

NUTRITION EDUCATION cont.

- Ground meats: 160°F (71°C)
- Seafood: 145°F (63°C)

Use a food thermometer—color alone is not reliable.

Chill

- Refrigerate foods within 2 hours (within 1 hour if above 90°F/32°C)
- Keep refrigerator at ≤ 40°F (4°C) and freezer at ≤ 0°F (-18°C).
- Never thaw foods on the counter—use the fridge, cold water, or microwave.

Safe Food Storage

- Label leftovers with a date; use within 3–4 days.
- Reheat leftovers to 165°F (74°C).
- Follow the "First In, First Out" rule for pantry items.

Personal Hygiene

- Tie back long hair when cooking.
- Avoid preparing food when you are sick.
- Keep nails trimmed and avoid wearing jewelry during food prep.

Grocery Shopping Safety

- Check expiration dates.
- Keep raw meat in separate bags.
- Pick up cold/frozen items last and go straight home after shopping.

Extra Tips for Healthy Eating + Safety

- Wash produce even if organic.
- Keep snacks in sealed containers to avoid contamination.
- When meal prepping, cool food quickly and store in shallow containers.

Thank you to our menu sponsor!

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



**Rocky Mountain
PACE**

www.silverkey.org

719-884-2300



CONNECTIONS CAFÉ

January 2026



NUTRITION EDUCATION

FOOD SAFETY

Food safety is an essential part of good nutrition. Even the healthiest foods can cause illness if they are not handled, cooked, or stored properly. These core principles help prevent foodborne illness and keep meals safe.

The 4 Key Principles of Food Safety

Clean

- Wash hands with warm water and soap for 20 seconds before preparing food.
- Wash cutting boards, utensils, and countertops before and after preparing each food item.
- Rinse fruits and vegetables under running water (even those with skins you peel).

Separate - Prevent cross-contamination:

- Use separate cutting boards for raw meat and fruits/vegetables.
- Keep raw meat, poultry, seafood, and eggs away from ready-to-eat foods.
- Store raw meat on the bottom shelf of the refrigerator so juices don't drip onto other foods.

Cook - Cook foods to safe internal temperatures:

- Poultry: 165°F (74°C)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Heart Health Diabetic Choice Milk included with every meal	1 Silver Key Closed (New Year's Day)	2 ♦BBQ Chicken ♥♦Sweet Potatoes ♦Peas & Carrots ♥♦Orange
5 ♦Beef Tips & Gravy ♦Mashed Potatoes ♥♦Brussels Sprouts ♥♦Apple	6 ♦Beef Burrito w/ Enchilada Sauce, ♦Spanish Rice, ♥♦Southwest Black Beans ♥♦Mango Cup	7 ♦Pesto Chicken Breast ♥♦Brussels Sprouts ♥♦Wild & Brown Rice ♥♦Pear Cup	8 ♦Spaghetti & Meat Sauce ♥♦Monterey Blend Vegetables, ♦Wheat Roll, ♦Butter, ♥♦Apple	9 ♦Baked Chicken, ♥♦w/ Gravy, ♦Mashed Potatoes, ♥♦Carrots, ♦Oatmeal Raisin Cookie, ♥♦Orange
12 ♦Swedish Meatballs ♥♦Whole Wheat Pasta ♥♦Brussels Sprouts ♥♦Applesauce Cup	13 ♦Chicken A La King ♥♦Jasmine Rice ♥♦Green Beans ♥♦Apple	14 ♦Stuffed Pepper Casserole ♦Red Roasted Potatoes ♥♦Peas & Carrots ♥♦Pear Cup	15 ♦Chicken Teriyaki ♥Brown Rice ♦Succotash ♥♦Orange	16 ♦Beef Stroganoff, ♥♦Whole Wheat Pasta, ♦Brussels Sprouts w/ Parmesan, ♥♦Apple
19 ♦Shepherd's Pie, ♥♦Winter Mix Vegetables, ♦Wheat Roll, ♦Butter, ♥♦Peach Cup	20 Chicken Pot Pie w/ Biscuit ♥♦Lima Beans ♥♦Pear Cup	21 ♦Beef Bourguignon ♦Mashed Potatoes ♥♦Broccoli ♥♦Orange	22 ♦Chicken Marsala ♦Red Roasted Potatoes ♥♦Brussels Sprouts ♥♦Apple	23 ♦Sweet & Sour Beef ♥Brown Rice ♥♦Asian Vegetables ♥♦Peaches & Creme Cup
26 ♦Chicken Cacciatore w/ Parm, ♥♦Whole Wheat Pasta, ♥♦Green Beans, ♥♦Pear Cup	27 Baked Ziti w/ Italian Sausage, ♥♦Bahama Blend Vegetables, ♥♦Apple	28 ♦Chili w/Beans & Cheese ♥Baked Potato ♦Sour Cream ♥♦Peaches & Creme Cup	29 ♦Pesto Chicken Breast ♥♦Brussels Sprouts ♥♦Wild & Brown Rice ♥♦Pear Cup	30 Cheese Ravioli, ♦Succotash, ♦Wheat Roll, ♦Butter, ♥♦Mango Cup

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!

Menu items	KCal	Pro (gm)	Carb (gm)	Fat (gm)	Fiber (gm)	CA (Calcium)	Na (Sodium)	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 Zi 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 Buer 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 Brussel Sprouts w/ Parmesan Apple Milk	627	45	74	19	13	419	414	58	3.4	0.93
Beef Tips & Gravy Mashed Potatoes Brussel 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 Brussel Sprouts w/ Parmesan Apple Milk	697	35	85	26	12	581	731	58	1.7	0.59
Cheese Ravioli Succotash Wheat Roll Buer 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 Brussel 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 Brussel 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 Buer 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 Buer 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 Buer 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 Brussel 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