MAY 2016 SAN BERNARDINO COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
2 tuna casserole broccoli banana whole wheat bread	3 pork chop roasted red potatoes succotash applesauce whole wheat bread	4 beef tips mashed potatoes green beans diced peaches whole wheat bread	5 chicken enchilada casserole pinto beans mixed vegetables tropical fruit	6 cranberry orange chicken breast brown rice, wheat bread capri vegetables rosy pears, choc. tart
9 pepper steak brown rice broccoli diced pears whole wheat bread	10 chicken alfredo lima beans orange whole wheat bread	11 baked pangasius fish mashed potatoes & gravy green beans, wheat bread mandarin oranges chocolate pudding	12 (**) vegetarian lasagna green salad peas pineapple tidbits whole wheat bread	13 hamburger patty w/gravy red potatoes carrots tropical fruit whole wheat bread
16 lazy herb chicken mashed potatoes mixed vegetables pineapple tidbits whole wheat bread	17 (**) sweet & sour beef meatballs brown rice cauliflower mandarin oranges	18 BBQ pork riblet red potatoes carrots tropical fruit whole wheat bread	19 beef stew green salad green beans diced peaches corn bread	20 grilled chicken sandwich sweet potatoes coleslaw apricots jell-o
23 herb parmesan chicken red potatoes peas diced pears whole wheat bread	24 baked pangasius fish garden rice mixed vegetables tangerine or apple whole wheat bread	25 (**) chicken fajitas pinto beans capri vegetables tropical fruit flour tortillas	26 hot turkey sandwich mashed potatoes broccoli fruit cocktail graham crackers	27 mac & beef casserole green salad green beans apricots whole wheat bread
30 *Center Closed* memorial DAY	31 pork chop w/gravy mashed potatoes green beans diced peaches whole wheat bread	HAPPY MOTHERS DAY	CINCO DE MAYO	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

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* May 2016

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Tuna Casserole	654	42	102	11	753
3	Pork Chop	645	46	98	10	621
4	Beef Tips	806	43	142	12	759
5	Enchilada Casserole	688	50	84	20	955
6	Cranberry Orange Chicken	847	37	148	13	884
9	Pepper Steak	668	34	79	11	734
10	Chicken Alfredo	726	51	98	13	882
11	Baked Fish	959	42	172	16	879
12	Veggie Lasagna	699	34	68	21	1146
13	Hamburger Patty	647	39	78	21	525
16	Lazy Herb Chicken	1096	43	152	40	647
17	Sweet and Sour Meatballs	655	30	102	5	1052
18	BBQ Pork Riblet	575	34	78	15	477
19	Beef Stew	642	35	94	15	860
20	Grilled Chicken Sandwich	686	39	111	11	902
23	Herbed Chicken	765	39	86	30	533
24	Baked Fish	567	32	76	15	673
25	Chicken Fajitas	667	48	95	12	1117
26	Hot Turkey Sandwich	874	51	150	11	718
27	Mac and Beef Casserole	760	45	104	20	769
31	Pork chop	862	49	148	13	668

***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