FEBRUARY 2017 SAN BERNARDINO COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
Your donation is greatly appreciated	Happy Valentine's Day	1 turkey patty w/gravy sweet potatoes green beans pineapple tidbits whole wheat bread	2 tuna salad sandwich on wheat bread vegetable soup, crackers blanched carrot sticks mandarin oranges	3 (**) hotdog on wheat bun baked beans coleslaw jell-o w/fruit cocktail cookie
6 chicken a la king brown rice green beans pineapple tidbits and mandarin oranges	7 beef tips mashed potatoes broccoli diced peaches wheat bread	8 chicken cacciatore succotash tropical fruit whole wheat bread pudding w/pineapple	9 (**) scrambled eggs sausage links country potatoes & gravy banana, OJ biscuit	10 breaded fish (*New!*) red potatoes mixed vegetables fresh apple whole wheat bread
13 (**) vegetable lasagna garden salad peas mandarin oranges whole wheat bread	14 meatloaf w/gravy mashed potatoes carrots cherry jell-o w/fruit cocktail whole wheat bread	15 chicken thigh cheese tortellini w/marinara broccoli pineapple tidbits whole wheat bread	16 beef tips w/mushrooms & gravy red potatoes winter blend vegetables banana whole wheat bread	17 hot turkey sandwich on wheat bread mashed potatoes green beans orange
20 Center Closed 	21 beef stroganoff egg noodles spinach mandarin oranges whole wheat bread	22 (**) pork loin w/gravy au gratin potatoes peas jell-o w/pears whole wheat bread	23 lemon pepper chicken thigh brown rice Brussels sprouts apricots whole wheat bread	24 taco chicken salad lettuce/tomato/cheese pinto beans carrots tropical fruit corn tortilla
27 chicken alfredo fettuccini noodles baby lima beans fresh orange whole wheat bread	28 beef lasagna green salad winter blend vegetables apricots, jell-o whole wheat bread	GROUNDHOG DAY *February 2nd*		

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* February 2017

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Turkey Patty	577	40	80	13	460
2	Tuna Salad	622	42	84	14	955
3	Hot Dog	815	31	100	34	1778
6	Chicken A La King	725	43	97	20	615
7	Beef Tips	806	45	141	12	789
8	Chicken Cacciatore	757	45	112	17	749
9	Breakfast	1178	40	105	62	1374
10	Fish	584	33	87	11	902
13	Veg Lasagna	690	34	66	21	1169
14	Meat Loaf	868	38	156	15	998
15	Chicken Tortellini	570	38	66	15	815
16	Beef Tips	684	33	82	28	839
17	Hot turkey Sandwich	812	49	141	10	570
21	Beef Stroganoff	777	46	84	31	662
22	Pork Loin	724	46	92	20	1006
23	Lemon Pepper Chicken	728	35	73	36	346
24	Taco Salad	632	48	72	18	929
27	Chicken Alfredo	1060	65	161	16	903
28	Beef Lasagna	675	34	99	16	1428

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