

- **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](http://www.rmhcare.org)



**Rocky Mountain  
PACE**


A Program of Rocky Mountain Health Care Services

**April 2024**



## ***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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Roast Turkey w/ Gravy Mashed Pots California Veg- gies, Roll w/ But- ter Apple & Milk	<b>2</b> Pork Carnitas, Sour Cream, Sal- sa & Tortillas Pinto Beans Mexican Corn Diced Peaches Milk	<b>3</b> Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear Milk	<b>4</b> Chicken Piccata w/Pasta Winter Veggies w/ Parm Cherry Cobbler Milk	<b>5</b> Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple Milk	<b>6</b> Stuffed Bell Pepper Baby Bakers Carrots Orange Milk
<b>7</b> Cheese Ravioli Succotash Roll w/ Butter Tropical Fruit Milk	<b>8</b> Chicken Cordon Bleu Roasted Sweet Potatoes w/ Dates & Nuts Peas & Carrots Orange & Milk	<b>9</b> Beef Pot Pie w/Buttermilk Biscuit Lima Beans Apple Milk	<b>10</b> Chicken Alfredo w/Pasta Peas Diced Tropical Fruit Milk	<b>11</b> Riblets Baked Potato Baked Beans Apple Sauce Milk	<b>12</b> Sweet & Sour Beef Brown Rice Asian Vegetables High Fiber Cook- ie Pear & Milk	<b>13</b> Honey Curry Chicken Coconut Rice Peas and Car- rots Apple OJ & Milk
<b>14</b> Shepherd's Pie Winter Veggies Roll w/ Butter, Diced Peaches Milk	<b>15</b> Southwestern Chicken Spanish Rice Pinto Beans Orange Milk	<b>16</b> Cheese Ravioli Succotash Roll w/ Butter Diced Mangos Milk	<b>17</b> <b><u>Chef's Choice</u></b> 	<b>18</b> Chicken & Dumplings Broccoli, High Fiber Cook- ie, Strawberry Applesauce	<b>19</b> Goulash w/ Cheese Green Bean Al- mondine Apple Milk	<b>20</b> Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple Milk
<b>21</b> Spaghetti w/ Meat Sauce Italian Blend Veg Roll w/ Butter Banana Milk	<b>22</b> Crab Cake Broc/Cheddar Rice , Green Bean Almondine Roll w/Butter, Orange Milk	<b>23</b> Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk Milk	<b>24</b> Pork & Beef Meatballs w/Marinara Sauce & Pasta Broccoli Banana & Milk	<b>25</b> Beef Tacos w/ Lett, & Tortillas Spiced Pinto Beans Applesauce Milk	<b>26</b> White Fish w/ Hollandaise Brown Rice Brussel Sprouts w/ Parm, Orange Milk	<b>27</b> Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear Milk
<b>28</b> Riblets Baked Potato Baked Beans Apple Sauce Milk	<b>29</b> Teriyaki Meat- balls Brown Rice Succotash Pineapple Cup Milk	<b>30</b> Beef Tips Mashed Potatoes Brussel Sprouts Apple Milk	<b>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.</b>  <b>Silver Key Senior Services   719-884-2300   <a href="http://www.silverkey.org">www.silverkey.org</a></b>			