

# JANUARY 2015

# SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>CLOSED</b> 	<b>2</b> Grilled Chicken Sandwich Green Salad Carrot Sticks Jello
<b>5</b> Cabbage Roll Casserole Peas and Carrots Mashed Potatoes Whole Wheat Bread Diced Pineapple	<b>6</b> Herb Chicken Breast Broccoli Brown Rice Whole Wheat Bread Diced Peaches	<b>7</b> Baked Fish Beets Red Potatoes Whole Wheat Bread Seasonal Fruit Chocolate Pudding	<b>8</b> Citrus Chicken Breast Carrot Coins Mashed Potatoes Whole Wheat Bread Orange	<b>9</b> Pork Chop Italian Vegetables Brown Rice Whole Wheat Bread Fruit Cocktail
<b>12</b> Meat Loaf with Gravy Broccoli & Cauliflower Red Potatoes Whole Wheat Bread Mandarin Oranges	<b>13</b> (**) Polish Sausage with Onions and Peppers Spinach Potato Salad Whole Wheat Bread Fruit Cocktail	<b>14</b> Broccoli Chicken Italian Green Beans Whole Wheat Bread Apricots	<b>15</b> Turkey Patty w Gravy Peas Parsley Noodles Whole Wheat Bread Orange	<b>16</b> Tuna Sandwich Carrot Sticks Vegetable Soup Whole Wheat Bread Jello Pineapple Tidbits
<b>19</b> <b>CLOSED</b> Martin Luther King Day 	<b>20</b> (**) Spaghetti w Meatballs Broccoli Noodles Bread Stick Apricots	<b>21</b> Beef Stew Green Salad Dinner Roll Vanilla Pudding Orange	<b>22</b> Salisbury Steak Spinach Red Potatoes Whole Wheat Bread Fruit Cocktail	<b>23</b> (**) Chicken Fajita Capri Vegetables Spanish Rice & Beans Tortillas Tropical Fruit
<b>26</b> Sweet & Sour Chicken Broccoli Brown Rice Apricots	<b>27</b> Beef Stroganoff Spinach Egg Noodles Whole Wheat Bread Mandarin Oranges	<b>28</b> Cabbage Roll Casserole Succotash Red Potatoes Whole Wheat Bread Pineapple Tidbits	<b>29</b> Lemon Pepper Chicken Peas & Carrots Mashed Potatoes Whole Wheat Bread Fruit Cocktail	<b>30</b> (**) Spaghetti & Meatballs Green Beans Noodles Garlic Bread Stick Tropical Fruit

## 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
- 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](http://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\*

January 2015

<b>Date</b>	<b>Menu**</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>	<b>Sodium (mg)</b>
<b>2</b>	Grilled Chicken Sandwich	562	42	81	9	524
<b>5</b>	Cabbage Roll Casserole	624	37	93	14	836
<b>6</b>	Herb Chicken Breast	693	46	84	19	364
<b>7</b>	Baked Fish	722	33	107	17	813
<b>8</b>	Citrus Chicken	635	55	80	13	535
<b>9</b>	Pork Chop	695	42	88	21	468
<b>12</b>	Meatloaf	628	38	91	15	886
<b>13</b>	Polish Sausage	823	34	93	38	1542
<b>14</b>	Broccoli Chicken	632	44	71	20	762
<b>15</b>	Turkey Patty	704	47	88	20	536
<b>16</b>	Tuna Salad Sandwich	666	43	93	15	974
<b>20</b>	Spaghetti w/ Meatballs	1001	49	142	12	1522
<b>21</b>	Beef Stew	654	34	91	18	726
<b>22</b>	Salisbury Steak	570	35	68	4	778
<b>23</b>	Chicken Fajita	743	47	110	12	1244
<b>26</b>	Sweet and Sour Chicken	748	42	105	20	607
<b>27</b>	Beef Stroganoff	744	45	84	27	573
<b>28</b>	Cabbage Roll Casserole	643	38	99	14	808
<b>29</b>	Lemon Pepper Chicken	821	50	139	11	528
<b>30</b>	Spaghetti w/ Meatballs	772	40	97	10	1518

*\*\*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  
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**