

September 2026

Monday				Tuesday				Wednesday				Thursday/Friday			
				1				2				3/4			
				Chicken Strips Green Salad Chips Oatmeal Cookie				Zuppa Toscana Soup Cesar Salad Bread Stick Orange				Supreme Pizza Tossed Salad Apple Ice cream cups			
Cals		Carbs		Cals	730	Carbs	70	Cals	489	Carbs	83	Cals	610	Carbs	97
Sod		Fat		Sod	717	Fat	28	Sod	834	Fat	32	Sod	429	Fat	16
Fib		Pro		Fib	7.14	Pro	53	Fib	9.6	Pro	33	Fib	8.1	Pro	24
7				8				9				10/11			
CLOSED				Pulled Pork Tacos Pinto Beans Spanish Rice Pineapple				Chicken Ala King Over Biscuit Mixed Vegetables Banana				Pizza Burger Chips Pears			
															
Cals		Carbs		Cals	913	Carbs	82	Cals	823	Carbs	96	Cals	641	Carbs	62
Sod		Fat		Sod	451	Fat	41	Sod	892	Fat	29	Sod	509	Fat	30
Fib		Pro		Fib	10.7	Pro	55.5	Fib	8.5	Pro	46	Fib	8.2	Pro	33
14				15				16				17/18			
Beef Tips over Mashed Potatoes Green Beans Pudding				Corn Dogs Tater Tots Brussel Sprouts Apple				Chef's Choice				Chicken Fried Steak Mashed Potatoes & Gravy Corn Pears			
Cals	730	Carbs	84	Cals	699	Carbs	96	Cals		Carbs		Cals	861	Carbs	95
Sod	726	Fat	23	Sod	1149	Fat	27.5	Sod		Fat		Sod	332	Fat	22
Fib	6	Pro	49	Fib	10.95	Pro	20	Fib		Pro		Fib	9.9	Pro	73
21				22				23				24/25			
Egg salad on Lettuce Crackers Yogurt Mixed Berries				Mississippi Meatballs Mashed Potatoes Roll Mixed fruit				Biscuit & Sausage Gravy Hard Boiled Egg Apple V-8 Juice				Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Apple Sauce			
Cals	681	Carbs	92	Cals	891	Carbs	99	Cals	573	Carbs	87	Cals	585	Carbs	68
Sod	682	Fat	20	Sod	1472	Fat	41	Sod	646	Fat	14.5	Sod	536	Fat	22
Fib	7.6	Pro	35	Fib	8.3	Pro	37	Fib	7.5	Pro	24	Fib	10.4	Pro	34
28				29				30				1/2			
Beef & Bean Burrito w/ Green Chili Seasoned Corn Orange Juice				Chicken Cordon Bleu Au Gratin Potatoes Asparagus Fruit Jello				 Birthday Meal  Beef Roast Mashed Potatoes & Gravy Peas Lemon Bars				Grilled Cheese Tomato Soup Crackers Apple			
Cals	683	Carbs	96	Cals	1092	Carbs	113	Cals	573	Carbs	78	Cals	922	Carbs	109
Sod	787	Fat	18	Sod	1034	Fat	44	Sod	421	Fat	24	Sod	1220	Fat	41
Fib	10.2	Pro	38	Fib	8.3	Pro	64	Fib	5	Pro	50	Fib	17.3	Pro	36

Please call by 8AM to reserve a meal- Chuckwagon 878-9671 and Radino 878-9638. Suggested Donation is \$2.50 for over 60 and \$10.62 for under 60

Meeker Streaker: 970-456-7701 Rangely Rambler: 970- 629-1545

All Menu Items are Subject to Change

Mushrooms: Overlooked Nutritional Powerhouse

Written by Patti Murphy, RDN, CDCES

Nutrition benefits:

Mushrooms are low in calories, around 20 for 1 cup uncooked. However, while being low in calories they are a good source of B vitamins, copper, selenium, and potassium. They also contain compounds such as ergothioneine and beta-glucans that are being studied for their roles in antioxidant defense, immune function, and cardiometabolic health.

Mushrooms are the only plant food that is a natural source of Vitamin D. However, not all mushrooms contain Vitamin D. Mushrooms contain a compound called ergosterol, which converts to D when exposed to UV Light (sunlight). Most store-bought mushrooms are grown in the dark and therefore do not contain much Vitamin D. However, you can increase vitamin D at home by using a few simple steps.

1. Slice fresh mushrooms to increase surface area, and place them gill-side up in direct sunlight for about 15 to 60 minutes.
2. Direct outdoor sunlight is required. A sunny window is not effective because glass blocks most UVB light.
3. The increase in vitamin D can be meaningful, although it varies based on sunlight and exposure time.

Shopping for mushrooms

Look for mushrooms that are firm and dry. The surface should be smooth, not slimy or sticky, with no dark or wet spots. Buy them whole when possible, because pre-sliced mushrooms lose moisture faster and spoil sooner. Fun fact: White button, cremini, and portobello are actually the same mushroom at different stages. Buttons (the children) are milder, creminis (the teenagers) have more flavor, and portobellos (the adults) are larger and denser.

Varieties and when to use them

Nutrition benefits:

Mushrooms are low in calories, around 20 for 1 cup uncooked. However, while being low in calories they are a good source of B vitamins, copper, selenium, and potassium. They also contain compounds such as ergothioneine and beta-glucans that are being studied for their roles in antioxidant defense, immune function, and cardiometabolic health.

Mushrooms are the only plant food that is a natural source of Vitamin D. However, not all mushrooms contain Vitamin D. Mushrooms contain a compound called ergosterol, which converts to D when exposed to UV Light (sunlight). Most store-bought mushrooms are grown in the dark and therefore do not contain much Vitamin D. However, you can increase vitamin D at home by using a few simple steps.

1. Slice fresh mushrooms to increase surface area, and place them gill-side up in direct sunlight for about 15 to 60 minutes.
2. Direct outdoor sunlight is required. A sunny window is not effective because glass blocks most UVB light.
3. The increase in vitamin D can be meaningful, although it varies based

Cooking with mushrooms

When adding mushrooms to other dishes, cook and season them before adding them. This allows them to release moisture, develop flavor, and avoid watering down the dish. Cooked mushrooms can be added to grain dishes, lentils, soups, pasta, stir fries, casseroles, taco fillings, and chilis; tossed on pizza or flatbread before baking; or used to top salads, power bowls, and toast after cooking, where they bring more flavor and texture than raw mushrooms.

Mushrooms release a lot of water before they brown, which is what makes them cook differently from most vegetables. On the stovetop, use a wide pan, enough oil to coat the surface, and avoid crowding. Let the mushrooms sit long enough to release moisture and then brown. If the pan fills with liquid, keep cooking. It will evaporate, and browning will follow.

Roasting works the same way, just in the oven. Spread mushrooms out on a sheet pan, use enough oil, and cook at a high temperature, around 425°F, until the edges brown and the moisture cooks off.