

# St. Charles COA

## September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Closed for Holiday</b>	Meatballs/Spaghetti Sauce Spaghetti Noodles Green Beans Texas Bread Rice Krispie Treat 100% Fruit Juice Milk Margarine	Oven Fried Chicken Cheesy Whipped Potatoes Brussels Sprouts Wheat Bread Cinnamon Applesauce Milk Margarine	Chicken/Sausage Gumbo Steamed Rice Whole Kernel Corn Saltine Crackers Sugar Cookie 100% Fruit Juice Chocolate Milk Margarine	Pork Roast Brown Gravy Black-eyed Peas Mixed Greens Cornbread Seasonal Fruit Milk Margarine
9	10	11	12	13
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	Creole Steak Delmonico Potatoes Garden Vegetable Blend Dinner Roll Pineapple Tidbits Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Fruit Salad Saltine Crackers Marble Cake Milk Salad Dressing - 2	Meatballs w/Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Ham and White Beans Whole Kernel Corn Cabbage Texas Bread Fudge Creme Cookie Milk Margarine
16	17	18	19	20
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 Biscuit Graham Crackers 100% Fruit Juice Milk Margarine	Beef Patty Lettuce   Tomato Ranch Beans Hamburger Bun Hot Spiced Fruit Chocolate Milk Mustard Ketchup	Smothered Chicken Ranch Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine
23	24	25	26	27
Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Seasonal Fruit Milk Margarine	Salisbury Steak Mashed Red Potatoes Spring Vegetable Blend Wheat Bread White Cake Milk Margarine	Baked Chicken Poultry Gravy Cabbage Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine	Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Texas Bread Mississippi Mud Pudding Milk Margarine	<b>~ Birthday Celebration ~</b> Barbecue Riblet Baked Beans Broccoli Florets Hamburger Bun Birthday Cake Milk
30				
Chicken Tenders Lima Beans Parslied Carrots Wheat Bread Seasonal Fruit Milk Ketchup				 <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p>

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Brighten your plate with fruits and veggies! Fruits and vegetables contain key nutrients that provide numerous health benefits. The more variety of colorful fruits and vegetables that you can add to your plate every day, the better. According to the Dietary Guidelines for Americans 2020-2025, adults should consume 2-3 cups of vegetables and 1½-2 cups of fruit daily. There are many different flavors and textures to explore. Check out the different color groups and some of their unique nutrition attributes below.

<b>BLUE &amp; PURPLE:</b>	<p>Full of powerful antioxidants called anthocyanins that support the immune system and memory function and help reduce the risk of heart disease and gastrointestinal tract cancers.</p> <p><i>Examples – Blackberries, Elderberries, Grapes, Eggplant, Figs, Purple Cabbage, Plums</i></p>
<b>GREEN:</b>	<p>Rich in cancer-blocking chemicals that inhibit the action of harmful cancer-causing compounds called carcinogens. Contain calcium, magnesium and potassium, which help maintain strong bones and teeth. Packed with fiber to promote digestive health.</p> <p><i>Examples – Kale, Avocados, Asparagus, Kiwi, Brussels Sprouts, Broccoli, Artichokes</i></p>
<b>PINK &amp; RED:</b>	<p>Rich in vitamin C, vitamin A, potassium, and antioxidants, which support the body cells from damage that occurs with day-to-day living. These nutrients have been shown to help prevent cancer, fight chronic illnesses, and strengthen the immune system.</p> <p><i>Examples – Strawberries, Raspberries, Tomatoes, Cherries, Beets, Red Peppers, Red Onions</i></p>
<b>ORANGE &amp; YELLOW:</b>	<p>Loaded with immune-supporting vitamin A, which also helps to protect our eyes, skin, and heart. Many also have high levels of vitamin C, potassium, and vitamin K.</p> <p><i>Examples – Carrots, Sweet Potatoes, Oranges, Pineapple, Mango, Apricots, Peaches, Corn</i></p>
<b>WHITE &amp; BROWN:</b>	<p>Rich in soluble fiber that helps control cholesterol levels, promotes a healthy digestive tract and metabolism, and helps regulate blood sugar.</p> <p><i>Examples – Onions, Cauliflower, Garlic, Leeks, Mushrooms, Parsnips, Potatoes</i></p>