

- **Don't forget the fiber:** Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.
- **Include fruit at breakfast:** At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.
- **Try fruit at lunch:** At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.
- **Enjoy fruit at dinner, too:** At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.
- **Snack on fruits:** Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.
- **Be a good role model:** Set a good example for children by eating fruit daily with meals or snacks.
- **Keep fruits safe:** Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

Thank you to our menu sponsor.

To learn more call (719) 314-2327
or visit www.rmhcare.org



**Rocky Mountain
PACE**




A Program of Rocky Mountain Health Care Services



FOCUS ON FRUITS

- **Eating fruit provides health benefits:** People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits— fresh, canned, frozen, or dried— instead of juice. The sugar naturally found in fruit does not count as added sugar.
- **Keep visible reminders:** Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- **Experiment with flavor:** Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.
- **Think about variety:** Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply.

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Turkey w/ Gravy Mashed Potatoes California Veggies Roll w/ Butter Apple & Milk	2 Pork Carnitas, & Tortillas Pinto Beans Mexican Corn Diced Peaches Milk	3 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear Milk	4 Chicken Piccata w/Pasta Winter Veggies w/ Parm Cherry Cobbler Milk	5 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple Milk
8 Chicken Cordon Bleu, Sweet Potatoes Peas & Carrots, Orange & Milk	9 Beef Pot Pie w/Buttermilk Biscuit Lima Beans Apple & Milk	10 Chicken Alfredo w/Pasta Peas Diced Tropical Fruit & Milk	11 Riblets Baked Potato Baked Beans Apple Sauce Milk	12 Sweet & Sour Beef Brown Rice Asian Vegetables High Fiber Cookie Pear & Milk
15 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk	16 Cheese Ravioli Succotash Roll w/ Butter Diced Mangos Milk	17 <u>Chef's Choice</u> 	18 Chicken & Dumplings Broccoli, Cookie Strawberry Applesauce & Milk	19 Goulash w/ Cheese Green Bean Almondine Apple Milk
22 Crab Cake Broccoli Cheddar Rice Green Bean Almondine Roll w/ Butter, Orange & Milk	23 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	24 Pork & Beef Meatballs w/Marinara Sauce & Pasta Broccoli Banana Milk	25 Beef Tacos Spiced Pinto Beans Applesauce Milk	26 White Fish w/ Hollandaise Sauce Brown Rice Brussel Sprouts w/ Parm Orange Milk
29 Teriyaki Meatballs Brown Rice Succotash Pineapple Cup Milk	30 Beef Tips Mashed Potatoes Brussel Sprouts Apple & Milk			

We value your feedback!!

At the end of the month, return your menu to your café specialist and write in a 1-3 rank on the day's entree.

1=Don't love it;

2=It's Good;

3=LOVE it!