fortified cereals, brown rice, sunflower seeds, pistachios	Vitamin B6
UV-exposed mushrooms, fortified dairy and dairy alternatives, fatty fish, egg yolks, beef liver, fortified orange juice	Vitamin D

Sleep-Disrupting Foods and Drinks

- Caffeine (coffee, soda, chocolate)
- Alcohol
- Refined grains (white bread, pasta)
- High-sugar, processed foods

Sleep-Friendly Eating Habits

- Stick to consistent meal timing
- Keep dinner light
- Try calming herbal teas
- Choose a sleep-friendly snack

Sleep-Supporting Snack Ideas

Banana + almond butter | Warm milk + cinnamon | Greek yogurt with + walnuts
Kiwi + handful of almonds | Oatmeal + flaxseeds + berries | Tart cherry juice + pistachios