

JUNE 2015 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
1 herb parmesan chicken red potatoes peas & carrots diced pears whole wheat bread	2 pork chop w/gravy mashed potatoes green beans diced peaches whole wheat bread	3 meatloaf w/gravy mashed sweet potatoes peas pineapple tidbits whole wheat bread	4 (**) beef lasagna green salad capri vegetables fruit cocktail breadstick	5 herb lemon pepper chicken brown rice broccoli mandarin oranges whole wheat bread
8 spaghetti w/meatballs green salad baby lima beans pineapple tidbits garlic breadstick	9 BBQ chicken mashed potatoes Brussels sprouts apricots whole wheat bread	10 beef tips w/gravy egg noodles broccoli diced peaches	11 chicken a la king brown rice green beans emerald lime pears	12 (**) tuna melt sandwich red potatoes mixed vegetables jell-o w/diced peaches whole wheat bread
15 breaded chicken patty whipped potatoes apple carrot casserole fruit cocktail whole wheat bread	16 chicken cacciatore herbed spaghetti Italian vegetables tropical fruit garlic bread	17 (**) BBQ pork riblet sandwich baked beans carrots mandarin oranges whole wheat bun	18 sweet & sour chicken whole wheat noodles beets orange	19 roast beef w/gravy mashed potatoes capri vegetables applesauce, dinner roll chocolate pudding
22 turkey patty potatoes au gratin carrot salad tropical fruit whole wheat bread	23 pepper steak mashed potatoes green beans banana whole wheat bread	24 (**) grilled chicken sandwich baked beans potato salad fresh orange whole wheat bun	25 pangasius fish red potatoes mixed vegetables apple whole wheat bread	26 spaghetti w/meat sauce green salad broccoli fruit cocktail garlic breadstick
29 grilled chicken breast w/country gravy whole wheat noodles corn salad w/peppers Brussels sprouts tropical fruit	30 mandarin pork chop brown rice peas & carrots diced pears whole wheat bread			

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

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*

June 2015

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Herb Parmesan Chicken	567	48	77	8	503
2	Pork Chop	892	43	143	20	557
3	Meatloaf	603	36	96	11	964
4	Beef Lasagna	677	32	89	21	1532
5	Herb Lemon Pepper Chicken	640	45	61	25	349
8	Spaghetti with Meatballs	905	47	120	12	1575
9	BBQ Chicken	840	47	142	14	645
10	Beef Tips	556	39	75	14	577
11	Chicken A La King	625	32	89	17	456
12	Tuna Melt Sandwich	686	42	82	22	1209
15	Breaded Chicken Patty	961	36	158	26	984
16	Chicken Cacciatore	799	48	110	18	986
17	BBQ Pork Riblet	709	36	108	17	1645
18	Sweet and Sour Chicken	908	51	154	10	651
19	Roast Beef	956	48	162	17	874
22	Turkey Patty	780	46	84	32	769
23	Pepper Steak	971	39	161	9	813
24	Grilled Chicken Sandwich	711	48	99	14	1460
25	Fish with Lemon Butter	584	33	79	15	643
26	Spaghetti with Meat Sauce	747	41	100	20	921
29	Grilled Chicken	817	50	111	24	673
30	Pork Chop	676	37	83	23	394

***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:

**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 ***