

November 2026

Monday				Tuesday				Wednesday				Thursday/Friday			
2				3				4				5/6			
Golden Rod Gravy on Biscuit Sausage Patty Orange Juice				Chicken Fajita w/ Sour Cream & Salsa Refried Beans Peaches				Sloppy Joe Cole Slaw Baked Beans Yogurt				Chicken Noodle Soup Salad Crackers Pears			
Cals	573	Carbs	80	Cals	660	Carbs	88	Cals	600	Carbs	133	Cals	471	Carbs	68
Sod	696	Fat	19	Sod	1115	Fat	16	Sod	834	Fat	27	Sod	511	Fat	12.2
Fib	1.9	Pro	21	Fib	8.9	Pro	42	Fib	14.7	Pro	52	Fib	7.1	Pro	27
9				10				11				12/13			
Sheppard Pie Chocolate Pudding Biscuit				Orange Chicken Rice Pilaf Oriental Vegetable Apple Sauce				*Closed* Veterans Day 				Lasagna Salad Garlic Bread Pudding			
Cals	689	Carbs	91	Cals	740	Carbs	95	Cals		Carbs		Cals	817	Carbs	93
Sod	1037	Fat	22	Sod	321	Fat	28	Sod		Fat		Sod	1239	Fat	26
Fib	4.4	Pro	32	Fib	10.4	Pro	41	Fib		Pro		Fib	10	Pro	57
16				17				18				19/20			
Frito Pie w/ Onions & Cheese Corn Oranges				Pulled Pork Sandwich Pork & Beans Chips Fruit Cocktail				Chicken Parmesan over Noodles Garlic Bread Green Beans				Chicken Fried Steak Mashed Potatoes & Gravy Corn Peaches			
Cals	525	Carbs	67	Cals	1066	Carbs	126	Cals	655	Carbs	79	Cals	814	Carbs	82
Sod	406	Fat	15	Sod	628	Fat	34	Sod	383	Fat	13.4	Sod	336	Fat	22
Fib	11.6	Pro	34	Fib	19	Pro	67	Fib	10.8	Pro	60	Fib	6	Pro	73
23				24				25				26/27			
Chef's Choice				Turkey Mashed Potatoes & Gravy Peas & Carrots Cranberry Sauce Pumpkin Pie				*Closed* Happy Thanksgiving 				*Closed* Happy Thanksgiving 			
Cals		Carbs		Cals	848	Carbs	134	Cals		Carbs		Cals		Carbs	
Sod		Fat		Sod	802	Fat	19	Sod		Fat		Sod		Fat	
Fib		Pro		Fib	8.9	Pro	41	Fib		Pro		Fib		Pro	
30				1				2				3/4			
 Birthday Meal  Meatloaf Scalloped Potatoes Green Beans Cake				Pork Tacos Refried Beans Spanish Rice Pineapple				Hot Dog Macaroni Salad Yogurt Cookie				Tortellini w/ Marinara Salad Bread Stick Oranges			
Cals	1038	Carbs	111	Cals	962	Carbs	86	Cals	875	Carbs	105	Cals	584	Carbs	85
Sod	629	Fat	44	Sod	505	Fat	43	Sod	1154	Fat	35	Sod	1067	Fat	17
Fib	7.5	Pro	53	Fib	12.2	Pro	57	Fib	6.3	Pro	40	Fib	12.7	Pro	26

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- 878-9673

All Menu Items are Subject to Change

Pre-Diabetes & Blood Sugar Management

Written by Patti Murphy, RDN, CDCES

Over 115 million American adults—more than 2 in 5—have prediabetes, a condition where blood sugar is higher than normal but not yet type 2 diabetes. Pre-diabetes can be diagnosed with an A1C value between 5.7-6.4 or a fasting blood sugar value between 100-125. Alarmingly, roughly 80% to 90% of adults with prediabetes are unaware they have it.

The following two issues that cause Type 2 Diabetes are occurring with pre-diabetes, just to a lesser degree.

- 1.) The pancreas does not produce enough insulin — a hormone that regulates the movement of sugar into the cells.
- 2.) Cells respond poorly to insulin and take in less sugar. Therefore, too much sugar remains in the blood stream. This leads to blood sugar levels that are too high in the blood stream.

Over time, if the condition is not managed through lifestyle changes pre-diabetes can develop into diabetes. Diabetes can lead to disorders of the circulatory, nervous and immune systems.

The following are some tips that can benefit anyone to better manage blood sugar. Keeping blood sugar managed can be beneficial for people without pre-diabetes or diabetes as well. Balancing blood sugar can help keep energy and hunger levels steady throughout the day.

- 1.) Keep at least a 3 hour window between meals and snacks but no more than a 5 to 6 hour window during your waking day. This gives your blood sugar time to come back down after meals before spiking again.

So, this might look like: Breakfast at 8; Lunch at 12; Snack at 3 and Dinner at 6.

- 2.) Try to leave a 12 hour fasting window overnight. This often means not snacking after dinner. Example- Dinner eaten by 7 → Breakfast not before 7 the next morning. This gives your digestive system a break as well as gives your body a break from having to produce as much insulin.

- 3.) Include protein and/or fat with all meals and snacks. ie. try not to eat carbs by themselves as this can cause blood sugar to spike higher.

- 4.) Get movement after meals. Even some squats or a 10 minute walk can help pull more blood sugar out of the blood stream and into the muscles (where we want it.)