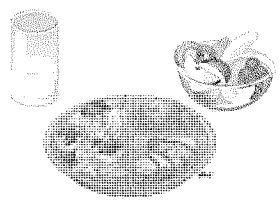
SEPTEMBER 2015 SAN BERNARDINO COUNTY

FSA FAMILY Service Association

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Salisbury steak w/gravy mashed potatoes spinach fruit cocktail whole wheat bread	2 baked breaded chicken au gratin potatoes broccoli diced peaches whole wheat bread	3 breaded fish sandwich red potatoes succotash apricots whole wheat bun	4 (**) cheeseburger baked beans potato salad jell-o w/diced peaches whole wheat bun
7 CENTER CLOSED HAPPY LABOR DAY	8 BBQ chicken yams peas & carrots applesauce, OJ whole wheat bread	9 pork chop w/gravy mashed potatoes green beans diced peaches whole wheat bread	10 tuna salad plate hard-boiled egg baby carrots jell-o w/pineapple unsalted crackers	11 citrus chicken red potatoes broccoli banana or apple whole wheat bread
14 turkey patty w/gravy mashed potatoes broccoli tropical fruit whole wheat bread	15 beef tips garlic mashed potatoes Brussels sprouts rosy pears whole wheat bread	16 (**) beef fajitas pinto beans zucchini mandarin oranges flour tortillas	17 chicken cacciatore parsley noodles Italian vegetables apricots	18 Salisbury steak red potatoes green salad baby lima beans oranges, ww bread
21 (**) sweet & sour meatballs parsley noodles green salad Brussels sprouts diced peaches	22 baked fish red potatoes mixed vegetables diced pears whole wheat bread	23 turkey sandwich hard-boiled egg broccoli salad apricots whole wheat bun	24 cheeseburger garbanzo bean salad carrot salad tropical fruit whole wheat bun	25 citrus chicken rice pilaf carrots apple whole wheat bread
28 pepper steak herb pasta carrot coins apricots whole wheat bread	29 Swedish meatballs rice green beans orange	30 grilled chicken mashed potatoes broccoli tropical fruit whole wheat bread	*Thank You!*	Your Charitable Donation... ...will help feed someone

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.

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 Services Association Menu Analysis* Sept. 2015

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Salisbury Steak	881	40	137	8	872
2	Breaded Chicken	719	47	85	23	824
3	Fish Sandwich	872	34	124	29	878
4	Cheeseburger	936	46	107	36	1610
8	BBQ Chicken	610	45	95	7	606
9	Pork Chop	785	39	142	11	486
10	Tuna Salad	581	42	66	17	724
11	Citrus Chicken	634	45	78	18	351
14	Turkey Patty	884	47	146	17	606
15	Beef Tips	879	46	159	12	798
16	Beef Fajitas	614	41	88	10	995
17	Chicken Cacciatore	688	44	90	13	682
18	Salisbury Steak	715	40	95	5	772
21	Sweet and Sour Meatballs	730	38	103	7	1207
22	Baked Fish	647	32	69	27	679
23	Turkey Sandwich	699	52	60	29	830
24	Cheeseburger	975	46	101	45	824
25	Citrus Chicken	825	44	98	31	795
28	Pepper Steak	720	34	89	11	788
29	Swedish Meatballs	543	33	66	3	998
30	Grilled Chicken	852	52	144	11	599

***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.*
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