

NUTRITION EDUCATION cont.

Rainbow Sheet Pan Roast

One of the easiest ways to visualize “eating the rainbow” is by arranging vegetables by color on a single tray.

Combine cherry tomatoes or red bell peppers (red), carrots or sweet potatoes (orange), yellow squash or yellow peppers (yellow), broccoli, zucchini, or Brussels sprouts (green), and red onion or purple potatoes (purple). Toss with olive oil and herbs and **roast at 400°F for 20–30 minutes**.

Vibrant Vegetable Stir-Fry

Stir-fries allow for a high volume of diverse vegetables that maintain their vibrant colors due to quick cooking times.

Heat a small amount of oil in a large pan over medium-high heat. Start with firmer vegetables like sliced carrots (orange) and cook for 2–3 minutes. Then add snap peas (green), shredded red cabbage (purple), and bell peppers (red/yellow). Add softer vegetables like spinach last. Stir frequently and cook until tender-crisp. Season with garlic, ginger, soy sauce, or your favorite seasonings.

Layered Rainbow Salads or Grain Bowls

Using transparent containers like mason jars or glass bowls highlights the color variety, making the meal more visually appealing—especially for kids.

Start with a simple dressing (olive oil, lemon juice or vinegar, salt, and pepper), add chickpeas or beets, then layer fresh or roasted vegetables like corn, cucumber, and tomatoes, finishing with leafy greens or a grain base such as quinoa, brown rice, or farro.

Rainbow Veggie Kabobs

Thread red tomatoes, orange peppers, yellow squash, zucchini, and purple onions onto skewers in rainbow order — a fun, interactive way to help kids learn about food groups. Brush lightly with oil and season. **Grill over medium heat or roast at 400°F**, turning occasionally, until vegetables are tender and lightly charred (about 10–15 minutes).

Thank you to our menu sponsor!

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CONNECTIONS CAFÉ

March 2026



NUTRITION EDUCATION

“Eating the rainbow” is a nutrition strategy that uses the natural colors of vegetables as a visual guide to ensure a diverse intake of **phytonutrients**—compounds that protect plants from threats and provide unique health benefits to humans.

Nutritional Benefits by Color

- **Red:** Supports heart health and may reduce cancer risk.
Examples: Tomatoes, strawberries, red bell peppers, beets, radishes.
- **Orange & Yellow:** Promote healthy vision, immunity, and skin health.
Examples: Carrots, sweet potatoes, oranges, pumpkin, corn, yellow peppers.
- **Green:** Supports bone strength, blood health, and brain function.
Examples: Spinach, broccoli, kale, Brussels sprouts, asparagus, zucchini.
- **Blue & Purple:** Antioxidants that support memory and healthy aging.
Examples: Blueberries, grapes, purple cabbage, eggplant, purple potatoes.
- **White & Brown:** Support heart health and immune function.
Examples: Garlic, onions, mushrooms, cauliflower, parsnips, bananas.

To naturally include multiple colors, focus on recipes where vegetables are the centerpiece. These dishes not only maximize nutrient density but also offer a wide range of antioxidants in a single meal.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ♦ Chicken Teriyaki ♥ Brown Rice ♦ Succotash ♥♦ Orange	3 ♦ Beef Tips & Gravy ♦ Mashed Potatoes ♥♦ Brussels Sprouts ♥♦ Apple	4 ♦ Chicken Cacciatore w/ Parm ♥♦ Whole Wheat Pasta ♥♦ Green Beans ♥♦ Pear Cup	5 ♦ Creamy Mushroom Soup ♥ Sweet Potatoes w/ Figs & Nuts ♦ Succotash ♥♦ Applesauce Cup	6 ♦ Beef Bourguignon ♦ Mashed Potatoes ♥♦ Broccoli ♥♦ Orange
9 ♦ Swedish Meatballs ♥♦ Whole Wheat Pasta ♥♦ Brussels Sprouts ♥♦ Applesauce Cup	10 ♦ Chicken & Dumplings ♥♦ Broccoli High Fiber Cookie ♥♦ Strawberry Applesauce Cup	11 ♦ Slow Roasted Beef ♥♦w/ Gravy ♦ Mashed Potatoes ♥♦ Green Beans ♦ Wheat Roll ♦ Butter ♥♦ Pear Cup	12 ♦ BBQ Chicken ♥♦ Sweet Potatoes ♦ Peas & Carrots ♥♦ Orange	13 ♦ Beef Burrito ♥♦w/ Enchilada Sauce ♦ Spanish Rice ♥♦ Southwest Black Beans ♥♦ Mango Cup
16 ♦ Pesto Chicken Breast ♥♦ Brussels Sprouts ♥♦ Wild & Brown Rice ♥♦ Pear Cup	17 Cheese Ravioli ♦ Succotash ♦ Wheat Roll ♦ Butter ♥♦ Mango Cup	18 Chicken Pot Pie w/ Biscuit ♥♦ Lima Beans ♥♦ Pear Cup	19 ♦ Shepherd's Pie ♥♦ Winter Mix Vegetables ♦ Wheat Roll ♦ Butter ♥♦ Peach Cup	20 Baked Ziti w/ Italian Sausage ♥♦ Bahama Blend Vegetables ♥♦ Apple
23 ♦ Stuffed Pepper Casserole ♦ Red Roasted Potatoes ♥♦ Peas & Carrots ♥♦ Pear	24 ♦ Chicken Piccata ♥♦ Whole Wheat Pasta ♥♦ Winter Mix Vegetables w/Parmesan ♥♦ Orange	25 ♦ Beef Stroganoff ♥♦ Whole Wheat Pasta ♦ Brussel Sprouts w/ Parmesan ♥♦ Apple	26 ♦ Baked Chicken ♥♦w/ Gravy ♦ Mashed Potatoes ♥♦ Carrots ♦ Oatmeal Raisin Cookie ♥♦ Orange	27 ♦ Spaghetti & Meat Sauce ♥♦ Monterey Blend Vegetables ♦ Wheat Roll ♦ Butter ♥♦ Apple
30 ♦ Sweet & Sour Beef ♥ Brown Rice ♥♦ Asian Vegetables ♥♦ Peaches & Creme Cup	31 ♦ Chicken Marsala ♦ Red Roasted Potatoes ♥♦ Brussels Sprouts ♥♦ Apple	♥ Heart Health ♦ Diabetic Choice Milk included with every meal		

Menu substitutions may occur without notice. Clients who take leftovers home do so at their own risk.

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

We value your feedback! At the end of the month, return your menu to your café specialist & write in a 1-3 rank on the day's entry.

1 = Don't love it

2 = It's Good

3 = LOVE it!



NUTRITION FACTS March 2026

Menu items	KCal	Pro (gm)	Carb (gm)	Fat (gm)	Fiber (gm)	CA (Calcium) (mg)	Na (Sodium) (mg)	Vit C (mg)	Vit B12 (mcg)	Vit B6 (mg)
Baked Chicken w/Gravy Mashed Potatoes Carrots Oatmeal Raisin Cookie Orange Milk	827	34	62	30	8	405	653	28	1.5	1.06
Baked Ziti w/ Italian Sausage Bahama Blend Vegetables Apple Milk	637	30	64	30	8	580	1220	25	1.9	0.74
BBQ Chicken Sweet Potatoes Peas & Carrots Orange Milk	1180	76	67	72	9	418	805	50	1.6	0.61
Beef Barley Soup Red Roasted Potatoes Wheat Roll w/Butter Orange Milk	466	21	54	20	6	367	1091	36	2	0.58
Beef Bourguignon Mashed Potatoes Broccoli Orange Milk	851	34	45	39	8	418	612	79	2.2	0.71
Beef Burrito w/ Enchilada Sauce Spanish Rice Southwest Black Beans Mango Cup Milk	794	39	96	28	9	457	1128	36	3.2	0.57
Beef Goulash Green Bean Almondine Apple Milk	646	36	75	23	8	367	510	15	3.3	0.68
Beef Lasagna Roll Broccoli Pear Milk	604	32	71	23	12	524	1089	59	3.3	0.92
Beef Pot Pie w/ Biscuit Lima Beans Blueberry Cobbler Milk	825	41	96	34	10	364	1164	16	3.3	0.66
Beef Stroganoff Whole Wheat Pasta Brussels Sprouts w/ Parmesan Apple Milk	627	45	74	19	13	419	414	58	3.4	0.93
Beef Tips & Gravy Mashed Potatoes Brussels Sprouts Apple Milk	779	36	61	26	11	388	684	61	3.1	0.88
Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple Milk	963	36	80	35	12	387	1333	19	1.4	0.22
Breaded Potlock Macaroni & Cheese Brussels Sprouts w/ Parmesan Apple Milk	697	35	85	26	12	581	731	58	1.7	0.59
Cheese Ravioli Succotash Wheat Roll w/Butter Mango Cup Milk	786	36	90	31	10	780	1548	39	1.6	0.16
Chicken & Dumplings Broccoli High Fiber Cookie Strawberry Applesauce Cup Milk	795	40	100	26	11	464	1399	55	1.8	0.67
Chicken & Dumplings Broccoli Strawberry Applesauce Cup High Fiber Cookie Milk	795	40	100	26	11	464	1399	55	1.8	0.67
Chicken A La King Jasmine Rice Fresh Green Beans Apple Milk	618	32	70	24	7	408	575	32	1.5	0.4
Chicken Alfredo Whole Wheat Pasta Green Peas Tropical Fruit Cup Milk	613	39	75	17	10	389	760	44	1.6	0.67
Chicken Cacciatore w/Parm Whole Wheat Pasta Fresh Green Beans Pear Cup Milk	749	49	76	29	13	449	660	30	1.6	1
Chicken Chimichanga w/ Enchilada Sauce Southwest Black Beans Spanish Rice Mango Cup Milk	713	26	110	16	9	362	1169	36	1.2	0.29
Chicken Cordon Bleu Sweet Potatoes w/ Figs & Nuts Peas & Carrots Orange Milk	682	41	74	27	8	607	685	38	2.1	0.57
Chicken Marsala Red Roasted Potatoes Brussels Sprouts Apple Milk	615	45	60	22	10	381	557	69	1.7	1.39
Chicken Parmesan Whole Wheat Pasta Capri Vegetable Blend Pear Cup Milk	883	58	104	25	13	603	1017	10	1.9	0.91
Chicken Piccata Whole Wheat Pasta Winter Mix Vegetables w/ Parmesan Orange Milk	526	37	58	16	9	399	490	148	1.4	0.9
Chicken Pot Pie w/ Biscuit Lima Beans Pear Cup Milk	675	37	89	23	11	348	1,088	39	1.523	0.622
Chicken Teriyaki Brown Rice Succotash Orange Milk	559	44	61	14	9	366	649	40	1.5	0.86
Chili w/Beans & Cheese Baked Potato Sour Cream Peaches & Creme Cup Milk	675	35	82	24	11	424	515	50	3.2	1.19
Creamy Mushroom Soup Sweet Potatoes w/ Figs & Nuts Succotash Applesauce Cup Milk	678	23	82	29	10	451	384	14	1.4	0.3
Lemon Pepper Chicken Wild & Brown Rice Lima Beans Mandarin Orange Cup Milk	641	51	71	16	7	396	670	34	1.6	0.9
Meatballs w/ Marinara Whole Wheat Pasta Succotash Applesauce Cup Milk	770	34	82	35	14	390	964	12	1.2	0.25
Pesto Chicken Breast Brussels Sprouts Wild & Brown Rice Pear Cup Milk	627	54	61	19	7	503	644	80	1.7	1.165
Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple Milk	915	42	65	35	12	395	876	19	1.9	0.52
Pork Pot Roast w/ Celery & Onion Red Roasted Potatoes Carrots Orange Milk	429	31	42	16	6	359	615	37	1.7	1.09
Shepherd's Pie Winter Mix Vegetables Wheat Roll w/Butter Peach Cup Milk	756	40	68	35	9	461	660	162	3.6	0.53
Slow Roasted Beef w/Gravy Mashed Potatoes Fresh Green Beans Wheat Roll w/Butter Pear Cup Milk	959	39	71	39	10	436	1122	41	2.6	0.64
Southwestern Chicken Spanish Rice Pineapple Cup Pinto Beans Milk	706	54	87	15	10	475	889	62	1.7	1.06
Spaghe & Meat Sauce Monterrey Blend Vegetables Wheat Roll w/Butter Apple Milk	736	38	81	29	10	402	735	8	3.5	0.69
Stuffed Pepper Casserole Red Roasted Potatoes Peas & Carrots Pear Cup Milk	619	34	77	21	10	510	637	88	2.11	1.018
Swedish Meatballs Whole Wheat Pasta Brussels Sprouts Applesauce Cup Milk	920	46	88	43	12	497	631	55	3.5	0.99
Sweet & Sour Beef Brown Rice Asian Vegetables Peaches & Creme Cup Milk	724	43	77	26	5	370	719	124	3.2	1
Sweet & Sour Chicken Brown Rice Sr Fry Vegetables High Fiber Cookie Pear Cup Milk	926	42	135	25	17	415	990	122	1.5	0.86
Teriyaki Meatball Beef & Pork Brown Rice Succotash Orange Milk	703	32	69	33	11	426	1194	36	2.2	0.53