

NUTRITION EDUCATION cont.

- **Check Unit Prices:** Look at the price per ounce or pound rather than the sticker price to ensure you are getting the best value, especially during “shrinkflation”.
- **Shop the Perimeter:** Fresh produce, meat, and dairy are located on the store's outer edges; sticking to these areas helps you avoid high-priced processed foods in the middle aisles.
- **Timing Matters:** Shop late in the day to find marked-down baked goods and meats, or early for clearance produce.

Digital Tools & Reward Stacking

- **Stack Your Savings:** Maximize returns by using a rewards credit card, followed by a store loyalty program, and finally scanning your receipt into rebate apps.
- **Flipp:** Aggregates weekly digital flyers from local stores to help you plan trips around sales.
- **Use Curbside Pickup:** Ordering online through a store's app can prevent impulse buys by keeping you out of the physical aisles.

Food Waste Reduction

- **Freeze Strategically:** Freeze bread, nuts, grated cheese, and even ginger to extend their shelf life by months.
- **Repurpose Scraps:** Use vegetable peels, herb stems, and meat bones to make homemade stock instead of buying it.
- **Stretching Proteins:** Use expensive meats as a “flavoring” rather than the main star; bulk out dishes like tacos or pasta with beans, lentils, or grains to make the meat last further.

Thank you to our menu sponsor!

To learn more call 719-314-2327
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CONNECTIONS CAFÉ
May 2026



NUTRITION EDUCATION

Saving money on groceries in 2026 relies on a “triple-layer” approach: smart preparation, strategic shopping habits, and the use of modern digital tools to stack rewards.

Smart Preparation

- **“Shop Your Pantry” First:** Before making a list, inventory your fridge, freezer, and pantry to build meals around what you already own.
- **Inventory Tracking:** Use apps like KitchenPal to monitor your pantry and suggest recipes based on available ingredients.
- **Plan with Themes:** Use “themed days” (e.g., Taco Tuesday, Soup Wednesday) to simplify planning and repurpose ingredients across multiple nights.
- **Avoid “Aspirational Shopping”:** Be realistic about your schedule; don't buy complex ingredients for a Tuesday night if you usually end up too tired to cook.

Strategic Shopping Habits

- **Prioritize Store Brands:** Opting for generic or store labels (like Target's Good & Gather or Walmart's bettergoods) can save you 25% to 30% without sacrificing quality, as many are produced by the same manufacturers as name brands.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1 style="margin: 0;">MEMORIAL DAY</h1>			♥ Heart Health ♦ Diabetic Choice Milk included with every meal	1 Silver Key Tri - Lakes Location Closed
4 ♦ Sweet & Sour Beef ♥ Brown Rice ♥♦ Asian Vegetables ♥♦ Peaches & Creme Cup	5 Silver Key Tri - Lakes Location Closed	6 ♦ Beef Bourguignon ♦ Mashed Potatoes ♥♦ Broccoli ♥♦ Orange	7 ♦ Chicken & Dumplings ♥♦ Broccoli, High Fiber Cookie ♥♦ Strawberry Applesauce Cup	8 Silver Key Tri - Lakes Location Closed
11 ♦ Chicken Piccata ♥♦ Whole Wheat Pasta ♥♦ Winter Mix Vegetables w/Parmesan ♥♦ Orange	12 Silver Key Tri - Lakes Location Closed	13 Chicken Pot Pie w/ Biscuit ♥♦ Lima Beans ♥♦ Pear Cup	14 ♦ Shepherd's Pie ♥♦ Winter Mix Vegetables ♥♦ Wheat Roll ♦ Butter ♥♦ Peach Cup	15 Silver Key Tri - Lakes Location Closed
18 ♦ Swedish Meatballs ♥♦ Whole Wheat Pasta ♥♦ Brussels Sprouts ♥♦ Applesauce Cup	19 Silver Key Tri - Lakes Location Closed	20 ♦ Beef Stroganoff ♥♦ Whole Wheat Pasta ♦ Parmesan Roasted Brussels Sprouts ♥♦ Apple	21 ♦ BBQ Chicken ♥♦ Sweet Potatoes ♦ Peas & Carrots ♥♦ Orange	22 Silver Key Tri - Lakes Location Closed
25 Silver Key Closed for Memorial Day	26 Silver Key Tri - Lakes Location Closed	27 ♦ Chicken Cacciatore w/ Parm ♥♦ Whole Wheat Pasta ♥♦ Green Beans ♥♦ Pear Cup	28 ♦ Beef Burrito ♥♦ w/ Enchilada Sauce ♦ Spanish Rice ♥♦ Southwest Black Beans ♥♦ Mango Cup	29 Silver Key Tri - Lakes Location Closed

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

May 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 Pollock 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