

 October 2026

Monday				Tuesday				Wednesday				Thursday/Friday			
												1/2 Grilled Cheese Tomato Soup Crackers Apple			
Cals		Carbs		Cals		Carbs		Cals		Carbs		Cals	917	Carbs	114
Sod		Fat		Sod		Fat		Sod		Fat		Sod	1122	Fat	38
Fib		Pro		Fib		Pro		Fib		Pro		Fib	19.4	Pro	37
5 Ham & Beans Corn Bread Broccoli Pears				6 Taco Salad Pinto Beans Pineapple				7 Chicken Alfredo Side Salad Garlic Bread Fruit Jello				8/9 Pork Chops Stuffing w/ Gravy Asparagus Peaches			
Cals	722	Carbs	109	Cals	672	Carbs	106	Cals	882	Carbs	105	Cals	491	Carbs	54
Sod	1178	Fat	14	Sod	796	Fat	22	Sod	752	Fat	30	Sod	458	Fat	10
Fib	17.8	Pro	40	Fib	14.5	Pro	42	Fib	8.99	Pro	48	Fib	4.5	Pro	43
12 Chili Cheese & Onions Fruit Cocktail Cinnamon Roll				13 Pork Roast Mashed Potatoes & Gravy Corn Yogurt Pear				14 Baked Tilapia Wild Rice Mixed Vegetables Oranges				15/16 Chicken Fried Steak Mashed Potatoes & Gravy Corn Peaches Whole Wheat Dinner Roll			
Cals	897	Carbs	102	Cals	864	Carbs	114	Cals	500	Carbs	48	Cals	1023	Carbs	116
Sod	903	Fat	36	Sod	378	Fat	21	Sod	357	Fat	19	Sod	402	Fat	27
Fib	11	Pro	39	Fib	9.1	Pro	59	Fib	5.6	Pro	36	Fib	9.2	Pro	81
19 Tater Tot Casserole Green Beans Fruit Cocktail				20 White Chicken Chili Corn Bread Salad Pudding				21 Cheeseburger w/ lettuce, tomato, pickle & onion Chips Broccoli Salad				22/23 Chef's Choice			
Cals	680	Carbs	74	Cals	664	Carbs	98	Cals	818	Carbs	69	Cals		Carbs	
Sod	807	Fat	30	Sod	1161	Fat	17	Sod	959	Fat	40	Sod		Fat	
Fib	10.2	Pro	32	Fib	12.5	Pro	33	Fib	10	Pro	46	Fib		Pro	
26 Ham Sweet Potatoes Roll Tropical Fruit				27 Chicken Salad with Lettuce on Croissant Pears w/ Cottage Cheese				28 Meatball Subs Chips 3 Bean Salad Oranges				29/30  Happy Halloween  Scary Beef Stew Boo Biscuit Vampire Blood-V8 Juice Wormy Graveyard Cups			
Cals	580	Carbs	94	Cals	667	Carbs	51	Cals	647	Carbs	99	Cals	1255	Carbs	176
Sod	1061	Fat	10.6	Sod	975	Fat	31	Sod	834	Fat	16	Sod	1336	Fat	35
Fib	7.43	Pro	31	Fib	4.5	Pro	45	Fib	14.7	Pro	31	Fib	13	Pro	57

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

Nightshade Vegetables

Written by Patti Murphy, RDN, CDCES

You may have heard of nightshade vegetables. What, exactly, are nightshade vegetables? The nightshade family, Solanaceae, consists of more than 2,000 different plants. Plants in this family contain chemical compounds called alkaloids, which contain nitrogen. These compounds give plants a slightly bitter taste, and it helps protect the plant from disease and insects. Nightshades include plants ranging from potatoes to tobacco. While some nightshades are edible food, others are poisonous. This can make people more suspicious of edible nightshades like potatoes and bell peppers. Other nightshades include tomatoes, eggplant, tomatillos, jalapeños, and other chili peppers. Herbs and spices that come from nightshade plants include paprika, cayenne, chili powder, and crushed red pepper. They are common, nutrient-dense foods and have been staples in many cultures for generations.

Are Nightshades Inflammatory?

Claims that nightshades cause inflammation or worsen autoimmune diseases have become popular, but current research does not support eliminating nightshades for everyone. These plants contain naturally occurring compounds called alkaloids, including glycoalkaloids such as solanine. Plants produce these compounds as a natural defense mechanism. These plants contain a compound called alkaloids, that in large amounts may increase inflammation. However, the amounts found in the edible portions of ripe nightshade vegetables are generally small. Potatoes require particular attention because solanine can become concentrated in green portions and sprouts. Green or heavily sprouted potatoes should be discarded. This question is particularly relevant for people with inflammatory bowel disease (IBD), including Crohn's disease and ulcerative colitis. Some laboratory and animal research suggests that concentrated amounts of nightshade alkaloids may affect intestinal permeability or increase intestinal inflammation. However, these studies often use doses much higher than those found in a typical serving of food, and there is not enough human research to conclude that nightshades cause or worsen IBD. Therefore, nightshades should not automatically be eliminated from an IBD diet. Individual tolerance is more important. During periods of active symptoms, some people may find that certain nightshades—or their skins, seeds, or spicy preparations—are harder to tolerate.

Beneficial Nutrients in Nightshade Vegetables

- Tomatoes: Vitamins A and C and the antioxidant lycopene.
- Bell peppers: Excellent source of vitamin C and other antioxidants.
- Eggplant: Provides dietary fiber and beneficial plant compounds.
- Potatoes: Provide potassium, vitamin B6, and manganese. They are also a starchy carbohydrate.
- Chili peppers: Provide capsaicin, the compound responsible for their heat.

Because these foods provide valuable nutrients, eliminating the entire nightshade family without a clear reason may unnecessarily reduce dietary variety.

If you believe nightshades trigger digestive or other symptoms, keep a food and symptom diary and discuss your concerns with a healthcare professional or registered dietitian. Rather than permanently eliminating every nightshade, a structured elimination followed by gradual reintroduction can help determine whether a specific food is actually responsible for symptoms.

Remember that individual food tolerance varies. A food that causes symptoms for one person may be well tolerated by another.

For most people, nightshades can be part of a healthy, varied diet. There is currently insufficient evidence that they cause inflammation, autoimmune disease, or IBD in humans. People who consistently experience symptoms after eating a particular nightshade may benefit from limiting or avoiding that food, preferably with professional guidance. The goal should be a nutritious, individualized diet rather than unnecessary food restrictions.