AUGUST 2015 SAN BERNARDINO COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
3 (**) BBQ pork riblet sandwich baked beans carrots mandarin oranges jell-o, ww bun	4 pepper steak rice pilaf broccoli diced peaches whole wheat bread	5 chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread	6 baked fish red potatoes capri vegetables fresh orange whole wheat bread	7 turkey sandwich brown rice salad carrot salad cantaloupe whole wheat bread
10 breaded fish sandwich herb parsley noodles broccoli mandarin oranges whole wheat bun	11 cranberry orange chicken brown rice mixed vegetables tropical fruit	12 (**) hot dog, chili w/beans carrot raisin salad diced peaches OJ, whole wheat bun chocolate pudding	13 hot turkey sandwich mashed potatoes spinach watermelon whole wheat bread	14 chicken fajitas pinto beans capri vegetables pineapple & oranges flour tortillas
17 chicken alfredo spaghetti noodles carrots jell-o w/diced pears whole wheat bread	18 beef tips mashed potatoes broccoli diced peaches whole wheat bread	19 tuna salad plate hard-boiled egg carrot sticks tropical fruit, crackers chocolate pudding	20 Salisbury steak red potatoes baby lima beans green salad orange, ww bread	21 hot turkey sandwich mashed potatoes spinach watermelon whole wheat bread
24 beef stroganoff pasta spinach mandarin oranges whole wheat bread	25 baked fish mashed potatoes mixed vegetable salad fruit cocktail whole wheat bread	26 (**) taco chicken salad pinto beans carrots tropical fruit flour tortilla	27 tater tot casserole green salad applesauce whole wheat bread	28 citrus chicken red potatoes broccoli banana or apple whole wheat bread
31 (**) Hawaiian chicken salad carrot salad orange unsalted crackers				

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.

FSA FAMILY Service Association

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
Casa De La Vista	(909) 335-8888
Twenty Nine Palms	(760) 367-3891
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* Aug. 2015

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	BBQ Pork	789	37	128	17	1690
4	Pepper Steak	667	34	78	11	736
5	Chicken Cacciatore	648	46	97	10	767
6	Fish in Lemon Butter Sauce	573	33	68	18	602
7	Turkey Sandwich	843	47	103	30	760
10	Breaded Fish Sandwich	801	35	117	24	828
11	Cranberry Orange Chicken	634	43	97	9	306
12	Hot Dog	1094	34	131	52	1540
13	Hot Turkey Sandwich	795	50	132	10	849
14	Chicken Fajitas	603	45	86	11	989
17	Alfredo Chicken	787	52	107	17	735
18	Beef Tips	831	46	146	13	929
19	Tuan Salad	714	44	85	22	897
20	Salisbury Steak	717	40	96	6	774
21	Hot Turkey Sandwich	816	51	135	10	841
24	Beef Stroganoff	792	47	86	31	637
25	Baked Fish	553	34	70	15	867
26	Taco Salad	748	55	92	19	1285
27	Tater Tot Casserole	670	33	78	28	759
28	Citrus Chicken	634	45	78	18	351
31	Hawaiian Chicken	805	36	96	32	1011

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

ALCOA 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 * CITY OF UPLAND * CITY OF LOMA LINDA