AUGUST 2016 SAN BERNARDINO COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
1 (**) BBQ pork riblet sandwich on wheat bun baked beans cauliflower banana, jell-o	2 pepper steak brown rice broccoli diced peaches whole wheat bread	3 chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread	4 baked fish fillet red potatoes capri vegetables fresh orange whole wheat bread	5 turkey sandwich on whole wheat bread brown rice carrot salad cantaloupe
8 breaded fish sandwich on whole wheat bun herb parsley noodles broccoli mandarin oranges	9 cranberry orange chicken brown rice mixed vegetables tropical fruit	10 (**) hotdog on wheat bun chili w/beans, cheese carrot salad diced peaches, OJ chocolate pudding	11 hot turkey sandwich on wheat bread w/gravy mashed potatoes spinach watermelon	12 chicken fajitas pinto beans capri vegetables pineapple & oranges flour tortillas
15 chicken alfredo w/spaghetti noodles carrots jell-o w/diced pears whole wheat bread	16 beef tips mashed potatoes broccoli diced peaches whole wheat bread	17 tuna salad plate hard-boiled egg carrot sticks tropical fruit unsalted crackers sugar cookie	18 Salisbury steak w/gravy herb noodles green salad baby lima beans fresh orange whole wheat bread	19 hot turkey sandwich on wheat bread w/gravy mashed potatoes spinach watermelon
22 baked fish fillet mashed potatoes marinated mixed- vegetable salad fruit cocktail whole wheat bread	23 beef stroganoff egg noodles spinach mandarin oranges whole wheat bread	24 (**) taco chicken salad pinto beans carrots tropical fruit flour tortilla jell-o	25 beef ravioli w/marinara green salad green beans apricots breadstick	26 citrus chicken breast red potatoes broccoli banana or apple whole wheat bread
29 (**) Hawaiian chicken salad lettuce, tomato carrot salad unsalted crackers orange	30 Salisbury steak w/gravy mashed potatoes spinach fruit cocktail whole wheat bread	31 breaded chicken breast brown rice broccoli diced peaches whole wheat bread		Your donation is greatly appreciated

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 - OVER 1,000mg
MEALS are subject to CHANGE due to the availability of food products

FSA FAMILY Service Association

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* Aug. 2016

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	BBQ Pork	912	44	148	20	1668
2	Pepper Steak	667	34	78	11	736
3	Chicken Cacciatore	657	45	92	14	594
4	Fish in Lemon Butter Sauce	628	31	69	25	575
5	Turkey Sandwich	971	52	127	32	1023
8	Breaded Fish Sandwich	801	35	117	24	829
9	Cranberry Orange Chicken	858	33	104	37	326
10	Hot Dog	1094	34	131	52	1540
11	Hot Turkey Sandwich	793	50	130	10	702
12	Chicken Fajitas	603	45	86	11	989
15	Alfredo Chicken	733	45	106	14	654
16	Beef Tips	806	45	141	12	789
17	Tuna Salad	577	42	61	19	725
18	Salisbury Steak	768	41	97	11	798
19	Hot Turkey Sandwich	793	50	130	10	702
22	Baked Fish	595	34	75	18	754
23	Beef Stroganoff	759	45	84	29	690
24	Taco Salad	750	51	95	18	1218
25	Beef Ravioli	693	33	97	20	992
26	Citrus Chicken	588	34	78	18	346
29	Hawaiian Chicken	831	41	97	34	473
30	Salisbury Steak	887	40	138	9	901
31	Breaded Chicken	566	44	70	13	517

***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.*

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 * * FONTANA DINO PAPAVERO APARTMENTS * CITY OF LOMA LINDA * * CITY OF GRAND TERRACE * CITY OF UPLAND * CITY OF YUCAIPA *