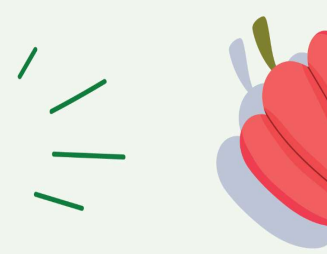




St. Charles COA

May 2025



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| | | | 1 | 2 |
| | | <i>Menu follows state guidelines for nutrients.</i> | Sliced Turkey Breast Poultry Gravy Ranch Potatoes Green Peas Dinner Roll Mississippi Mud Pudding Milk Margarine | Chicken & Sausage Jambalaya Parslied Carrots Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine |
| 5 | 6 | 7 | 8 | 9 |
| Meatloaf Brown Gravy Lima Beans Sliced Carrots Dinner Roll Seasonal Fruit Milk Margarine | BBQ Chicken Mashed Red Potatoes Creole Green Beans Texas Bread Seasonal Fruit Milk Margarine | Beef Patty Baked Beans Lettuce Tomato Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup | Sliced Ham Baked Sweet Potato Cabbage Cornbread Chocolate Pudding Milk Margarine | <i>~Mother's Day Meal~</i> Baked Chicken Poultry Gravy Twice Whipped Potatoes Broccoli Florets Texas Bread Strawberry Cake Milk Margarine |
| 12 | 13 | 14 | 15 | 16 |
| Smoked Sausage Red Kidney Beans Parslied Rice Spring Vegetables Wheat Bread Seasonal Fruit Milk Margarine | Chicken Tenders Garlic Whipped Potatoes Glazed Carrots Wheat Bread Marble Cake Milk Margarine Ketchup | Bowtie Lasagna Whole Kernel Corn Green Beans Texas Bread Seasonal Fruit Milk Margarine | Pork Roast Brown Gravy Parslied Rice Spinach 100% Fruit Juice Cornbread Fudge Creme Cookie Milk | BBQ Riblet Baked Beans Broccoli Florets Hamburger Bun Seasonal Fruit Milk |
| 19 | 20 | 21 | 22 | 23 |
| Salisbury Beef Brown Gravy Northern Beans Sliced Carrots Wheat Bread Seasonal Fruit Milk Margarine | Cheese Omelet Sausage Patty O'Brien Potatoes 100% Fruit Juice Biscuit Graham Crackers Chocolate Milk Margarine | Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Bread Pudding Milk | Glazed Ham Black-eyed Peas Cabbage Cornbread Chocolate Swirl Pudding Milk Margarine | <i>~Memorial Day Meal~</i> Beef Frank Hot Dog Chili Hashbrown Casserole Ranch Beans Hot Dog Bun Birthday Cake Milk Mustard |
| 26 | 27 | 28 | 29 | 30 |
| Closed for Holiday | Baked Meatballs Brown Gravy Delmonico Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine | Taco Meat Lettuce Tomato Pinto Beans Whole Kernel Corn Flour Tortilla Seasonal Fruit Milk Taco Sauce | Sliced Turkey Breast Poultry Gravy Ranch Potatoes Green Peas Dinner Roll Mississippi Mud Pudding Milk Margarine | Chicken & Sausage Jambalaya Parslied Carrots Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine |

Kim Dommert RD, LD



Mental Health Awareness Month:

Nourish Your Mind, Body, and Soul

Mental health is deeply connected to our daily habits. By eating well, staying active, and practicing self-care, we can feel more balanced and focused. Here are simple strategies to enhance your emotional well-being:

Eat Mindfully: *Mindful eating helps stabilize blood sugar, improve mood, and create a positive relationship with food. Here's how:*

- **Balance Your Plate:** Include grains, fruits, vegetables, proteins, and dairy in each meal.
- **Stay Hydrated:** Drink water regularly; add fruit slices or herbs for flavor.
- **Slow Down:** Engage your senses, chew slowly, and savor flavors.
- **Eliminate Distractions:** Turn off the TV and put away your phone while eating.
- **Listen to Your Body:** Eat when hungry and stop when satisfied.

Stay Active: *Physical activity releases endorphins, improving mood, and reducing stress.*

- **Daily Movement:** Aim for 30 minutes of enjoyable activity like walking, dancing, or gardening.
- **Start Small:** Begin with 10-minute sessions and gradually increase time and intensity.
- **Strength Training:** Include exercises to build muscle and support overall health.

Practice Self-Care: *Self-care supports emotional balance and reduces stress.*

- **Take Breaks:** Stand or move every hour.
- **Relaxation Techniques:** Try deep breathing, meditation, or journaling.
- **Prioritize Sleep:** Ensure you get restful, consistent sleep every night.

Stay Connected: *Meaningful connections strengthen emotional health.*

- **Spend Quality Time:** Engage with loved ones in person, by phone, or video.
- **Open Up:** Share your feelings with trusted friends or family.



Key Nutrients for Mental Well-Being

- **Omega-3s** (salmon, walnuts): Boost mood and brain health.
- **B Vitamins** (leafy greens, eggs): Support brain function.
- **Magnesium** (almonds, dark chocolate): Manages stress.
- **Probiotics** (yogurt, kefir): Improve gut-brain health.
- **Carbohydrates** (whole grains, fruits): Increase energy and focus.

