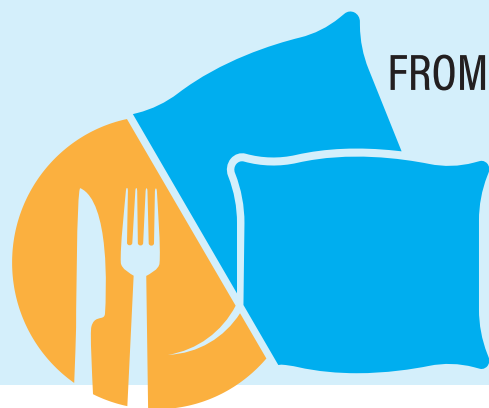




FROM

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

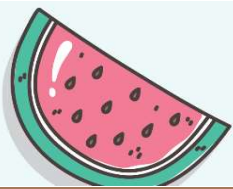
- Caffeine (coffee, soda, chocolate)
- Alcohol
- Refined grains (white bread, pasta)
- High-sugar, processed foods

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



CENLA AAA FROZEN MENU

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Summer Special	4	5
Meatballs Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fig Bar	Chicken Etouffee Brown Rice Broccoli & Cauliflower White Roll Strawberry Craisins Fruit Blend Juice	Picadillo Spanish Rice Charro Beans Flour Tortilla Fresh Fruit Apple Juice Taco Sauce Sour Cream	Ham & White Beans Brown Rice Turnip Greens Cornbread Fruit & Grain Bar Apple Juice	Baked Bone-in Chicken Brown Gravy Yams Black-eyed Peas Wheat Bread Fresh Fruit
8	9	10	11	12
Chicken & Sausage Jambalaya Cabbage Carrots Wheat Bread Strawberry Craisins	Salisbury Patty Brown Gravy Garlic Potatoes Green Beans Wheat Bread Chocolate Pudding	Sliced Ham with Honey Glaze Whole Kernel Corn Green Peas White Roll Fresh Fruit	Chicken Breast/Gravy Rice Broccoli/Cauliflower Wheat Bread Oatmeal Crème Cookie Apple Juice	BBQ Pork Riblet Baked Beans Potato Wedges Wheat Hamburger Bun Fresh Fruit
15	16	17	18	19 Fall Special
Tuscan Chicken Breast Ranch Potatoes Peas & Carrots Wheat Bread Star Crunch	Sloppy Joe Baked Beans Mixed Vegetables Wheat Hamburger Bun Fresh Fruit	Swedish Meatballs Rice Broccoli & Cauliflower Wheat Bread Birthday Cake Cookie Apple Juice	Red Beans & Sausage Brown Rice Mixed Greens Cornbread Fresh Fruit Fruit Blend Juice	Home Style Meatloaf Brown Gravy Whipped Potatoes Whole Kernel Corn White Roll Raisin Crème Cookie
22	23	24	25	26
Turkey Italian Mac Green Beans/Red Peppers Glazed Carrots Wheat Bread Fudge Round	Ham & Pinto Beans Brown Rice Cabbage Cornbread Oatmeal Crème Cookie Apple Juice	Chicken & Sausage Gumbo & Rice Whipped Sweet Potatoes Okra & Tomato Saltine Crackers Fresh Fruit	Hamburger Baked Beans Chuckwagon Corn Wheat Hamburger Bun Fresh Fruit	Chicken Parmesan Potato Wedges Broccoli/Cauliflower Wheat Bread Fig Bar
29	30			
Meatballs Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fig Bar	Chicken Etouffee Brown Rice Broccoli & Cauliflower White Roll Strawberry Craisins Fruit Blend Juice	Each Meal is Served with 1/2 Pint of 2% Milk	 Nourishment through compassionate care.	