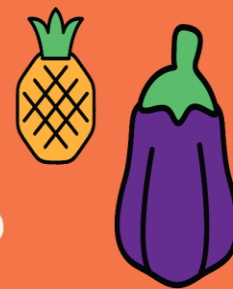


St. Charles COA

August 2026



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Fresh Orange Milk Margarine	Sloppy Joe Crispy Cubed Potatoes Spring Vegetables Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup	Baked Chicken Breast Poultry Gravy Cabbage Glazed Carrots Whole Wheat Roll Mississippi Mud Pudding Milk Margarine	Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Breadstick Tropical Fruit Milk	<i>~Summer Grill~</i> Cheeseburger Lettuce/Tomato Baked Beans Hamburger Bun Mixed Fruit Cobbler Milk Ketchup
10	11	12	13	14
Chicken Tenders Lima Beans Parslied Carrots Dinner Roll Mandarin Oranges Chocolate Milk Margarine Ketchup	Meatballs & Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Garlic Breadstick Rice Krispie Treat Milk	Glazed Ham Mashed Spiced Yams Green Peas w/Peppers Dinner Roll Chocolate Chip Cookie Milk Margarine	Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Peach Crisp Milk	Pork Roast Brown Gravy Black-Eyed Peas Turnip Greens Cornbread Muffin Seasonal Fruit Milk Margarine
17	18	19	20	21
Smoked Sausage Red Kidney Beans Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	Creole Steak Delmonico Potatoes Garden Vegetables Dinner Roll Pineapple Tidbits Milk Margarine	Turkey Chef Salad Green Pea Salad Fruit Salad Saltine Crackers Rice Krispie Treat Milk Salad Dressing	Meatballs w/Gravy Garlic Whipped Potatoes Green Beans Whole Wheat Roll Banana Pudding Milk Margarine	Ham & White Beans Collard Greens Coleslaw Cornbread Muffin Apple & Blueberry Cobbler Milk Margarine
24	25	26	27	28
Krab Cake Macaroni & Cheese Glazed Carrots 100% Fruit Juice Dinner Roll Mixed Fruit Milk Margarine	Chicken & Sausage Jambalaya Whole Kernel Corn California Vegetables Wheat Bread Sugar Cookie 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 Cinnamon Applesauce Chocolate Milk Ketchup	<i>~Birthday Meal~</i> Ham & Pinto Beans Steamed Rice Broccoli Florets 100% Fruit Juice Cornbread Birthday Cake Milk Margarine
31				
Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Fresh Orange Milk Margarine				 TRIO Community Meals Nourishment through compassionate care.

Kim Dommert RD, LD

Kim Dommert, RD, LD



ON-THE-GO NUTRITION

BALANCED EATING FOR A HECTIC SCHEDULE

Eat well on the go to keep your energy and focus steady. Skipping meals or choosing less nutritious options can leave you feeling tired. A little planning helps you stay energized and support your health.

Build Balanced Meals – Include protein, fiber-rich carbs, and healthy fats to stay full, energized, and satisfied.

Prioritize Whole Foods – Choose fruits, vegetables, whole grains, lean proteins, nuts, and seeds.

Watch Portions & Extras – Restaurant portions can be large and extras add calories. Choose smaller portions, save half, and ask for sauces on the side.

Plan Ahead – Keep snacks ready, carry a water bottle, and pack simple options like:

- Salads or grain bowls with protein
- Wraps or sandwiches with lean protein and veggies
- Hard-boiled eggs with whole grain crackers
- Fruit and veggies with hummus or nut butter
- Snack boxes with cheese, nuts, fruit, and crackers
- Overnight oats
- Trail mix



Smart Grab-and-Go Options

Convenience Stores/Gas Stations

- Protein boxes
- Greek yogurt cups
- String cheese
- Fruit, nuts, whole grain bars
- Trail mix
- Tuna packets
- Fresh fruit cups
- Water or flavored seltzer

Coffee Shops

- Oatmeal
- Egg bites or breakfast sandwiches on whole grain bread
- Spinach & egg wrap
- Avoid sugary specialty drinks—choose unsweetened or lightly sweetened instead
- Ask for unsweetened milk
- Try adding cinnamon instead of sugar

Vending Machines

- Nuts & seed packets
- Low-sugar protein bars
- Popcorn
- Whole grain crackers or pretzels
- Baked chips
- Turkey jerky
- Dried fruit
- Low-fat milk
- 100% Fruit juice