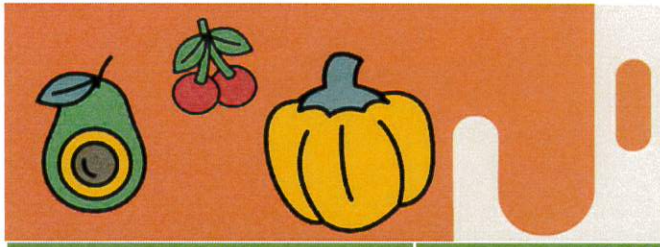

# Northeast Louisiana
# November 2026

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|---|---|---|---|---|---|---|---|---|
| **2**<br>Chicken Tenders<br>Macaroni & Cheese<br>Glazed Carrots<br>Orange Juice<br>White Bread<br>Fig Cookie<br>Milk<br>Margarine<br>BBQ Sauce | <br>2 each<br>1/2 cup<br>1/2 cup<br>1 each<br>1 slice<br>1 each<br>1 each<br>1 each<br>1 each | **3**<br>BBQ Riblet<br>Baked Beans<br>Coleslaw<br>Hamburger Bun<br>Hot Pears<br>Milk | <br>1 each<br>1/2 cup<br>1/2 cup<br>1 each<br>1/2 cup<br>1 each | **4**<br>Picante Chicken<br>Pinto Beans<br>Fiesta Vegetables<br>Flour Tortilla<br>Seasonal Fruit<br>Milk | <br>1/2 cup<br>1/2 cup<br>1/2 cup<br>1 each<br>1 each<br>1 each | **5**<br>Swiss Steak<br>Whipped Potatoes<br>Green Peas<br>Wheat Bread<br>Mixed Fruit<br>Milk<br>Margarine | <br>1 each<br>1/2 cup<br>1/2 cup<br>1 slice<br>1/2 cup<br>1 each<br>1 each | **6**<br>Chicken Salad<br>Cucumber Salad<br>Beet Salad<br>Wheat Bread<br>Fruited Gelatin<br>Milk | <br>1/2 cup<br>1/2 cup<br>1/2 cup<br>2 slices<br>1/2 cup<br>1 each |
| **9**<br>Swedish Meatballs<br>Delmonico Potatoes<br>Parslied Carrots<br>Whole Wheat Roll<br>Mixed Fruit<br>Milk<br>Margarine | <br>6 each<br>1/2 cup<br>1/2 cup<br>1 each<br>1/2 cup<br>1 each<br>1 each | **10**<br>Sliced Ham<br>Black-eyed Peas<br>Cabbage<br>Cornbread<br>Mississippi Mud Pudding<br>Milk<br>Margarine | <br>3 oz<br>1/2 cup<br>1/2 cup<br>1 piece<br>1/2 cup<br>1 each<br>1 each | **11**<br>Chicken & Sausage Gumbo<br>Steamed Rice<br>Stewed Tomatoes<br>Grape Juice<br>Saltine Crackers<br>Strawberry Gelatin<br>Milk | <br>1 cup<br>1/2 cup<br>1/2 cup<br>1 each<br>2 pkt<br>1/2 cup<br>1 each | **12**<br>Cheese Omelet<br>Turkey Sausage Patty<br>O'Brien Hashbrown Potatoes<br>Cranberry Juice<br>Biscuit<br>Fresh Orange<br>Milk<br>Margarine | <br>1 each<br>1 oz<br>1/2 cup<br>1 each<br>1 each<br>1 each<br>1 each<br>1 each | **13**<br>Beef Patty<br>Lettuce \| Tomato \| Onion<br>Baked Beans<br>Hamburger Bun<br>Mixed Fruit Cobbler<br>Milk<br>Ketchup | <br>1 each<br>1/2 cup<br>1/2 cup<br>1 each<br>1/2 cup<br>1 each<br>1 each |
| **16**<br>Beef Italiano<br>Whipped Potatoes<br>Brussels Sprouts<br>Wheat Bread<br>Diced Peaches<br>Milk<br>Margarine | <br>1 each<br>1/2 cup<br>1/2 cup<br>1 slice<br>1/2 cup<br>1 each<br>1 each | **17**<br>Taco Meat<br>Shredded Cheese<br>Lettuce \| Tomato<br>Spanish Rice<br>Flour Tortilla<br>Cranberry Juice<br>Seasonal Fruit<br>Milk<br>Taco Sauce \| Sour Cream | <br>1/2 cup<br>1/2 oz<br>1/2 cup<br>1/2 cup<br>1 each<br>1 each<br>1 each<br>1 each<br>1 each | **18**<br>Grandma's Chicken & Rice<br>Green Beans<br>Sliced Carrots<br>Whole Wheat Roll<br>Seasonal Fruit<br>Milk<br>Margarine | <br>1 cup<br>1/2 cup<br>1/2 cup<br>1 each<br>1 each<br>1 each<br>1 each | **19**<br>Meatballs w/Mushroom Gravy<br>Garlic Whipped Potatoes<br>Collard Greens<br>Cornbread<br>Lime Gelatin<br>Milk<br>Margarine | <br>6 each<br>1/2 cup<br>1/2 cup<br>1 piece<br>1/2 cup<br>1 each<br>1 each | **20**<br>Sliced Turkey Breast<br>Swiss Cheese<br>Lettuce \| Tomato<br>Broccoli Raisin Salad<br>Wheat Bread<br>Birthday Cake<br>Milk<br>Mustard<br>Mayonnaise | <br>2.25 oz<br>1 oz<br>1/2 cup<br>1/2 cup<br>2 slices<br>1 piece<br>1 each<br>1 each<br>1 each |
| **23**<br>Creole Steak<br>Ranch Potatoes<br>Parslied Carrots<br>Wheat Bread<br>Mandarin Oranges<br>Milk<br>Margarine | <br>1 each<br>1/2 cup<br>1/2 cup<br>1 slice<br>1/2 cup<br>1 each<br>1 each | **24**<br>Sliced Ham<br>Northern Beans<br>Mustard Greens<br>Cornbread<br>Strawberry Gelatin<br>Milk<br>Margarine | <br>3 oz<br>1/2 cup<br>1/2 cup<br>1 piece<br>1/2 cup<br>1 each<br>1 each | **25** ***~Thanksgiving Meal~***<br>Herbed Turkey Breast w/Gravy<br>Cornbread Dressing<br>Green Beans<br>Cranberry Juice<br>Dinner Roll<br>Spice Cake<br>Milk<br>Cranberry Sauce<br>Margarine | <br>3 oz<br>1/2 cup<br>1/2 cup<br>1 each<br>1 each<br>1 piece<br>1 each<br>1 oz<br>1 each | **26**<br>***Closed for Holiday*** | | **27**<br>***Closed for Holiday*** | |
| **30**<br>Baked Meatballs<br>Shredded Mozzarella Cheese<br>Tomato Sauce<br>Whole Kernel Corn<br>Broccoli Florets<br>Hot Dog Bun<br>Rice Krispie Treat<br>Milk | <br>6 each<br>1/2 oz<br>1 oz<br>1/2 cup<br>1/2 cup<br>1 each<br>1 each<br>1 each | | | | | | | TRIO<br>Community Meals<br>**Nourishment through compassionate care.** | |

Courtney Steibel, RD, LD

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NUTRITION NEWS

# THE FACTS ON FATS
## SATURATED FATS EDITION

Fat is an important nutrient that gives your body energy, helps your brain work, and supports growth and development. Some types of fat are healthier choices than others.

## What is Saturated Fat?

Saturated fat is a type of fat found in foods such as butter, cheese, whole milk, fatty meats, and some fried or packaged foods. Eating too much saturated fat over time may not be good for heart health, so it's important to balance these foods with healthier fat choices.

**Common Sources of Saturated Fat:** butter, whole milk and full-fat dairy products, cheese, ice cream, bacon and sausage, fried foods, some packaged snacks and baked goods, coconut oil.

**Healthier Fat Sources (Unsaturated Fat):** fish (such as salmon, tuna, and trout), avocados, nuts and seeds, oils (such as olive, canola, sunflower and soybean).

**Dietary Guidelines for Americans**
Should not exceed **10%** of total daily calories.

**American Heart Association**
Aim for less than **6%** of total daily calories from saturated fats.

## Tips for a Balanced Diet

- **Choose** grilled or baked foods more often, instead of fried foods
- **Read nutrition labels**—a daily value of **5% or less** is low in sat fat
- **Try lower-fat** or reduced-fat dairy products
- **Add more** fruits, vegetables, and whole grains to meals
- **Practice moderation**—balance is important

## The Bottom Line

Saturated fat can be part of a healthy diet when included in moderation but choosing unsaturated fats most often can help support long-term health.