

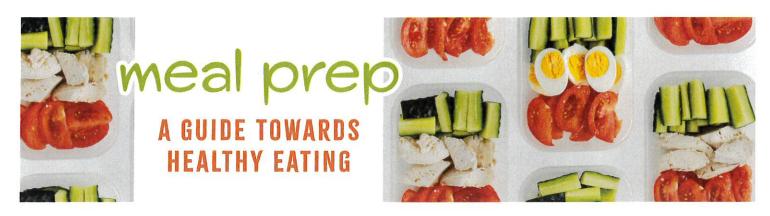
Northeast Louisiana

August 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
TRIO Community Meals Nourishment through compassionate care.								1	1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each
4 Grandma's Chicken & Rice Broccoli Florets Sliced Carrots Wheat Bread Fig Bar Cookie Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each		1 each 1/2 cup 1/2 cup 1 each 1 each 1 each	Country Fried Steak Country Gravy or Smothered Meatballs Cheesy Potatoes Okra & Tomatoes Texas Bread Strawberry Whip Milk Margarin	1 each 1 oz 6 each 1/2 cup 1 slice 1/2 cup 1 each 1 each	7 Sliced Ham Black-eyed Peas Collard Greens Cornbread Mississippi Mud Pudding Milk Margarine	3 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	Chicken Pasta Salad Green Bean Salad Beet Salad Saltine Crackers Seasonal Fruit Milk	1 cup 1/2 cup 1/2 cup 2 pkt 1 each 1 each
Swiss Steak Ranch Potatoes Succotash Texas Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each		3 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	Chicken Tenders or Zesty Meatballs Oven Roasted Potato Medley Green Peas Wheat Bread Orange Gelatin Milk Margarine Ketchup		Chicken Chef Salad Green Pea Salad Cucumber Salad Saltine Crackers Mandarin Oranges Milk Ranch Salad Dressing	1.5 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each	Taco Meat Shredded Cheese Lettuce Tomato Flour Tortilla Mixed Fruit Cobbler Milk Taco Sauce	1/2 cup 1 oz 1/2 cup 1 each 1/2 cup 1 each 1 each
Scalloped Chicken Casserole Brussels Sprouts Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each	Glazed Ham Baked Sweet Potato Cabbage Dinner Roll Fudge Creme Cookie Milk Margarine	3 oz 1 each 1/2 cup 1 each 1 each 1 each 1 each	Sliced Turkey Breast Swiss Cheese Lettuce Tomato Broccoli Raisin Salad Wheat Bread Banana Pudding w/Wafers Milk Mayonnaise		Smothered Chicken (Bone-In) Cut Yams Collard Greens Cornbread Diced Pears Milk Margarine	1 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	Sloppy Joe or Shredded BBQ Chicken Whole Kernel Corn Green Beans w/Peppers Hamburger Bun Birthday Cake Milk	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1 piece 1 each
Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets Cauliflower Garlic Texas Bread Seasonal Fruit Milk	6 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each	Stewed Tomatoes	1 cup 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	Pork Roast Brown Gravy Steamed Rice Spinach Cranberry Juice Dinner Roll Banana Moon Pie Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	Fajita Chicken or Taco Meat Pinto Beans Corn O'Brien Flour Tortilla Lime Gelatin Milk Sour Cream Taco Sauce	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	Baked Beans Coleslaw Hot Dog Bun Bread Pudding Milk	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each

Lin Donner RD, LD



Planning and preparing nutritious meals ahead of time is a great way to stay on track to meet your healthy eating goals throughout the week!

Benefits of Meal Prepping

- Reduces Food Waste
- Promotes Healthier Choices
- ► Saves Money & Time
- ► Reduces Stress

Steps for Meal Prepping

Step 1: Plan Your Menu

- Find appealing, healthy recipes (cookbooks, websites)
- · Include vegetables, fruits, lean protein, whole grains, legumes, and dairy or alternatives
- Follow the balanced plate: ½ veggies and fruits, ¼ protein, ¼ whole grains
- Plan 3 meals + 2 snacks daily
- Scale recipes for needed portions

Step 2: Create Shopping List

- Check your pantry and fridge for ingredients to use before buying more
- · Make a list or use an app
- · Review sales before shopping
- · Stock up on spices, condiments, herbs
- · Keep staple items on hand, such as fruits, vegetables, proteins, and whole grains

3: Prioritize Time

- Dedicate time to prepping food, even if only 5 minutes at a time
- Wash/chop produce; cook grains/proteins
- · Make extra of staple ingredients for future use, such as whole grains or cooked chicken breast
- Portion food for the week

Step 4: Store Meals Properly

- Use clean, airtight containers with dates
- · Refrigerate within 2 hours or freeze
- · Reheat to 165°F minimum
- Most leftovers last 3–4 days (fridge), 2–3 months (freezer)
- · When in doubt, throw it out!

