


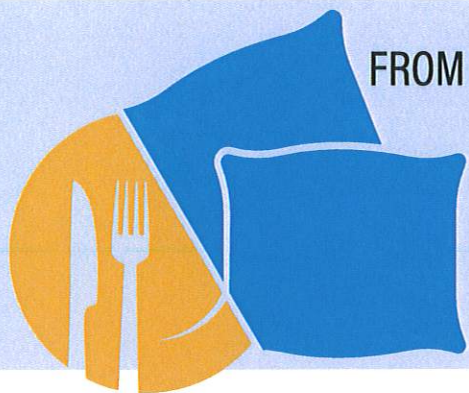
# Northeast Louisiana September 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Closed for Holiday	2	Smoked Sausage Red Kidney Beans Steamed Rice Cabbage Cornbread Seasonal Fruit Milk Margarine	3	Chicken Tenders or BBQ Riblet Delmonico Potatoes Brussels Sprouts Whole Wheat Roll Chocolate Pudding Milk Margarine Ketchup	4	Sweet & Sour Meatballs Japanese Vegetables Cauliflower Dinner Roll Oatmeal Creme Cookie Milk Margarine	5	Chicken Salad Potato Salad Coleslaw Wheat Bread Cinnamon Applesauce Milk
8	Beef & Penne Casserole Whole Kernel Corn Green Beans w/Peppers Garlic Texas Bread Seasonal Fruit Milk Margarine	9	Chicken & Sausage Gumbo Steamed Rice Apple Juice Stewed Tomatoes Saltine Crackers Pound Cake Milk Margarine	10	Beef Patty Brown Gravy Garlic Whipped Potatoes Broccoli Wheat Bread Lemon Berry Pudding Milk Margarine	11	Chicken and Dumplings Green Peas Sliced Carrots Dinner Roll Seasonal Fruit Milk Margarine	12	Pork Roast or BBQ Chicken Breast Mashed Spiced Yams Cabbage Cornbread Rice Krispie Treat Milk Margarine
15	Grandma's Chicken & Rice Broccoli Florets Sliced Carrots Wheat Bread Fig Bar Cookie Milk Margarine	16	BBQ Riblet Sweet Potato Wedges Brussels Sprouts Hamburger Bun Seasonal Fruit Milk	17	Country Fried Steak Country Gravy or Smothered Meatballs Cheesy Potatoes Okra & Tomatoes Texas Bread Strawberry Whip Milk Margarine	18	Sliced Ham Black-eyed Peas Collard Greens Cornbread Mississippi Mud Pudding Milk Margarine	19	Chicken Pasta Salad Green Bean Salad Beet Salad Saltine Crackers Birthday Cake Milk
22	Swiss Steak Ranch Potatoes Succotash Texas Bread Seasonal Fruit Milk Margarine	23	Orange Turkey Steamed Rice Japanese Vegetables Cranberry Juice Whole Wheat Roll Rice Krispie Treat Milk Margarine	24	Chicken Tenders or Zesty Meatballs Oven Roasted Potato Medley Green Peas Wheat Bread Orange Gelatin Milk Margarine Ketchup	25	Chicken Chef Salad Green Pea Salad Cucumber Salad Saltine Crackers Mandarin Oranges Milk Ranch Salad Dressing	26	Taco Meat Shredded Cheese Lettuce   Tomato Flour Tortilla Mixed Fruit Cobbler Milk Taco Sauce
29	Scalloped Chicken Casserole Brussels Sprouts Glazed Carrots Wheat Bread Seasonal Fruit Milk Margarine	30	Glazed Ham Baked Sweet Potato Cabbage Dinner Roll Fudge Creme Cookie Milk Margarine	<div><p><b>TRIO</b> Community Meals</p><p>Nourishment through compassionate care.</p></div>					

*Kim Dommert RD, LD*

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# FROM Plate TO Pillow

## Nutrition Tips for Deeper Sleep

A good night's sleep is essential for brain function, mood, and immune health, but 1 in 3 adults do not get enough. Eating the right nutrients and making small changes to your routine can help improve sleep quality.

### Sleep-Supporting Foods

Best Food Sources	Beneficial Compound
Kiwi fruit, tart cherries, dark chocolate, walnuts, almond, blueberries, goji berries, spinach, kale, avocado, sweet potatoes, pumpkin seeds	Antioxidants
Dairy and dairy alternatives, leafy greens, almonds, tofu	Calcium
Pumpkin seeds, almonds, spinach, bananas, whole grains	Magnesium
Tart cherries, goji berries, eggs, milk, pistachios, walnuts, almonds, cashews, grapes, tomatoes, brown rice, mushrooms oatmeal, legumes, salmon, sardines	Melatonin
Fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, walnuts	Omega-3 Fatty Acids
Turkey, chicken, fish, eggs, dairy, nuts, seeds, cheese, tofu, bananas, spinach, dark chocolate, whole grains	Tryptophan
Chickpeas, lentils, salmon, tuna, chicken, turkey, beef, eggs, milk, bananas, potatoes, avocados, spinach, carrots, oats, fortified cereals, brown rice, sunflower seeds, pistachios	Vitamin B6
UV-exposed mushrooms, fortified dairy and dairy alternatives, fatty fish, egg yolks, beef liver, fortified orange juice	Vitamin D

### Sleep-Disrupting Foods and Drinks

- Caffeine (coffee, soda, chocolate)
- Alcohol
- Refined grains (white bread, pasta)
- High-sugar, processed foods

### Sleep-Friendly Eating Habits

- Stick to consistent meal timing
- Keep dinner light
- Try calming herbal teas
- Choose a sleep-friendly snack

### Sleep-Supporting Snack Ideas

Banana + almond butter | Warm milk + cinnamon | Greek yogurt with + walnuts  
Kiwi + handful of almonds | Oatmeal + flaxseeds + berries | Tart cherry juice + pistachios