

NUTRITION EDUCATION cont.

- **Modify recipes healthily:** Cut back on added sugar in baking by 25% to 50%, swap butter or oil for applesauce or Greek yogurt where possible and use low-sodium or unsalted broths and herbs for seasoning.
- **Stay hydrated:** Drink plenty of water throughout the day, and pace alcoholic beverages by alternating them with water or low-calorie mocktails

Kitchen & Food Safety

- **Prevent food poisoning:** Wipe down counters and utensils thoroughly after handling raw turkey, and store perishable leftovers in the refrigerator within 2 hours.
- **Practice fire safety:** Keep children away from hot stoves and sharp objects, and avoid deep-frying turkeys at home due to the high risk of severe burns and cooking fires (which peak on Thanksgiving according to the Red Cross).
- **Communicate about allergies:** Ask guests about dietary restrictions, food allergies, or medical needs ahead of time to keep everyone safe.

Movement & Mindset

- **Get moving:** Start or end the day with group movement like a neighborhood walk, a local Turkey Trot, or active family games to aid digestion and boost your mood.

Thank you to our menu sponsor!

To learn more call 719-314-2327
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**Rocky Mountain
PACE**

719-884-2300

www.silverkey.org



CONNECTIONS CAFÉ
November 2026



NUTRITION EDUCATION

Keeping Thanksgiving Happy and Healthy!

Focus on the connections! Shift the main event from heavy eating to gratitude, catching up with loved ones, and enjoying traditions

Smart Eating & Nutrition

- **Don't skip breakfast:** Eat a small, balanced morning meal with protein and fiber (like an egg with whole-wheat toast or whole-grain cereal) so you do not arrive starving.
- **Balance your plate:** Fill half your plate with non-starchy vegetables or green salads, a quarter with lean turkey protein, and a quarter with whole grains or traditional starches.
- **Savor and slow down:** Eat slowly, put your fork down between bites, and enjoy small, mindful portions of favorite holiday treats like pumpkin pie rather than restricting yourself completely

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ♦Chicken Cacciatore w/ Parm ♥♦Whole Wheat Pasta ♦Italian Blend Vegetables ♥♦Cinnamon Pears	3 ♦Cabbage Beef Skillet ♦Green Beans ♦Butternut Squash ♥♦Applesauce	4 Butternut Squash Ravioli ♦Succotash ♥♦Spiced Apples ♥♦Wheat Roll ♦Butter	5 ♦Sweet & Sour Chicken ♥Brown Rice ♥♦Asian Vegetables ♥♦Peaches & Creme Cup	6 ♦Pork Tips in Gravy ♥♦Whole Wheat Pasta ♦Spinach ♦Carrots ♥♦Mandarin Orange Cup
9 ♦Chicken A La King ♥Jasmine Rice ♥♦Green Beans ♥♦Apple	10 ♦Baked Potato Soup ♦Green Peas ♥♦Spiced Apples ♦Cornbread ♦Butter	11 ♦Shepherd's Pie ♥♦Winter Mix Vegetables ♦Peach Cobbler ♥♦Wheat Roll ♦Butter	12 ♦Baked Chicken ♦w/Gravy ♥♦Baby Bakers ♥♦5-Way Vegetable Blend ♦Oatmeal Raisin Cookie ♥♦Orange	13 ♦Beef Stroganoff ♥♦Whole Wheat Pasta ♥♦Carrots ♥♦Spiced Peaches ♥♦Wheat Roll ♦Butter
16 ♦Southwestern Chicken ♦Spanish Rice ♦Pinto Beans ♥♦Pineapple Cup	17 ♦Spaghetti & Meat Sauce ♦Capri Vegetable Blend ♦Peach Cobbler ♥♦Wheat Roll ♦Butter	18 ♦Oven Roasted Turkey with Gravy ♦Mashed Potatoes ♦Carrots, Apple Pie ♥♦Wheat Roll ♦Butter	19 ♦Chicken Teriyaki ♥Brown Rice ♦Succotash ♥♦Orange	20 ♦Chicken Alfredo ♥♦Whole Wheat Pasta ♥♦Green Peas Strawberry Cobbler
23 ♦Beef Pot Pie w/ Biscuit ♦Butternut Squash ♥♦Spiced Peaches	24 Harvest Chicken Casserole ♥♦Almond Rice Pilaf ♦Succotash ♥♦Apple	25 ♦Salisbury Steak w/ Gravy ♦Mashed Potatoes ♥♦Green Beans ♥♦Orange	26 Café Closed in observance of Thanksgiving	27 Café Closed in observance of Thanksgiving
30 ♦BBQ Chicken ♥♦Sweet Potatoes ♦Peas & Carrots ♥♦Peaches & Creme Cup	♥ 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!

Entrée Name *	KCal	Pro (gm)	Carb (gm)	Fat (gm)	S Fat (gm)	Tr Fat (gm)	Chol (mg)	Fiber (gm)	Sodium (mg)	K (mg)	P (mg)	Iron (mg)
* Nutrition Facts include the entire meal												
Baked Chicken	885	43	86	42	16	3	124	10	871	1,375	611	6
Baked Potato Soup	813	44	120	17	6	2	87	9	389	1,161	576	3
Baked Ziti w/ Italian Sausage	743	35	92	28	11	1	77	9	1,152	1,342	607	5
BBQ Chicken	940	76	80	35	12	1	355	7	849	1,626	860	5
Beef Goulash	866	41	96	35	15	2	107	7	867	1,315	516	6
Beef Lasagna Roll	897	36	103	39	14	2	82	9	1,629	1,146	409	3
Beef Pot Pie w/ Biscuit	641	39	83	19	6	1	143	8	582	1,269	671	3
Beef Stroganoff	519	31	70	14	3	0	74	10	484	1,055	289	3
Bell Pepper Casserole	364	14	59	10	3	0	20	8	341	1,063	381	2
Breaded Chicken	633	25	77	26	7	1	59	11	1,048	619	375	4
Butternut Squash Ravioli	407	19	54	14	5	0	30	8	271	505	258	3
Cabbage Beef Skillet	611	31	77	21	8	2	72	11	523	1,589	523	5
Chicken & Dumplings	827	42	113	24	8	0	91	12	947	1,144	720	5
Chicken Alfredo	708	54	87	15	7	0	113	10	816	1,601	751	5
Chicken Cacciatore w/Parm	756	49	72	31	8	2	102	10	701	1,211	611	4
Chicken Marsala	720	51	80	23	6	1	104	15	665	1,439	707	4
Chicken Teriyaki	758	33	92	30	9	1	59	8	1,900	901	349	3
Chili w/Beans & Cheese	199	4	42	3	0	0	0	3	201	383	18	1
Harvest Chicken Casserole	850	48	116	23	6	1	91	12	645	1,484	718	6
Oven Roasted Turkey with Gravy	866	41	96	35	15	2	107	7	867	1,315	516	6
Pesto Chicken Breast	692	56	65	24	7	0	130	9	459	1,238	705	3
Pork Tips w/Gravy	964	43	94	49	16	2	118	12	1,087	957	490	7
Salisbury Steak w/Gravy	815	27	61	31	14	3	83	7	1,061	1,194	305	3
Shepherd's Pie	885	43	86	42	16	3	124	10	871	1,375	611	6
Southwestern Chicken	758	33	92	30	9	1	59	8	1,900	901	349	3
Spaghetti & Meat Sauce	708	54	87	15	7	0	113	10	816	1,601	751	5
Sweet & Sour Chicken	687	37	92	18	7	1	87	6	755	911	593	3
Teriyaki Meatball Beef & Pork	804	48	97	27	11	1	125	12	784	1,276	657	6

Entrée Name *	KCal	CA (mg)	Vit A (RAE)	Thmn (mg)	Ribo (mg)	Niacn (mg)	Vit C (mg)	Folate (mcg)	Mag (mg)	Zn (mg)	Vit B12 (mcg)	Vit B6 (mg)
* Nutrition Facts include the entire meal												
Baked Chicken	885	523	536	0.5	0.8	10	138	116	93.4	7.2	3.822	0.582
Baked Potato Soup	813	466	403	0.4	0.8	13	29	83	97.8	2.8	1.895	0.93
Baked Ziti w/ Italian Sausage	743	629	315	0.8	0.9	11	10	165	100.9	4.2	1.978	0.805
BBQ Chicken	940	389	1,346	0.6	0.9	17	39	73	104	6.3	2.356	1.294
Beef Goulash	866	403	595	0.5	0.7	11	4	104	76	6.8	3.62	0.647
Beef Lasagna Roll	897	431	1,144	0.3	0.5	4	23	84	75.1	2	1.611	0.565
Beef Pot Pie w/ Biscuit	641	402	275	0.7	0.7	10	71	62	153.7	4.2	1.72	0.954
Beef Stroganoff	519	107	343	0.4	0.3	10	75	73	64.5	1.3	0.146	0.96
Bell Pepper Casserole	364	350	735	0.4	0.5	3	48	71	53.1	1.5	1.348	0.394
Breaded Chicken	633	175	53	0.5	0.3	6	76	67	95.5	2.6	0.897	0.774
Butternut Squash Ravioli	407	367	261	0.2	0.3	2	17	12	31.9	1.1	1.357	0.497
Cabbage Beef Skillet	611	470	793	1	0.7	8	68	161	112.1	5.9	3.001	0.918
Chicken & Dumplings	827	510	321	0.5	0.8	9	50	140	85.2	3.1	1.861	0.701
Chicken Alfredo	708	481	262	0.7	0.6	16	64	317	158.1	3.9	1.695	1.057
Chicken Cacciatore w/Parm	756	466	342	0.8	0.7	18	18	106	113.6	3.3	1.679	0.874
Chicken Marsala	720	429	865	0.7	0.8	19	61	222	139.9	3.7	1.8	1.232
Chicken Teriyaki	758	433	590	0.3	0.6	4	53	123	110.4	1.8	1.31	0.472
Chili w/Beans & Cheese	199	30	28	0	0	1	4	3	8.6	0.1	0.001	0.036
Harvest Chicken Casserole	850	435	562	0.8	0.7	18	41	290	148.1	3.5	1.643	1.377
Oven Roasted Turkey with Gravy	866	403	595	0.5	0.7	11	4	104	76	6.8	3.62	0.647
Pesto Chicken Breast	692	533	298	0.6	0.7	19	86	146	112.5	3.3	1.846	1.297
Pork Tips w/Gravy	964	606	882	0.7	0.8	7	3	234	177.4	3.1	1.392	0.34
Salisbury Steak w/Gravy	815	383	335	0.2	0.5	1	20	29	52.9	1.4	1.36	0.223
Shepherd's Pie	885	523	536	0.5	0.8	10	138	116	93.4	7.2	3.822	0.582
Southwestern Chicken	758	433	590	0.3	0.6	4	53	123	110.4	1.8	1.31	0.472
Spaghetti & Meat Sauce	708	481	262	0.7	0.6	16	64	317	158.1	3.9	1.695	1.057
Sweet & Sour Chicken	687	383	378	0.5	0.5	11	114	38	122.5	3.6	1.613	0.851
Teriyaki Meatball Beef & Pork	804	419	1,272	0.6	0.9	11	7	123	115.6	9.8	3.735	0.737