


# December 2025

# Northeast Louisiana



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
1	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	2	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	3	Beef Stew Stewed Tomatoes Green Beans w/Peppers Whole Wheat Roll Sliced Apples Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	4	Pork Roast Onion Gravy Cut Yams Cauliflower Dinner Roll Strawberry Gelatin Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	5	Oven Fried Chicken (Bone-In) <i>or</i> Smothered Meatballs Twice Whipped Potatoes Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine	1 piece 6 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each
8	Chicken & Sausage Jambalaya Collard Greens Okra & Tomatoes Dinner Roll Rosy Applesauce Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	9	Honey Glazed Turkey Buttermilk Potatoes Green Peas Wheat Roll Vanilla Wafers Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 5 each 1 each 1 each	10	Chili Steamed Rice Whole Kernel Corn Orange Juice Saltine Crackers Diced Peaches Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 2 pkt 1/2 cup 1 each 1 each	11	Glazed Ham Baked Sweet Potato Cabbage Cornbread Lime Gelatin Milk Margarine	3.5 oz 1 each 1/2 cup 1 piece 1/2 cup 1 each 1 each	12	Teriyaki Meatballs <i>or</i> Cilantro Lime Chicken Parslied Rice Winter Vegetables Cranberry Juice Wheat Bread Mississippi Mud Pudding Milk Margarine	6 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 slice 1/2 cup 1 each 1 each
15	Chicken Tenders Macaroni & Cheese Glazed Carrots Orange Juice White Bread Fig Cookie Milk Margarine BBQ Sauce	2 each 1/2 cup 1/2 cup 1 each 1 each 1 slice 1 each 1 each 1 each 1 each	16	BBQ Riblet Baked Beans Broccoli Florets Hamburger Bun Seasonal Fruit Milk	1 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	17	Picante Chicken Pinto Beans Whole Kernel Corn Flour Tortilla Seasonal Fruit Milk	1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	18	Swiss Steak Whipped Potatoes Green Peas Wheat Bread Mixed Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	19	Chicken Salad <i>or</i> Tuna Salad Lettuce   Tomato Beet Salad Wheat Bread Birthday Cake Milk	1/2 cup 1 each 1/2 cup 1/2 cup 1/2 cup 2 slices 1 piece 1 each
22	Swedish Meatballs Delmonico Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tidbits Milk Margarine	6 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	23	~Christmas Meal~ Glazed Ham Whipped Sweet Potatoes Green Bean Casserole Dinner Roll Carrot Raisin Cake Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1 piece 1 each 1 each	24	Chicken & Sausage Gumbo Stewed Tomatoes Garden Vegetables Saltine Crackers Strawberry Gelatin Milk Margarine	1 cup 1/2 cup 1/2 cup 2 pkt 1/2 cup 1 each 1 each	25	Closed for Holiday		26	Beef Patty <i>or</i> Breaded Chicken Breast Lettuce   Tomato   Onion Parslied Potatoes Hamburger Bun Mixed Fruit Cobbler Milk Ketchup   Mayonnaise	1 each 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each
29	Beef Italiano Whipped Potatoes Brussels Sprouts Wheat Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	30	~New Year's Meal~ Smoked Sausage Black-eyed Peas Parslied Rice Cabbage Cornbread Shortbread Cookies Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 piece 1 pack 1 each 1 each	31	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	 Nourishment through compassionate care.					

*Kim Dommert RD, LD*

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# FOOD, FEELINGS, & FINDING YOUR CALM



*How Food &  
Healthy Habits  
Can Make You  
Feel Better*

## Stress and Your Health

Stress is how your body responds to challenges. It can affect your sleep, digestion, mood, memory, and immune system. Signs of stress include trouble sleeping, irritability, loss of interest in hobbies, changes in appetite, feeling isolated, and difficulty focusing.

### Are You Hungry or Just Feeling Something?

Pausing and tuning into your body can help you choose foods that truly support how you feel.

- **Physical hunger signs:** stomach growling, low energy/fatigue, irritability, lightheadedness, or trouble focusing.
- **Emotional hunger signs:** sudden cravings, eating out of boredom or sadness, not satisfied after eating

## Foods that Help You Feel Calmer

Some food helps your body and brain feel calmer and more focused.

- **Complex Carbs** - Oats, Quinoa, Sweet Potatoes, Brown Rice  
→ Boost serotonin, your feel-good brain chemical
- **Protein-Rich Snacks** - Boiled Eggs, Yogurt, Hummus, Nut Butters, Edamame  
→ Stabilize blood sugar and mood
- **Omega-3s** - Salmon, Walnuts, Chia Seeds, Flaxseeds  
→ Support brain health and reduce anxiety
- **Magnesium-Rich Foods** - Spinach, Kale, Pumpkin Seeds, Avocados, Dark Chocolate  
→ Relax muscles and calm nerves

- **Probiotic & Fermented Foods** - Yogurt, Kimchi, Sauerkraut, Miso, Kombucha  
→ Support your gut, which connects to your mood
- **Herbal Teas** - Chamomile, Peppermint  
→ Can help you relax and sleep better

## Healthy Habits That Ease Stress

- Eat regular, balanced meals slowly and without screens.
- Keep balanced snacks handy to avoid energy crashes.
- Prioritize sleep, move daily, and connect with others regularly.
- Stay hydrated — thirst is often confused with hunger.
- Practice self-compassion. Emotional eating happens, and that is okay.