



St. Charles COA

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 TRIO Community Meals <i>Nourishment through compassionate care.</i>	1 Sloppy Joe Crispy Cubed Potatoes Spring Vegetables Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup	2 Baked Chicken Breast Poultry Gravy Cabbage Glazed Carrots Whole Wheat Roll Mississippi Mud Pudding Milk Margarine	3 Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Garlic Breadstick Tropical Fruit Milk	4 ~Labor Day Meal~ Hot Dog Tater Tots Green Beans w/Peppers Hot Dog Bun Fudge Crème Cookie Milk Ketchup/Mustard
	7 Closed for Holiday	8 Meatballs & Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Garlic Breadstick Rice Krispie Treat Milk	9 Glazed Ham Mashed Spiced Yams Green Peas w/Peppers Dinner Roll Chocolate Chip Cookie Milk Margarine	10 Chicken & Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Peach Crisp Milk
14 Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	15 Creole Steak Delmonico Potatoes Garden Vegetables Dinner Roll Pineapple Tidbits Milk Margarine	16 Turkey Chef Salad Green Pea Salad Fruit Salad Saltine Crackers Rice Krispie Treat Milk Salad Dressing	17 Meatballs w/Gravy Garlic Whipped Potatoes Green Beans Whole Wheat Roll Banana Pudding Milk Margarine	18 Ham & White Beans Collard Greens Coleslaw Cornbread Muffin Apple & Blueberry Cobbler Milk Margarine
21 Krab Cake Macaroni & Cheese Glazed Carrots 100% Fruit Juice Dinner Roll Mixed Fruit Milk Margarine	22 Chicken & Sausage Jambalaya Whole Kernel Corn California Vegetables Wheat Bread Sugar Cookie Milk Margarine	23 Cheese Omelet Sliced Ham O'Brien Potatoes 100% Fruit Juice Biscuit Graham Crackers Milk Margarine	24 Beef Patty Lettuce/Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk Ketchup	25 ~Birthday Meal~ Ham & Pinto Beans Steamed Rice Broccoli Florets 100% Fruit Juice Cornbread Birthday Cake Milk Margarine
28 Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Fresh Orange Milk Margarine	29 Sloppy Joe Crispy Cubed Potatoes Spring Vegetables Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup	30 Baked Chicken Breast Poultry Gravy Cabbage Glazed Carrots Whole Wheat Roll Mississippi Mud Pudding Milk Margarine		

Kim Dommert RD, LD



Small Changes, **BIG** Benefits

Why Fiber Matters

Dietary fiber is found in plant foods and supports digestion, heart health, stable blood sugar, healthy gut bacteria, and helps you feel full longer. Most people do not get enough fiber, but small changes can make a big difference.

Daily Fiber Goals

WOMEN
~25 grams/day

MEN
~38 grams/day

Fiber All-Star Foods

Fruits — raspberries, pears with skin, apples with skin, bananas, oranges

Vegetables — green peas, broccoli, brussels sprouts, carrots, sweet potatoes with skin

Whole Grains — oatmeal, quinoa, whole wheat bread, brown rice, barley

Legumes — lentils, black beans, chickpeas, kidney beans

Nuts & Seeds — chia seeds, ground flaxseed, almonds, sunflower seeds

Easy Ways to Boost Fiber

- **Choose whole grain** breads, tortillas, and pasta instead of refined grains.
- **Add beans or lentils** to soups, salads, tacos, or pasta dishes.
- **Snack on fruit** with nuts, popcorn, or trail mix.
- **Boost breakfast** with berries, nut butter, chia seeds, or flaxseed.
- **Eat fruits and vegetables with the skin on** when possible.

Go Slow & Hydrate

Increase fiber gradually over 1–2 weeks. Spread fiber throughout the day, drink plenty of water, stay active, and pay attention to how your body feels.



Fill your plate with colorful plant foods, make simple swaps you enjoy, and drink plenty of water.
Let fiber fuel your day!