

APRIL 2015 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
		1 spaghetti w/meat sauce green salad Italian green beans garlic breadstick apricots	2 beef stroganoff egg noodles Brussels sprouts tropical fruit whole wheat bread	3 grilled chicken sandwich sweet potatoes coleslaw orange whole wheat bun
6 turkey patty brown rice broccoli diced peaches whole wheat bread	7 pork chop w/gravy mashed potatoes green beans apricots whole wheat bread	8 au gratin taco bake capri vegetables mandarin oranges whole wheat bread pudding w/pineapple	9 cabbage roll casserole green salad beets diced pears whole wheat bread	10 citrus chicken rice pilaf carrot coins apple whole wheat bread
13 meat loaf w/gravy boiled red potatoes broccoli & cauliflower applesauce w/cinnamon whole wheat bread	14 chicken salad sandwich tomato soup carrot sticks diced pears whole wheat bread	15 (**) vegetarian lasagna green salad winter blend vegetables pineapple tidbits breadstick	16 rosemary chicken mashed potatoes carrot coins fruit cocktail vanilla pudding tart	17 baked fish red potatoes mixed vegetables apple whole wheat bread
20 (**) BBQ pork riblet rice pilaf carrots & cauliflower pineapple & oranges whole wheat bread	21 beef stroganoff egg noodles green beans apricots whole wheat bread	22 chicken w/peppers pinto beans/Spanish rice capri vegetables tropical fruit flour tortilla	23 tuna salad plate hard boiled egg tomato soup carrot salad mixed fruit	24 spaghetti w/meat sauce green salad baby lima beans banana breadstick
27 turkey patty garden rice winter blend vegetables apple whole wheat bread	28 (**) beef fajitas pinto beans capri vegetables pineapple tidbits flour tortilla	29 lemon pepper chicken mashed potatoes broccoli orange whole wheat bread	30 salisbury steak mashed potatoes Brussels sprouts tropical fruit whole wheat bread	 Your Charitable Donation... ...will help feed someone

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.

SENIOR NUTRITION OFFICE (951) 342 - 3057

Delmann Heights (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 Services Association Menu Analysis*

April 2015

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Spaghetti with Meat Sauce	742	41	99	20	872
2	Beef Stroganoff	612	43	88	11	430
3	Grilled Chicken Sandwich	636	45	68	21	589
6	Turkey Patty	773	49	84	28	384
7	Pork Chop	878	43	139	20	551
8	Au Gratin Taco Bake	636	29	102	14	957
9	Cabbage Roll Casserole	553	34	78	14	859
10	Citrus Chicken	825	44	98	31	795
13	Meat Loaf	628	37	83	18	812
14	Chicken Salad Sandwich	617	32	68	24	850
15	Veggie Lasagna	699	31	58	25	1333
16	Rosemary Chicken	1111	51	184	27	885
17	Baked Fish	584	33	79	15	643
20	BBQ Pork Riblet	612	32	87	18	1242
21	Beef Stroganoff	770	45	84	30	526
22	Chicken w Peppers	635	46	90	9	855
23	Tuna Salad	772	39	81	33	725
24	Spaghetti with Meat Sauce	896	47	132	21	890
27	Turkey Patty	653	49	73	20	534
28	Beef Fajitas	669	49	90	13	1150
29	Lemon Pepper Chicken	831	51	140	11	596
30	Salisbury Steak	920	40	147	8	810

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

*Each menu's 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 in SAN BERNARDINO COUNTY:

**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 * CITY OF GRAND TERRACE**