


# Northeast Louisiana

August  
2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
<div><p><b>TRIO</b> Community Meals</p><p>Nourishment through compassionate care.</p></div>								1	<p><i>~Summer Grill~</i> Shredded BBQ Chicken Baked Beans Coleslaw Hamburger Bun Peach Crisp Milk</p>	<p>1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each</p>				
4	<p>Grandma's Chicken &amp; Rice Broccoli Florets Sliced Carrots Wheat Bread Fig Bar Cookie Milk Margarine</p>	<p>1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each</p>	5	<p>BBQ Riblet Sweet Potato Wedges Brussels Sprouts Hamburger Bun Seasonal Fruit Milk</p>	<p>1 each 1/2 cup 1/2 cup 1 each 1 each 1 each</p>	6	<p>Country Fried Steak Country Gravy <i>or</i> Smothered Meatballs Cheesy Potatoes Okra &amp; Tomatoes Texas Bread Strawberry Whip Milk Margarin</p>	<p>1 each 1 oz 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each</p>	7	<p>Sliced Ham Black-eyed Peas Collard Greens Cornbread Mississippi Mud Pudding Milk Margarine</p>	<p>3 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each</p>	8	<p>Chicken Pasta Salad Green Bean Salad Beet Salad Saltine Crackers Seasonal Fruit Milk</p>	<p>1 cup 1/2 cup 1/2 cup 2 pkt 1 each 1 each</p>
11	<p>Swiss Steak Ranch Potatoes Succotash Texas Bread Seasonal Fruit Milk Margarine</p>	<p>1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each</p>	12	<p>Orange Turkey Steamed Rice Japanese Vegetables Cranberry Juice Whole Wheat Roll Rice Krispie Treat Milk Margarine</p>	<p>3 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each</p>	13	<p>Chicken Tenders <i>or</i> Zesty Meatballs Oven Roasted Potato Medley Green Peas Wheat Bread Orange Gelatin Milk Margarine Ketchup</p>	<p>2 each 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each</p>	14	<p>Chicken Chef Salad Green Pea Salad Cucumber Salad Saltine Crackers Mandarin Oranges Milk Ranch Salad Dressing</p>	<p>1.5 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each</p>	15	<p>Taco Meat Shredded Cheese Lettuce   Tomato Flour Tortilla Mixed Fruit Cobbler Milk Taco Sauce</p>	<p>1/2 cup 1 oz 1/2 cup 1 each 1/2 cup 1 each 1 each</p>
18	<p>Scalloped Chicken Casserole Brussels Sprouts Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine</p>	<p>1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each</p>	19	<p>Glazed Ham Baked Sweet Potato Cabbage Dinner Roll Fudge Creme Cookie Milk Margarine</p>	<p>3 oz 1 each 1/2 cup 1 each 1 each 1 each 1 each</p>	20	<p>Sliced Turkey Breast Swiss Cheese Lettuce   Tomato Broccoli Raisin Salad Wheat Bread Banana Pudding w/Wafers Milk Mayonnaise</p>	<p>2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1/2 cup 1 each 1 each</p>	21	<p>Smothered Chicken (Bone-In) Cut Yams Collard Greens Cornbread Diced Pears Milk Margarine</p>	<p>1 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each</p>	22	<p>Sloppy Joe <i>or</i> Shredded BBQ Chicken Whole Kernel Corn Green Beans w/Peppers Hamburger Bun Birthday Cake Milk</p>	<p>1/2 cup 1/2 cup 1/2 cup 1 each 1 piece 1 each 1 each</p>
25	<p>Meatballs w/Spaghetti Sauce Spaghetti Noodles Broccoli Florets Cauliflower Garlic Texas Bread Seasonal Fruit Milk</p>	<p>6 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each</p>	26	<p>Chicken &amp; Sausage Jambalaya Black-eyed Peas Stewed Tomatoes Cornbread Butterscotch Pudding Milk Margarine</p>	<p>1 cup 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each</p>	27	<p>Pork Roast Brown Gravy Steamed Rice Spinach Cranberry Juice Dinner Roll Banana Moon Pie Milk Margarine</p>	<p>3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each</p>	28	<p>Fajita Chicken <i>or</i> Taco Meat Pinto Beans Corn O'Brien Flour Tortilla Lime Gelatin Milk Sour Cream   Taco Sauce</p>	<p>1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each</p>	29	<p><i>~Labor Day Meal~</i> Frankfurter w/Chili Baked Beans Coleslaw Hot Dog Bun Bread Pudding Milk Mustard</p>	<p>1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each</p>

Kim Dommert RD, LD

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# meal prep

## A GUIDE TOWARDS HEALTHY EATING



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!