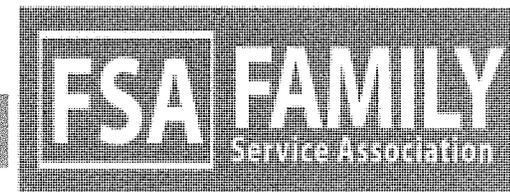
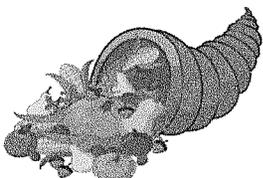
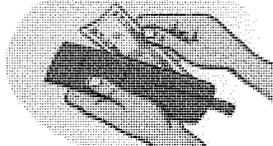


NOVEMBER 2015 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
2 chicken a la king brown rice green peppers pineapple & oranges biscuit	3 beef tips w/mushrooms mashed potatoes broccoli diced peaches whole wheat bread	4 chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread	5 baked pangasius fish red potatoes mixed vegetables fresh apple, ww bread pudding w/pineapple	6 (**) spaghetti w/meat sauce green salad Italian green beans apricots garlic breadstick
9 (**) vegetarian lasagna garden salad peas mandarin oranges whole wheat bread	10 beef tips w/mushrooms mashed potatoes carrots fruit cocktail whole wheat bread	11 *CLOSED* 	12 bell pepper/onion chicken brown rice broccoli pineapple tidbits whole wheat bread	13 (**) meatloaf w/gravy red potatoes winter blend vegetables banana, ww bread chocolate pudding
16 pork chop w/gravy au gratin potatoes peas jell-o w/diced pears whole wheat bread	17 beef stroganoff egg noodles spinach mandarin oranges whole wheat bread	18 lemon pepper chicken brown rice Brussels sprouts apricots whole wheat bread	19 (**) roasted turkey bread stuffing mashed potatoes holiday yams green beans cranberry sauce, OJ roll, pumpkin pie	20 baked pangasius fish roasted red potatoes mixed vegetables diced peaches whole wheat bread
23 chicken alfredo fettuccine noodles baby lima beans fresh orange whole wheat bread	24 (**) beef lasagna green salad winter blend vegetables apricots garlic breadstick, jell-o	25 taco chicken salad pinto beans carrots tropical fruit flour tortilla	26 *CLOSED* 	27 *CLOSED* 
30 BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole wheat bread				Your Charitable Donation..  ...will help feed someone

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
 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*

November 2015

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Chicken A La King	725	43	97	20	615
3	Beef Tips	806	45	141	12	789
4	Chicken Cacciatore	679	46	95	15	770
5	Fish	733	34	109	18	803
6	Spaghetti	802	41	106	24	1235
9	Veg Lasagna	701	34	69	21	1152
10	Beef Tips	833	42	148	12	826
12	Diced Chicken	577	44	73	14	348
13	Meat Loaf	861	36	114	33	1087
16	Pork Chop	631	46	93	10	985
17	Beef Stroganoff	759	45	84	29	690
18	Lemon Pepper Chicken	728	35	73	36	346
19	Roast Turkey	1421	60	225	33	1325
20	Fish	582	33	69	20	691
23	Chicken Alfredo	726	51	98	13	882
24	Beef Lasagna	676	33	87	21	1538
25	Taco Chicken Salad	669	50	75	18	1172
30	BBQ Pork	840	44	88	36	899

***Menu analysis includes entrée, all sides, dessert, milk and any other non-optional menu items for each meal.*

**Each menu's 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**