DECEMBER 2015 SAN BERNARDINO COUNTY

FSA FAMILY Service Association

Monday	Tuesday	Wednesday	Thursday	Friday
	1 lazy herb chicken leg red potatoes mixed vegetables pineapple tidbits whole wheat bread	2 beef pot roast w/gravy mashed potatoes green beans fresh apple whole wheat bread	3 turkey patty w/gravy brown rice cauliflower & broccoli apricots, ww bread tapioca pudding	4 beef stroganoff w/mushroom gravy egg noodles spinach, ww bread mandarin oranges
7 pork chop w/gravy roasted red potatoes peas jell-o w/diced pears whole wheat bread	8 chicken enchilada casserole pinto beans mixed vegetables pineapple, pudding	9 Darryl's breaded fish mashed potatoes broccoli tropical fruit whole wheat bread	10 beef tips egg noodles Brussels sprouts mandarin oranges whole wheat bread	11 *SPECIAL BREAKFAST* 8:30am – 9:30am
14 diced chicken w/peppers brown rice winter blend vegetables peaches whole wheat bread	15 Salisbury steak w/gravy noodles mixed vegetables tropical fruit whole wheat bread	16 baked chicken leg w/country gravy garden rice broccoli applesauce, ww bread	17 (**) ham w/raisin sauce scalloped potatoes green beans mandarin oranges roll, apple tart	18 cabbage rolls mashed potatoes peas & carrots pineapple tidbits whole wheat bread
21 pepper steak white rice carrots & peas apricots whole wheat bread	22 chicken cacciatore herbed spaghetti wax beans tropical fruit whole wheat bread	23 baked pangasius fish roasted red potatoes broccoli pears, ww bread chocolate pudding	24 (**) cold turkey sandwich on whole wheat bread spinach salad vegetable soup orange juice	25 *CLOSED* Christmas Day
28 Salisbury steak w/gravy mashed potatoes mixed vegetables apricots whole wheat bread	29 herb roasted chicken leg brown rice broccoli banana whole wheat bread	30 spaghetti w/meat sauce green salad baby lima beans pineapple tidbits garlic breadstick	31 grilled chicken sandwich green salad carrot sticks mandarin oranges jell-o	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
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 Service Association Menu Analysis* December 2015

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Lazy Herb Chicken	904	36	76	53	476
2	Beef Pot Roast	854	53	136	14	398
3	Turkey Patty	728	42	94	23	523
4	Beef Stroganoff	759	45	84	29	690
7	Pork Chop	661	47	100	9	691
8	Chicken Enchilada	682	50	83	20	946
9	Fish	848	37	152	13	744
10	Beef Tips	629	43	90	14	681
11	Special Breakfast					
14	Diced Chicken	572	44	70	13	328
15	Salisbury Steak	749	38	96	10	842
16	Chicken Breast	721	35	76	36	598
17	Ham	864	41	105	33	2289
18	Cabbage Roll	617	36	93	14	785
21	Pepper Steak	725	35	97	8	793
22	Chicken Cacciatore	596	43	77	14	715
23	Fish	700	34	99	18	796
24	Turkey Sandwich	478	28	72	9	989
28	Salisbury Steak	939	40	147	10	942
29	Herb Roasted Chicken	757	35	82	36	350
30	Spaghetti with Meat Sauce	914	46	129	24	1253
31	Grilled Chicken	562	42	81	9	527

***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.*

KMD

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