FEBRUARY 2015 SAN BERNARDINO COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Cacciatore Italian Vegetables Pasta Apricots Whole wheat bread	3 Beef Tips w/mushroom Brussels Sprouts Garlic Mash Potatoes Rosy Pears Whole Wheat Bread	4 (**) Meatballs w/gravy Spinach Noodles Diced Peaches Whole Wheat bread	5 Pork Chop w/gravy Peas & Carrots Red Potatoes Applesauce Whole Wheat Bread	6 Chicken Enchilada Cass Zucchini Pinto Beans Spanish Rice Tropical Fruit
9 Pepper Steak Corn Brown Rice Apricots Whole Wheat Bread	10 Broccoli Chicken Casserole Succotash Pineapple Tidbits Whole Wheat Bread	11 Shepherd's Pie Spinach Orange Whole Wheat Bread	12 Baked Fish w/Lemon Sauce Mixed Vegetables Red Potatoes Fruit in Season Whole Wheat Bread	13 Cranberry Orange Chicken Capri Vegetables Rice Pilaf Rosy Pears Cookie
16 CLOSED FOR PRESIDENTS DAY 	17 BBQ Pork Riblet Carrots Red Potatoes Tropical Fruit Whole Wheat Bread	18 Tuna Casserole Broccoli Banana Whole Wheat Bread	19 Grilled Chicken Yams Peas Jell-o w/fruit Whole Wheat Bread	20 Beef Stew Green Beans Salad Diced Peaches Whole Wheat Roll
23 Chicken a la King Broccoli Brown Rice Biscuit Pineapple Mandarin Oranges	24 (**) Beef Fajitas Capri Vegetables Pinto Beans Orange Flour Tortilla	25 Hot Turkey Sandwich on Whole Wheat Bread Lima Beans Mashed Potatoes Salad Apple	26 Meatloaf w/gravy Peas Sweet Potatoes Pineapple Tidbits Whole Wheat Bread	27 Baked Fish Mixed Vegetables Red Potatoes Fruit in Season Pudding Whole Wheat Bread

FSA
FAMILY SERVICE ASSOCIATION

SENIOR NUTRITION OFFICE
(951) 342 - 3057

Delman Heights	(909) 887-2115
Grand Terrace	(909) 514-1671
Joshua Tree	(760) 366-2471
Mentone	(909) 794-5280
Redlands	(909) 793-6999
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

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.

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 on Aging and Adult Services for your community.

(800) 510-2020

Family Services Association Menu Analysis* February 2015

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Chicken Cacciatore	688	44	91	13	682
3	Beef Tips	879	46	159	12	798
4	Meatballs	654	41	80	7	1285
5	Pork Chop	575	42	83	9	516
6	Chicken Enchilada	791	54	87	27	994
9	Pepper Steak	889	35	109	21	736
10	Broccoli Chicken Casserole	765	54	89	24	929
11	Shepherd's Pie	642	47	84	17	877
12	Baked Fish	584	33	79	15	643
13	Cranberry Orange Chicken	745	44	114	14	823
17	BBQ Pork Riblet	560	29	75	17	768
18	Tuna Casserole	654	42	102	11	753
19	Grilled Chicken	619	47	93	12	677
20	Beef Stew	584	34	74	18	572
23	Chicken a la King	754	43	92	26	706
24	Beef Fajitas	681	49	91	13	1149
25	Hot Turkey Sandwich	970	55	169	11	635
26	Meatloaf	603	36	96	11	964
27	Baked Fish	744	35	107	19	837

***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:

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 * CITY OF MORENO VALLEY