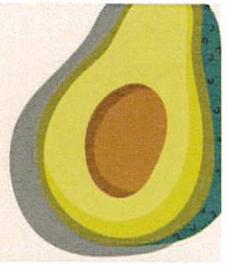




MARCH 2026

Northeast Louisiana

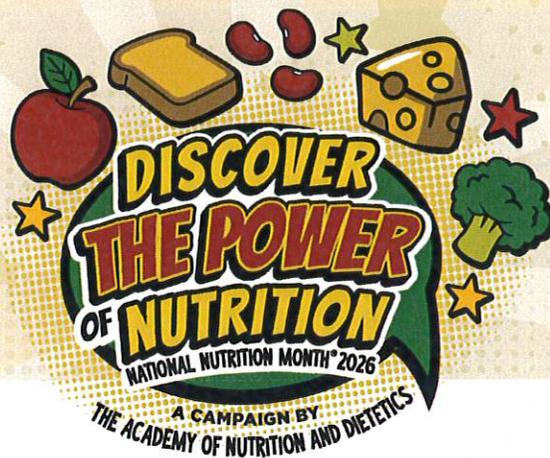


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																																																													
2	Swiss Steak Delmonico Potatoes Green Peas Wheat Bread Fudge Creme Cookie Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	3	Spaghetti Casserole Italian Vegetables Whole Kernel Corn Texas Bread Applesauce Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	4	Bourbon Chicken (Bone-In) Hawaiian Baked Beans Brussels Sprouts Wheat Bread Strawberry Gelatin Milk Margarine Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each 1 each	5	Chicken & Sausage Jambalaya Mixed Vegetables Cabbage Cornbread Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	6	Tuna Salad <i>or</i> Chicken Salad Lettuce Tomato Pineapple Carrot Salad Wheat Bread Glazed Lemon Cake Milk	1/2 cup 1/2 cup 1/2 cup 2 slice 1 piece 1 each	9	Taco Soup Whole Kernel Corn Cauliflower & Carrots Tortilla Chips Shortbread Cookies Milk Sour Cream	1 cup 1/2 cup 1/2 cup 1 oz 1 pkt 1 each 1 each	10	Chicken Tenders Macaroni & Cheese Spinach Orange Juice Wheat Bread Diced Peas Milk Margarine Ketchup	2 each 1/2 cup 1/2 cup 1 each 1 slice 1/2 cup 1 each 1 each 1 each	11	Beef Patty Lettuce Tomato Onion Pickle Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard Mayonnaise	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	12	Pork Roast Brown Gravy Cheesy Potatoes Cabbage Cornbread Seasonal Fruit Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	13	Vegetable Pasta Casserole <i>or</i> Savory Baked Chicken Brussels Sprouts Green Beans Wheat Bread Mississippi Mud Pudding Milk Margarine	1 cup 1 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	16	Beef Stew Mashed Red Potatoes Garden Vegetables Saltine Crackers Rice Krispie Treat Milk Margarine	1 cup 1/2 cup 1/2 cup 2 pkt 1 each 1 each 1 each	17	Chicken Fried Steak Country Gravy Chuckwagon Corn Green Bean Salad Wheat Bread Mixed Fruit Cobbler Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	18	BBQ Pork Rib Patty Black-eyed Peas Collard Greens Cornbread Butterscotch Pudding Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	19	Chicken Scampi Garlic Parmesan Rice Herbed Green Peas Cranberry Juice Wheat Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1 slice 1 each 1 each 1 each	20	Tuna Salad <i>or</i> Sliced Ham Swiss Cheese Lettuce Tomato Onion Broccoli Salad White Bread Fig Bar Cookie Milk Mayonnaise	1/2 cup 2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 each 1 each	23	Grandma's Chicken and Rice Spring Vegetables Green Peas Wheat Bread Oatmeal Creme Cookie Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	24	Beef Patty Oven Roasted Potatoes Coleslaw Hamburger Bun Pear Crisp Milk Ketchup	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	25	Chicken Tenders Country Gravy Whipped Potatoes Lima Beans Wheat Bread Strawberry Swirl Pudding Milk Margarine	2 each 1 oz 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	26	Smoked Sausage Red Kidney Beans Steamed Rice Collard Greens Cornbread Seasonal Fruit Milk Margarine	2 each 1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	27	Macaroni and Cheese <i>or</i> Turkey Tetrazzini Green Beans Glazed Carrots Dinner Roll Birthday Cake Milk Margarine	1 cup 1 cup 1/2 cup 1/2 cup 1 each 1 piece 1 each 1 each	30	Creole Steak Ranch Potatoes Sliced Carrots Wheat Bread Tropical Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	31	Chicken and Dumplings Lima Beans Whole Kernel Corn Whole Wheat Roll Seasonal Fruit Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.		<p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	
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Kim Dommert RD, LD

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National Nutrition Month® 2026



Good nutrition fuels your energy and helps you feel your best. With so many food trends, it's easy to be unsure about what's right for you. Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetic Technicians, Registered (NDTRs), can guide you with simple, science-based advice to help you eat well and thrive.

Stick to the Nutrition Basics

Decades of research support these simple, powerful habits.

- **Eat more plant-based foods:** fruits, vegetables, whole grains, beans, nuts, and seeds
- **Include lean proteins:** poultry, fish, eggs, tofu, or beans
- **Choose healthy fats:** olive oil, avocado, nuts, and seeds
- **Add more whole grains:** brown rice, quinoa, whole-wheat pasta, and bread
- **Stay hydrated:** choose water first—try fruit- or veggie-infused for flavor
- **Eat mindfully:** slow down, enjoy your food, and notice when you're hungry or full
- **Move your body:** find ways to be active every day

Navigate through the Noise

Every day, we are overwhelmed with new diet trends, influencer advice, and “miracle” foods. It's easy to feel unsure about what's true, but science gives us clear, consistent guidance for lifelong health.

Watch Out for Red Flags

If something sounds too good to be true, it probably is. Be cautious of nutrition claims that:

- Promise quick fixes or miracle results
- Use fear to get attention
- Rely on influencers instead of experts
- Tell you to cut out entire food groups (unless needed for medical reasons)
- Don't come from credible sources like the CDC, NIH, or peer-reviewed studies

Before You Try a Trend, Ask Yourself

- **What's the evidence?** Look for information backed by multiple research studies—not just social media or one new headline.
- **Who's giving the advice?** RDNs and recognized health organizations use solid science to give practical, realistic guidance.
- **Does it promote balance?** Healthy eating isn't about extremes—it's about variety, moderation, and enjoyment.