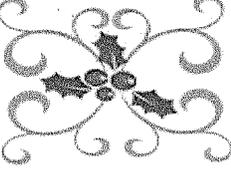
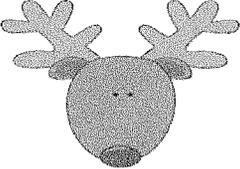


DECEMBER 2014 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
1 (**) BBQ pork riblet au gratin potatoes carrot salad whole wheat bread tropical fruit	2 lazy herb chicken breast red potatoes mixed vegetables whole wheat bread pineapple tidbits	3 beef pot roast w/gravy mashed potatoes green beans whole wheat bread fresh apple	4 turkey patty w/gravy brown rice cauliflower & broccoli whole wheat bread apricots	5 beef stroganoff egg noodles spinach whole wheat bread mandarin oranges
8 pork chop w/gravy red roasted potatoes peas whole wheat bread jell-o w/diced pears	9 (**) chicken enchilada casserole pinto beans mixed vegetables pineapple tidbits vanilla pudding	10 Daryl's fish w/breading mashed potatoes broccoli whole wheat bread tropical fruit	11 beef tips egg noodles Brussels sprouts whole wheat bread mandarin oranges	12 chicken breast mashed potatoes cauliflower & broccoli whole wheat bread diced pears
15 diced chicken w/peppers brown rice winter blend vegetables whole wheat bread pineapple tidbits	16 Salisbury steak w/gravy mashed potatoes mixed vegetables whole wheat bread tropical fruit	17 (**) baked chicken garlic mashed potatoes broccoli whole wheat bread applesauce	18 (**) ham w/raisin sauce scalloped potatoes green beans parker house roll mandarin oranges	19 cabbage roll casserole mashed potatoes carrot coins whole wheat bread pineapple tidbits
22 pepper steak whole wheat noodles carrot coins apricots	23 (**) chicken cacciatore herbed spaghetti wax beans whole wheat bread tropical fruit	24 baked fish pangasius red potatoes broccoli whole wheat bread pears	25 *CLOSED* 	26 cold turkey sandwich vegetable soup spinach salad hard boiled egg orange juice, bread
29 Salisbury steak mashed potatoes mixed vegetables whole wheat bread apricots	30 herb roasted chicken breast brown rice broccoli whole wheat bread banana	31 spaghetti w/meat sauce green salad baby lima beans garlic breadstick pineapple tidbits 		

SENIOR NUTRITION OFFICE (951) 342 - 3057

Delmann Height (909) 887-2115
Grand Terrace (909) 514-1672
Joshua Tree (760) 366-2471
Mentone (909) 794-5280
Redlands (909) 793-6999
Twenty Nine Palms (760) 367-3891
Ontario (909) 395-2021
Yucaipa (909) 790-3170
Yucca Valley (760) 228-5453

Your voluntary donation of \$3.00 helps us to continue providing you with a nutritious meal.

THANK YOU

Please see your FSA site contact with any questions or comments on your meal and service experience today

Funding for this program is through your donations and a grant from the California Department of Aging

FSA is contracted through the County of San Bernardino Department of Aging and Adult Services for your community.

(800) 510-2020

FAMILY SERVICE ASSOCIATION
 21250 Box Springs Road, Suite 212
 Moreno Valley, CA 92557
www.fsaca.org

1% Milk is served with every meal.
 (**) INDICATES A HIGH SODIUM MEAL

MEALS are subject to CHANGE due to the availability of food products.

Family Services Association Menu Analysis*

December 2014

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	BBQ Pork	783.3	35.1	93.9	33.1	1273.5
2	Lazy Herb Chicken	615.2	46	80.8	13	470.7
3	Beef Pot Roast	866.8	51.6	140.9	14.3	534.4
4	Turkey Patty	568.1	40.3	75.6	13.4	352.4
5	Beef Stroganoff	724	45.1	83.5	25.5	558.1
8	Pork Chop	690.4	42.3	95.8	16.3	572.5
9	Chicken Enchilada	747.9	54.1	75.4	25.4	1284.8
10	Fish	853.9	41.3	154.4	9.8	806.4
11	Beef Tips	628.6	42.9	89.5	14.2	680.8
12	Chicken with Gravy	760	39.8	146.7	11.2	850.5
15	Diced Chicken	550.5	41.3	78.5	8.3	575.5
16	Salisbury Steak	961.3	43.9	150.5	24.3	668.8
17	Chicken Breast	614	52.1	80.6	13.6	582.7
18	Ham	859.2	33.8	117.8	30.1	1861
19	Cabbage Roll	615.6	34	89.4	15.8	829.7
22	Pepper Steak	641	33.4	95.6	15.6	720.6
23	Chicken Cacciatore	574.5	42.9	81.4	9.7	716.6
24	Fish	839.2	35.8	100.1	32.7	782.1
26	Turkey Sandwich	569.5	49.1	65.7	12.1	822.6
29	Salisbury Steak	945.1	43.9	146.4	24.3	669.1
30	Herb Roasted Chicken	593.4	46.3	88.8	8.7	343.1
31	Spaghetti with Meat Sauce	893.4	51.3	114	21.4	815.2

***Menu analysis includes entrée, all sides, dessert, milk and any other non-optional menu items for each meal.*

**Each menu nutrient analysis is an estimate only. Actual values may change based on season, method of nutrient analysis for foods used in menu analysis, growing conditions, cooking and storage methods, menu changes and other factors.*

**We need to recognize the generous support of our local community organizations that enable us to provide this service:
ALCO FOUNDATION * CITY OF RIALTO * CITY OF CHINO * CITY OF CHINO HILLS * CITY OF RANCHO CUCAMONGA
CITY OF TWENTY NINE PALMS * FONTANA DINO PAPAVERO APARTMENTS**