

Northeast Louisiana

October 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 Nourishment through compassionate care.						1 Smothered Chicken (Bone-In) Candied Spiced Yams Collard Greens Cornbread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	2 Sloppy Joe or Shredded BBQ Chicken Whole Kernel Corn Green Beans Hamburger Bun Strawberry Fruited Gelatin Milk	1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each
5 Beef Italiano Whipped Potatoes Brussels Sprouts Wheat Bread Diced Peaches Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	6 Taco Meat Shredded Cheese Lettuce Tomato Spanish Rice Flour Tortilla Cranberry Juice Seasonal Fruit Milk Taco Sauce Sour Cream	1/2 cup 1/2 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	7 Grandma's Chicken & Rice Green Beans Sliced Carrots Whole Wheat Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	8 Meatballs w/Mushroom Gravy Garlic Whipped Potatoes Collard Greens Cornbread Lime Gelatin Milk Margarine	6 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	9 Sliced Turkey Breast Swiss Cheese Lettuce Tomato Broccoli Raisin Salad Wheat Bread Oatmeal Crème Cookie Milk Mustard Mayonnaise	2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 each 1 each 1 each
12 Creole Steak Ranch Potatoes Parslied Carrots Wheat Bread Mandarin Oranges Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	13 Sliced Ham Northern Beans Mustard Greens Cornbread Strawberry Gelatin Milk Margarine	3 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each 1 each	14 Pecan Crusted Chicken Scalloped Potatoes Green Peas Whole Wheat Roll Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	15 Sloppy Joe Baked Beans Coleslaw Hamburger Bun Mixed Fruit Cobbler Milk	1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	16 Chicken Tenders Country Gravy Oven Roasted Potatoes Green Beans w/Peppers Wheat Bread Fudge Crème Cookie Milk Margarine Ketchup	2 each 1 oz 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each
19 Baked Meatballs Shredded Mozzarella Cheese Tomato Sauce Whole Kernel Corn Broccoli Florets Hot Dog Bun Rice Krispie Treat Milk	6 each 1/2 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each	20 Smoked Sausage Red Kidney Beans Steamed Rice Turnip Greens Cornbread Seasonal Fruit Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 piece 1 each 1 each 1 each	21 Pork Roast Onion Gravy Whipped Sweet Potatoes Cauliflower Dinner Roll Orange Gelatin Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	22 Beef Stew Stewed Tomatoes Herbed Green Beans Saltine Crackers Vanilla Pudding Milk	1 cup 1/2 cup 1/2 cup 3 pkt 1/2 cup 1 each	23 Smothered Meatballs Ranch Potatoes Brussels Sprouts Wheat Bread Birthday Cake Milk Margarine	6 each 1/2 cup 1/2 cup 1 slice 1 piece 1 each 1 each
26 Chicken & Sausage Jambalaya Collard Greens Okra & Tomatoes Cornbread Applesauce Milk Margarine	1 cup 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	27 Honey Glazed Turkey Chantilly Potatoes Green Peas Whole Wheat Roll Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	28 Chili Steamed Rice Whole Kernel Corn Orange Juice Saltine Crackers Diced Peaches Milk	1 cup 1/2 cup 1/2 cup 1 each 2 pkt 1/2 cup 1 each	29 Glazed Ham Candied Yams Cabbage Cornbread Lime Gelatin Milk Margarine	3.5 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	30 ~Halloween Meal~ Chili Dog Crispy Cubed Potatoes Broccoli Florets Hot Dog Bun Pumpkin Bar Milk	1 each 1/2 cup 1/2 cup 1 each 1 square 1 each

Courtney Steibel, RD, LD
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PROTEIN



BUILDING BLOCKS FOR LIFE

Protein is one of the three macronutrients, along with fats and carbohydrates, that helps your body function properly.

Why is Protein Important?

- Building blocks for bones, muscles, cartilage, skin, and blood
- Produces antibodies to help fight infection
- Creates enzymes and hormones that regulate body functions
- Maintains proper pH and fluid balance
- Stabilizes blood sugar when paired with carbs and fats
- Helps you feel full and satisfied after meals and snacks

How Much Protein Do You Need?

Protein needs vary. Active individuals and older adults often need more protein, while sedentary adults typically need less. If following a plant-based diet, be mindful of meeting your needs.

Good Sources of Protein

ANIMAL

- Fish and seafood
- Meat and poultry
- Eggs
- Milk, yogurt, and cheese

PLANT

- Beans, peas, and lentils
- Nuts, nut butters, seeds
- Soy food, such as tofu, tempeh, and edamame
- Quinoa and other whole grains



Smart Protein Tips

- Start the day with protein-rich breakfast options
- Add protein to snacks
- Prioritize protein after physical activity
- Spread throughout the day instead of eating it all at one meal
- Combine protein with fiber for better fullness