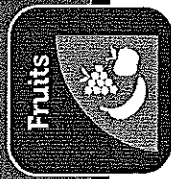


# Diocese of Lake Charles

# March 2019

Mon	Tue	Wed	Thu	Fri
<b>CHOICE OF MILK</b> 1% White Fat Free Chocolate Fat Free Strawberry  MENUS SUBJECT TO CHANGE	<b>Notification:</b> Peanuts/Peanut Butter are not used in our menus. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts			1
4	5	6	7	8
<b>MARDI GRAS</b>	<b>MARDI GRAS</b>	<b>Ash Wednesday</b> Fish Portion Creamy Potatoes 1/2 W/Cheese Sauce Black Eye Peas 1/2 Peach Slices 1/2 HS Fruit 1/2 WG Yeast Roll	Chicken Gumbo OR Chicken Stew Brown Rice 1/2 Broccoli 1/2 CS Baby Carrots 1/4-1/2 Apple Wedges 1/2 HS Fruit 1/2 WG Yeast Roll	<b>LENT</b> Baked Potato Cheese/SC/BB DG's Salad 1/4-1/2 Tomato, Diced 1/4 Cuc. Slices 1/4 Fruit Mix 1/2 HS Fruit 1/2
12	12	13	14	15
Fiesta Soft Tacos (GB/Cheese/JP/SC) Salsa 1/4 Pinto Beans 1/2 Whole K. Corn 1/4 Peach Slices 1/2 HS Fruit 1/2	Beef Finger Steaks Broccoli 1/2 Glazed Carrots 1/4-1/2 Pineapple Tidbits 1/2 HS Fruit 1/2 WG Yeast Roll	Chicken Alfredo WG Pasta 1/2 Yam Patty 1/2 DG's Salad 1/4-1/2 Orange Smiles 1/2 HS Fruit 1/2 WG Garlic Roll	Pork Roast, Gravy Brown Rice 1/2 Sweet Peas 1/2 Cauliflower 1/4-1/2 Cheese Sauce Spiced Apples 1/2 HS Fruit 1/2 WG Yeast Roll	<b>LENT</b> Fish Portion WG Hamburger Bun Tomato Slices 1/8-1/4 IB Lettuce 1/4 French Fries 1/2 Pear Slices 1/2 HS Fruit 1/2 WW Cookie Choice
18	19	20	21	22
WG Corn Dog Tator Tots OR French Fries 1/2 Mexican Beans 1/2 Fruit Mix 1/2 HS Fruit 1/2 WG Dessert Choice	Meat Balls, Gravy Brown Rice 1/2 Broccoli 1/2 w/CS Yam Patty 1/4-1/2 Fruit Choice 1/2 HS Fruit 1/2 WG Yeast Roll	Chicken Nuggets Mac. & Cheese 1/2 Baby Carrots 1/4 Cherry Tomatoes 1/4 Cuc. Sticks 1/4-1/2 Dip for Vegetables Pear Slices 1/2 HS Fruit 1/2	Baked Chicken, G. Brown Rice 1/2 Lima Beans 1/2 Glazed Carrots 1/4-1/2 Fruit Choice 1/2 HS Fruit 1/2 WG Yeast Roll	<b>LENT</b> Nachos Grande (Cheese/JP/SC) IB Lettuce 1/4-1/2 Sweet K. Corn 1/2 Spiced Apples 1/2 HS Fruit 1/2 WG Cinnamon Roll
25	26	27	28	29
Cheeseburger WG Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Orange Smiles 1/2 HS Fruit 1/2 WG Dessert Choice	Fiesta Soft Tacos (GB/Cheese/JP/SC) IB Lettuce 1/8 Pinto Beans 1/2 Sweet K. Corn 1/2 Peach Slices 1/2 HS Fruit 1/2	Italian Meat Sauce WG Spaghetti 1/2 Green Beans 1/2 DG's Salad 1/4 Pineapple Tidbits 1/2 HS Fruit 1/2 WG Garlic Roll	Turkey Roast, G. Red Beans 1/2 & Brown Rice 1/2 Yam Patty 1/4-1/2 Apple Wedges 1/2 HS Fruit 1/2 Southern Cornbread	<b>LENT</b> Toasted Grilled Cheese Sandwich Vegetable Soup 1 cup (1/2 cup vogs.) Broccoli 1/2 (Fresh) Fruit Choice 1/2 HS Fruit 1/2



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



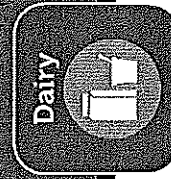
Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

## Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [SuperTracker.usda.gov](http://SuperTracker.usda.gov) for a personalized plan.

<p><b>2 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 large banana</li> <li>1 cup mandarin oranges</li> <li>½ cup raisins</li> <li>1 cup 100% grapefruit juice</li> </ul>	<p><b>2½ cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 large bell pepper</li> <li>1 cup baby carrots</li> <li>1 cup green peas</li> <li>1 cup mushrooms</li> </ul>	<p><b>6 ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked grits</li> </ul>	<p><b>3 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 cup milk</li> <li>1 cup yogurt</li> <li>2 ounces processed cheese</li> </ul>	<p><b>5½ ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 ounce tuna fish</li> <li>¼ cup cooked beans</li> <li>1 Tbsp peanut butter</li> <li>1 egg</li> </ul>
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### Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



### Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day | Adults ≥ 150 min/week



**MyPlate, MyWins**  
 Healthy Eating Solutions for Everyday Life  
 Choose [MyPlate.gov/MyWins](http://MyPlate.gov/MyWins)