

MAY 2015

SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
 MEMORIAL DAY		 <i>Happy Mother's Day!</i>	Your Charitable Donation...  ...will help feed someone	1 chicken alfredo carrots jell-o w/diced pears whole wheat bread
4 beef tips mashed potatoes green beans diced peaches whole wheat bread	5 (**) enchilada casserole pinto beans mixed vegetables tropical fruit corn tortillas in entree	6 tuna casserole broccoli banana whole wheat bread	7 pork chop roasted red potatoes peas & carrots applesauce whole wheat bread	8 cranberry orange chicken brown rice capri vegetables rosy pears whole wheat bread
11 pepper steak brown rice broccoli apple whole wheat bread	12 chicken alfredo lima beans orange whole wheat bread	13 baked fish mashed potatoes green beans mandarin oranges chocolate pudding	14 (**) vegetarian lasagna green salad peas pineapple tidbits whole wheat bread	15 hamburger patty w/gravy red potatoes carrots tropical fruit whole wheat bread
18 lazy herb chicken breast mashed potatoes mixed vegetables pineapple tidbits whole wheat bread	19 BBQ pork riblet red potatoes carrots tropical fruit whole wheat bread	20 (**) sweet & sour meatballs brown rice green salad carrots & cauliflower mandarin oranges	21 beef stew green salad green beans diced peaches dinner roll	22 grilled chicken sandwich sweet potatoes coleslaw apricots jell-o
25  *CENTER CLOSED*	26 baked fish pangasius red potatoes mixed vegetables tangerine or apple whole wheat bread	27 (**) chicken fajitas pinto beans Spanish rice capri vegetables tropical fruit flour tortillas	28 hot turkey sandwich mashed potatoes carrot coins fruit cocktail whole wheat bread	29 mac & beef casserole whipped potatoes green beans apricots 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* May 2015

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Chicken Alfredo	590	46	68	16	734
4	Beef Tips	831	44	147	12	899
5	Enchilada Casserole	704	52	82	21	1089
6	Tuna Casserole	654	42	102	11	753
7	Pork Chop	575	42	83	9	516
8	Cranberry Orange Chicken	846	47	135	14	733
11	Pepper Steak	692	34	86	11	730
12	Chicken Alfredo	638	53	71	15	962
13	Baked Fish	990	40	170	19	966
14	Veggie Lasagna	699	34	68	21	1143
15	Hamburger Patty	647	39	78	21	525
18	Lazy Herb Chicken	893	52	142	15	551
19	BBQ Pork Riblet	560	29	75	17	768
20	Sweet and Sour Meatballs	667	33	94	5	1227
21	Beef Stew	611	35	80	18	583
22	Grilled Chicken Sandwich	702	43	111	11	487
26	Baked Fish	584	33	79	15	643
27	Chicken Fajitas	743	47	110	12	1244
28	Hot Turkey Sandwich	801	47	138	10	615
29	Mac and Beef Casserole	1178	55	195	24	830

***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 ***