



Northeast Louisiana

September 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
 Nourishment through compassionate care.		1	Smoked Sausage Red Kidney Beans Steamed Rice Mixed 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	2	Chicken Tenders <i>or</i> BBQ Riblet Delmonico Potatoes Brussels Sprouts Whole Wheat Roll Chocolate Pudding Milk Margarine Ketchup	2 each 1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	3	Sweet & Sour Meatballs Fried Rice Japanese Vegetables Orange Juice Dinner Roll Oatmeal Creme Cookie Milk Margarine	6 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	4	<i>~Labor Day Meal~</i> Beef Hot Dog Baked Beans Coleslaw Hot Dog Bun Bread Pudding Milk Mustard Ketchup	1 each 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	
7 <i>Closed for Holiday</i>		8	Chicken & Sausage Gumbo Steamed Rice Stewed Tomatoes Apple Juice Saltine Crackers Pound Cake Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 2 pkt 1 slice 1/2 cup 1 each	9	Beef Patty Brown Gravy Garlic Whipped Potatoes Broccoli Florets Wheat Bread Lemon Berry Pudding Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	10	Chicken and Dumplings Green Peas Sliced Carrots Dinner Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	11	Pork Roast <i>or</i> BBQ Chicken Breast Mashed Spiced Yams Cabbage Cornbread Rice Krispie Treat Milk Margarine	3 oz 1 each 1/2 cup 1/2 cup 1 piece 1 each 1 each 1 each	
14 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	15	BBQ Riblet Sweet Potato Wedges Brussels Sprouts Hamburger Bun Seasonal Fruit Milk	1 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	16	Country Fried Steak Country Gravy <i>or</i> Smothered Meatballs Cheese Potatoes Okra & Tomatoes Texas Bread Fruit Whip Milk Margarine	1 each 1 oz 6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	17	Sliced Ham Black-eyed Peas Collard Greens Cornbread Mississippi Mud Pudding Milk Margarine	3.5 Oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	18	Chicken Pasta Salad Cucumber & Tomato Salad Beet Salad Saltine Crackers Birthday Cake Milk	1 cup 1/2 cup 1/2 cup 2 pkt 1 each 1 each
21 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 1 each	22	Orange Turkey Steamed Rice Japanese Vegetables Cranberry Juice Whole Wheat Roll Rice Krispie Treat Milk Margarine	3.5 oz 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	23	Chicken Tenders <i>or</i> Zesty Meatballs Oven Roasted Potato Medley Green Peas Whole Wheat Roll Orange Gelatin Milk Margarine BBQ Sauce	2 each 6 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	24	Chicken Chef Salad Green Pea Salad Cucumber Salad Saltine Crackers Seasonal Fruit Milk Ranch Salad Dressing	1.5 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each	25	Taco Meat Shredded Cheese Lettuce Tomato Ranch Beans Flour Tortilla Tropical Fruit Crisp Milk Taco Sauce	4 ounce 1 ounce 1/2 cup 1/2 cup 1 each 1 piece 1 each 1 each
28 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 1 each	29	Glazed Ham Scalloped Potatoes Cabbage Whole Wheat Roll Shortbread Cookies Milk Margarine	3.5 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	30	Sliced Turkey Breast Swiss Cheese Lettuce Tomato Onion Pickle Broccoli Raisin Salad Wheat Bread Banana Pudding w /Wafers Milk Mayonnaise	2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1/2 cup 1 each 1 each						

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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

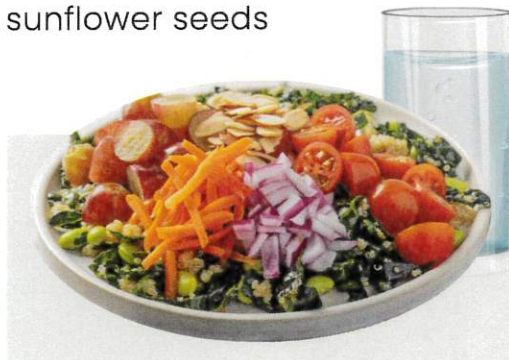
Nuts & Seeds — chia seeds, ground flaxseed, almonds, sunflower seeds

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!