

National Nutrition Month® 2026



Good nutrition fuels your energy and helps you feel your best. With so many food trends, it's easy to be unsure about what's right for you. Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetic Technicians, Registered (NDTRs), can guide you with simple, science-based advice to help you eat well and thrive.

Stick to the Nutrition Basics

Decades of research support these simple, powerful habits.

- **Eat more plant-based foods:** fruits, vegetables, whole grains, beans, nuts, and seeds
- **Include lean proteins:** poultry, fish, eggs, tofu, or beans
- **Choose healthy fats:** olive oil, avocado, nuts, and seeds
- **Add more whole grains:** brown rice, quinoa, whole-wheat pasta, and bread
- **Stay hydrated:** choose water first—try fruit- or veggie-infused for flavor
- **Eat mindfully:** slow down, enjoy your food, and notice when you're hungry or full
- **Move your body:** find ways to be active every day

Navigate through the Noise

Every day, we are overwhelmed with new diet trends, influencer advice, and “miracle” foods. It's easy to feel unsure about what's true, but science gives us clear, consistent guidance for lifelong health.

Watch Out for Red Flags

If something sounds too good to be true, it probably is. Be cautious of nutrition claims that:

- Promise quick fixes or miracle results
- Use fear to get attention
- Rely on influencers instead of experts
- Tell you to cut out entire food groups (unless needed for medical reasons)
- Don't come from credible sources like the CDC, NIH, or peer-reviewed studies

Before You Try a Trend, Ask Yourself

- **What's the evidence?** Look for information backed by multiple research studies—not just social media or one new headline.
- **Who's giving the advice?** RDNs and recognized health organizations use solid science to give practical, realistic guidance.
- **Does it promote balance?** Healthy eating isn't about extremes—it's about variety, moderation, and enjoyment.



CENLA AAA Frozen Menu

March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sausage Link Onion Gravy Rice Green Peas White Roll Fresh Fruit Fruit Juice Blend	3 Country Fried Steak Country Gravy Garlic Potatoes Carrots Wheat Bread Apple Juice	4 Hamburger Baked Beans Chuckwagon Corn Wheat Hamburger Bun Fresh Fruit	5 Chicken Breast Fillet Brown Gravy Chantilly Potatoes Venetian Vegetables White Roll Fig Bar	6 Breaded Fish Cabbage Mixed Vegetables Wheat Hamburger Bun Star Crunch
9 Spaghetti/Meat Sauce Green Beans Carrots Wheat Bread Fresh Fruit	10 Ham & White Beans Brown Rice Cabbage Cornbread Fresh Apple Fruit Blend Juice	11 Chicken & Sausage Gumbo/Brown Rice Okra & Tomatoes Whipped Sweet Potatoes Saltine Crackers Oatmeal Crème Cookie	12 Turkey & Noodles Whole Kernel Corn California Vegetables Wheat Bread Fig Bar	13 Egg Patty (2) Country Gravy Hashbrown Patty Wheat Bread Spiced Apples Orange Juice Margarine
16 Chicken Breast Fillet Italian Herb Sauce Whipped Sweet Potatoes Green Beans/Red Peppers White Roll Star Crunch	17 Hamburger Corn O'Brien Wheat Hamburger Bun Pineapple Cobbler Fruit Blend Juice	18 Red Beans & Sausage Rice Mixed Greens Cornbread Fig Bar Orange Juice	19 Salisbury Beef Brown Gravy Whipped Potatoes Carrots Wheat Bread Oatmeal Crème Cookie	20 Lent Special Shrimp Etouffee (Imported) Rice Green Peas Wheat Bread Star Crunch Fresh Fruit Milk
23 Teriyaki Meatballs Rice Japanese Vegetables Wheat Bread Strawberry Craisins Fruit Blend Juice	24 Chicken Tenders Macaroni & Cheese Green Peas Fresh Fruit Oatmeal Crème Cookie BBQ Sauce	25 Turkey Breast Brown Gravy Yams California Vegetables Wheat Bread Birthday Cake Cookie	26 Pork Roast Pork Gravy Whipped Potatoes Carrots Wheat Bread Fudge Round	27 Bean/Cheese Burrito Shredded Cheese Black Beans Cilantro Lime Corn Fresh Orange Taco Sauce
30 Sausage Link Onion Gravy Rice Green Peas White Roll Fresh Fruit Fruit Juice Blend	31 Country Fried Steak Country Gravy Garlic Potatoes Carrots Wheat Bread Apple Juice	Each Meal is Served with 1/2 Pint of 2% Milk		Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross contact may occur. We can not guarantee meals are allergen-free.