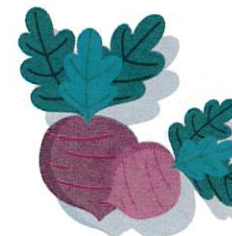




Northeast Louisiana

November 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
3	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 slice 1 each 1 each 1 each 1 each	4	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	5	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	6	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	7	Chicken Salad <i>or</i> Tuna Salad Lettuce Tomato Beet Salad Wheat Bread Fruited Gelatin Milk	1/2 cup 1 each 1/2 cup 1/2 cup 1/2 cup 2 slices 1/2 cup 1 each
10	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	11	Sliced Ham Steamed Rice Black-eyed Peas Cabbage and Carrots Cornbread Fudge Crème Cookie Milk Margarine	3 oz 1/2 cup 1/2 cup 1/2 cup 1 piece 1 each 1 each 1 each	12	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	13	Bowtie Lasagna Zucchini Whole Kernel Corn Garlic Texas Bread Seasonal Fruit Milk	1 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	14	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 each 1/2 cup 1 each 1 each
17	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	18	Taco Meat <i>or</i> Fajita Chicken Shredded Cheese Lettuce Tomato Spanish Rice Flour Tortilla Apple Juice Mixed Fruit Milk Taco Sauce Sour Cream	1/2 cup 1/2 cup 1/2 oz 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	19	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	20	Meatballs w/Mushroom Gravy Garlic Whipped Potatoes Spinach Cornbread Lime Gelatin Milk Margarine	6 each 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	21	Sliced Turkey Breast Swiss Cheese Lettuce Tomato Onion Broccoli Raisin Salad Wheat Bread Birthday Cake Milk Mustard Mayonnaise	2.25 oz 1 oz 1/2 cup 1/2 cup 2 slices 1 piece 1 each 1 each 1 each
24	Creole Steak Ranch Potatoes Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine	1 each 1/2 cup 1/2 cup 1 slice 1 each 1 each 1 each	25	Sliced Ham Northern Beans Mustard Greens Cornbread Orange Gelatin Milk Margarine	3 oz 1/2 cup 1/2 cup 1 piece 1/2 cup 1 each 1 each	26	<i>~Thanksgiving Meal~</i> Herbed Turkey Breast w/Gravy Cornbread Dressing Green Beans Cranberry Juice Dinner Roll Spice Cake Milk Cranberry Sauce Margarine	3 oz 1/2 cup 1/2 cup 1 each 1 each 1 piece 1 each 1 oz 1 each	27	Closed for Holiday		28	Closed for Holiday	
										 TRIO Community Meals Nourishment through compassionate care.				

Kim Dommert RD, LD

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As we age, keeping bones strong becomes more important. Bone loss speeds up—especially for women after menopause—and can lead to fractures and osteoporosis. But there’s good news: healthy food, daily movement, and simple habits can help protect your bones at any age.

Bone-Loving Nutrients at a Glance

Nutrient	What it Does	Best Food Sources
Calcium	Builds and maintains bone strength	Milk, yogurt, cheese, leafy greens, tofu, fortified drinks
Vitamin D	Helps the body absorb calcium	Sunlight, fatty fish, eggs, fortified milk
Magnesium	Helps activate vitamin D	Whole grains, nuts, beans, leafy greens
Zinc	Supports bone-building cells	Meat, seeds, whole grains, seafood
Vitamin K2	Helps bind calcium in bones	Cheese, eggs, fermented foods
Protein	Builds and repairs tissue	Eggs, dairy, poultry, fish, beans
Collagen	Gives structure to bones	Bone broth, collagen supplements, protein + vitamin C
Vitamin C	Helps make collagen	Citrus, berries, bell peppers, tomatoes

Habits Your Bones Will Love

- Move daily against gravity – walking, dancing, or climbing stairs all help.
- Strength train 2–3 times/week using light weights or bands.
- Practice balance – try chair yoga, tai chi, or standing heel raises
- Avoid smoking – it weakens your bones.
- Limit alcohol, salt, and caffeine – too much can weaken bones.
- Work with a trainer or physical therapist to stay safe and build strength.

Bone Boosting Nutrition Tips

- ✓ Eat 3 servings of calcium-rich foods each day
- ✓ Include protein with meals (meat, dairy, beans, tofu)
- ✓ Get vitamin D from sunshine or fortified foods
- ✓ Add foods rich in magnesium, zinc, K2, and vitamin C
- ✓ Drink water instead of soda or sugary drinks