

Northeast Louisiana

May 2026

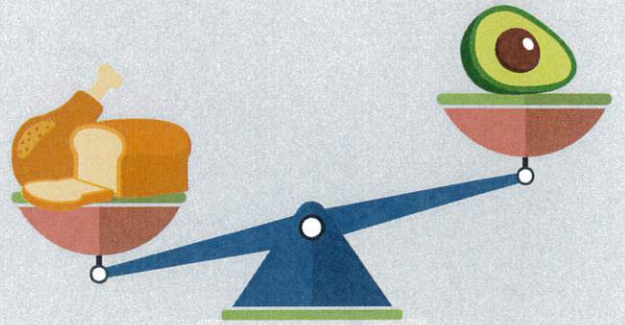


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
4	Taco Meat Spanish Rice Ole' Mixed Vegetables Flour Tortilla Seasonal Fruit Milk Taco Sauce Sour Cream	4 oz 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each 1 each	5	Turkey Breast w/Gravy Garlic Whipped Potatoes Italian Green Beans Dinner Roll Butterscotch Pudding Milk Margarine	3 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	6	Chili Dog Diced Onions <i>or</i> BBQ Meatballs Baked Beans Coleslaw Hot Dog Bun Apple Cobbler Milk Mustard	1 each 1 tb 6 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1/2 cup 1 each	7	Beef Burgundy Steamed Rice Spinach Orange Juice Cornbread Peaches Milk Margarine	1 each 1/2 cup 1/2 cup 1 each 1 piece 1/2 cup 1 each 1 each	8	~Mother's Day Meal~ Baked Chicken (Bone-In) Poultry Gravy Au Gratin Potatoes Broccoli Florets Dinner Roll Banana Pudding w/Wafers Milk Margarine	1 each 1 oz 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each
11	Grandma's Chicken and Rice Broccoli Florets Sliced Carrots Wheat Bread Fig Bar Milk Margarine	1 cup 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each 1 each	12	Beef Patty Lettuce Tomato Pickle Baked Beans Hamburger Bun Hot Spiced Fruit Milk Ketchup Mustard	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	13	Smoked Sausage Kidney Beans Steamed 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	14	Southern Meatballs Whole Kernel Corn Green Beans Wheat Bread Orange Gelatin Milk Margarine	6 each 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	15	Chicken Tenders Country Gravy <i>or</i> BBQ Riblet Cheesy Potatoes Mixed Greens Dinner Roll Seasonal Fruit Milk Margarine	2 each 1 oz 1 each 1/2 cup 1/2 cup 1 each 1 each 1 each
18	Bowtie Lasagna Sliced Carrots Broccoli Florets Wheat Roll Fudge Creme Cookie Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	19	Chicken & Sausage Jambalaya Green Peas Tossed Salad Wheat Bread Bread Pudding w/Raisin Sauce Milk Margarine Ranch Dressing	1 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each 1 each	20	Sloppy Joe Potato Wedges Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk	1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	21	Glazed Ham <i>or</i> Glazed Turkey Breast Whipped Sweet Potatoes Cabbage Cornbread Banana Pudding Milk Margarine	3 oz 3 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	22	~Memorial Day Meal~ Sausage w/Onions/Peppers Oven Roasted Potato Medley Corn O'Brien Hot Dog Bun Birthday Cake Milk	1 each 1/2 cup 1/2 cup 1 each 1 piece 1 each
25	Closed for Holiday		26	Picante Chicken Pinto Beans Corn O'Brien Flour Tortilla Seasonal Fruit Milk Sour Cream	1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	27	Chicken & Sausage Gumbo Steamed Rice Potato Salad Apple Juice Saltine Crackers Pineapple Crisp Milk Margarine	1 cup 1/2 cup 1/2 cup 1 each 2 pkt 1/2 cup 1 each 1 each	28	Sliced Turkey Breast <i>or</i> Sliced Ham Sliced Cheese Spinach Salad Coleslaw Wheat Bread Oatmeal Creme Cookie Milk Mayonnaise Salad Dressing	2.25 oz 2.25 oz 1 oz 1 cup 1/2 cup 2 slices 1 each 1 each 1 each	29	Pork Roast Brown Gravy Whipped Potatoes Collard Greens Cornbread Marble Pudding Milk Margarine	3 oz 1 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each

Kim Dommert RD, LD

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MASTERING YOUR MACROS: THE BASICS OF BALANCED NUTRITION



Nutrition helps keep your body strong, your mind sharp, and your energy steady. Macronutrients—carbohydrates, protein, and fat—give your body the fuel it needs. Eating the right amount of each helps support healthy aging.

Carbohydrates Your Body's Main Energy Source

What they do: Give you energy for daily activities and help your brain and muscles work well.

Best choices: Whole grains, fruits, vegetables, beans, and lentils.

Why they matter for seniors: *Fiber-rich carbs help digestion and support heart health.*

Recommended amount: About 45–65% of total calories.

Protein Supports Muscles & Healing

What it does: Builds and repairs muscle and other tissues. Helps maintain strength, especially as we age.

Best choices: Fish, seafood, poultry, lean red meat, eggs, and tofu.

Senior tip: *Eating protein evenly throughout the day supports muscle maintenance.*

Recommended amount: About 10–35% of total calories.

Healthy Fats Good for Heart & Brain

What they do: Support brain function, protect organs, and help your body absorb vitamins.

Best choices: Avocados, nuts, seeds, olive or canola oil, and fatty fish.

Senior tip: *Choose unsaturated fats more often; limit saturated and trans fats.*

Recommended amount: About 20–35% of total calories.

**Most Foods Contain
More Than One Macro**

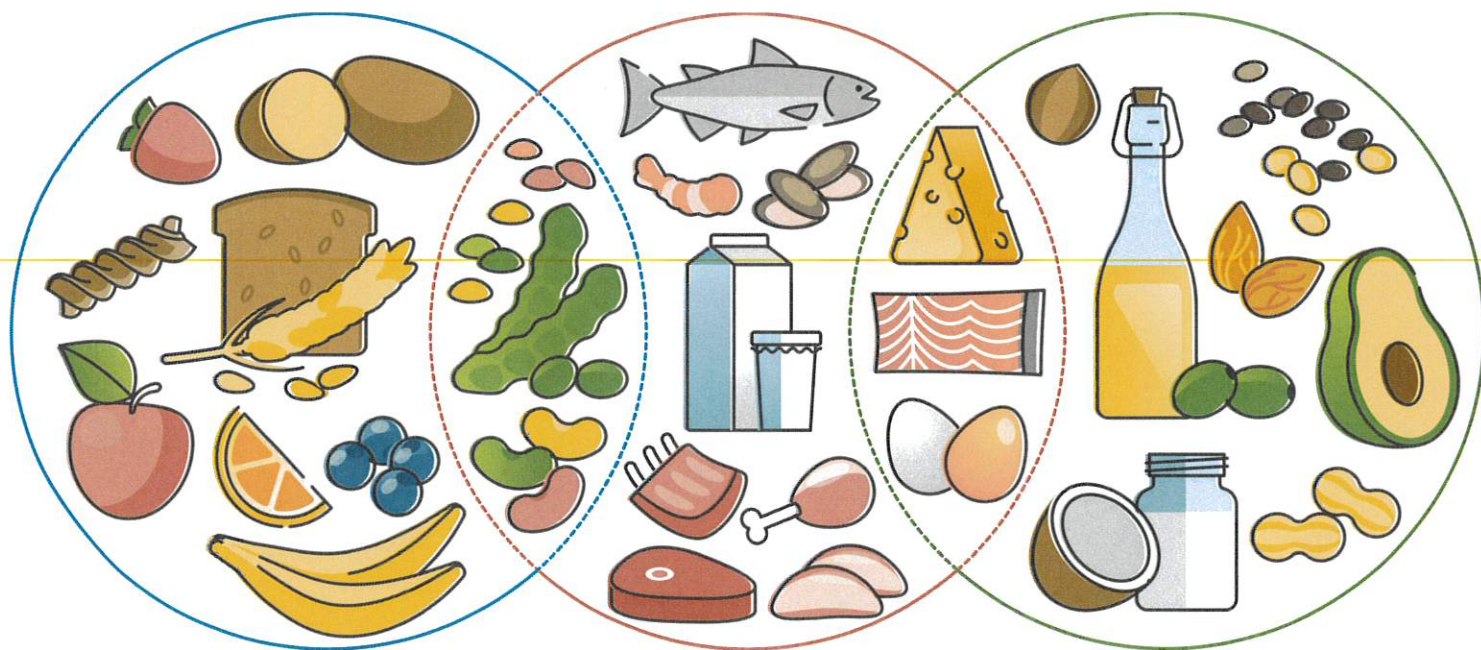
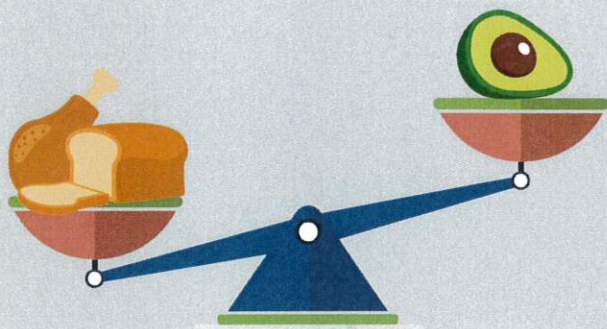
Examples

**Beans, lentils, quinoa,
milk, yogurt:**
carbs + protein

Nuts, seeds, salmon:
protein + healthy fats

Eating a variety of foods helps you get the benefits of all three.

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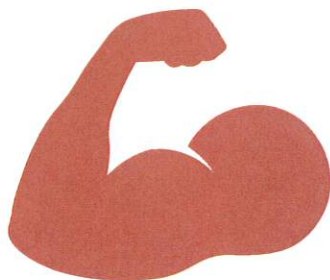
CARBOHYDRATES

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PROVIDE FUEL &
ENERGY



PROTEINS

PROTEINS BUILD
AND REPAIR



FATS

FATS SUPPORT HEART
& BRAIN HEALTH

