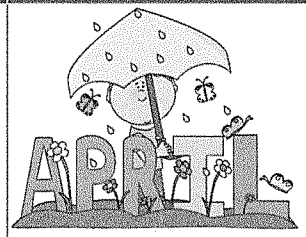
APRIL 2016 SAN BERNARDINO COUNTY

FSA FAMILY Service Association

Monday	Tuesday	Wednesday	Thursday	Friday
Your Charitable Donation.. ...will help feed someone				1 beef stroganoff egg noodles Brussels sprouts tropical fruit whole wheat bread
4 turkey patty brown rice broccoli diced peaches whole wheat bread	5 (**) au gratin taco bake capri vegetables mandarin oranges whole wheat bread pudding w/pineapple	6 pork chop w/gravy mashed potatoes green beans apricots whole wheat bread	7 cabbage roll green salad beets diced pears whole wheat bread	8 citrus chicken rice pilaf carrot coins apple, wheat bread jell-o
11 meatloaf w/gravy parsley mashed potatoes broccoli & cauliflower applesauce w/cinnamon whole wheat bread	12 chicken salad sandwich on whole wheat bread tomato soup carrot sticks diced pears	13 (**) vegetarian lasagna green salad peas pineapple tidbits breadstick	14 rosemary chicken herbed pasta carrot coins orange, wheat bread vanilla pudding	15 baked pangasius fish red potatoes zucchini fruit cocktail whole wheat bread
18 (**) BBQ pork riblet rice pilaf carrots & cauliflower pineapple tidbits and mandarin orange medley whole wheat bread	19 beef stroganoff egg noodles green beans apricots whole wheat bread	20 chicken w/peppers red potatoes capri vegetables tropical fruit whole wheat bread oatmeal cookie	21 tuna salad plate hard-boiled egg tomato soup carrot salad mixed fruit unsalted crackers	22 spaghetti w/meat sauce green salad lima beans banana breadstick
25 turkey patty w/gravy garden rice winter blend vegetables apple whole wheat bread	26 beef fajitas pinto beans capri vegetables pineapple tidbits flour tortillas	27 lemon pepper chicken red potatoes broccoli orange, wheat bread chocolate pudding	28 Salisbury steak w/gravy mashed potatoes Brussels sprouts tropical fruit whole wheat bread	29 chicken alfredo carrot coins jell-o w/pears whole wheat bread

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* April 2016

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Beef Stroganoff	786	46	90	29	630
4	Turkey Patty	773	50	84	28	384
5	Au Gratin Taco Bake	857	40	121	25	1769
6	Pork Chop	878	43	139	20	551
7	Cabbage Roll Casserole	606	37	83	15	847
8	Citrus Chicken	829	44	98	31	775
11	Meat Loaf	933	42	152	22	884
12	Chicken Salad Sandwich	522	37	68	12	632
13	Veggie Lasagna	754	34	69	25	1398
14	Rosemary Chicken	757	47	106	19	591
15	Baked Fish	562	31	62	20	558
18	BBQ Pork Riblet	578	32	87	14	1241
19	Beef Stroganoff	750	43	83	28	610
20	Chicken w Peppers	618	44	88	11	411
21	Tuna Salad	790	42	81	34	776
22	Spaghetti with Meat Sauce	874	45	128	22	897
25	Turkey Patty	653	49	73	20	534
26	Beef Fajitas	790	46	88	27	979
27	Lemon Pepper Chicken	632	38	93	15	500
28	Salisbury Steak	925	41	148	8	839
29	Chicken Alfredo	695	44	98	14	653

***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 LOMA LINDA * CITY OF GRAND TERRACE * CITY OF UPLAND * CITY OF ONTARIO .