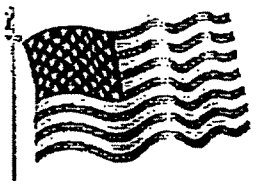
# JANUARY 2017 SAN BERNARDINO COUNTY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2 *Center Closed*<br>HAPPY NEW YEAR | 3<br>baked pangasius fish<br>roasted red potatoes<br>beets, wheat bread<br>fresh apple or pear<br>graham crackers | 4<br>cabbage roll<br>mashed potatoes<br>peas<br>diced pineapple<br>whole wheat bread | 5<br>citrus chicken<br>mashed potatoes<br>carrot coins<br>orange<br>whole wheat bread | 6<br>pork loin<br>brown rice<br>Italian vegetables<br>fruit cocktail<br>whole wheat bread |
| 9<br>breaded chicken patty<br>w/country gravy<br>mashed potatoes<br>broccoli & cauliflower<br>pears, wheat bread | 10<br>chicken taco salad<br>lettuce/tomato/cheese<br>pinto beans<br>carrots<br>tropical fruit, tortilla | 11<br>baked pangasius fish<br>mashed potatoes<br>lima beans<br>fresh pear or apple<br>whole wheat bread | 12 (**)<br>ham & cheese sandwich<br>tomato soup<br>carrot salad<br>mandarin oranges<br>pudding | 13<br>chicken noodle<br>casserole<br>mixed vegetables<br>peaches, OJ<br>whole wheat bread |
| 16 *Center Closed*<br>Martin Luther King Day<br> | 17<br>lemon pepper<br>chicken thigh<br>garden rice<br>broccoli<br>tropical fruit<br>wheat bread, jell-o | 18<br>pork chop w/gravy<br>mashed potatoes<br>green beans<br>apricots<br>whole wheat bread | 19 (**)<br>vegetable lasagna<br>green salad<br>baby lima beans<br>fruit cocktail<br>whole wheat bread | 20<br>chicken<br>w/mandarin oranges<br>brown rice<br>mixed vegetables<br>diced peaches<br>whole wheat bread |
| 23<br>meatloaf w/gravy<br>red potatoes<br>apple carrot casserole<br>banana<br>whole wheat bread | 24<br>beef fajitas<br>pinto beans<br>cauliflower<br>apricots<br>flour tortillas | 25<br>chicken<br>w/parmesan and herbs<br>brown rice<br>broccoli<br>pineapple tidbits<br>whole wheat bread | 26<br>pepper steak<br>herb noodles<br>green beans<br>diced peaches<br>whole wheat bread | 27<br>breaded chicken patty<br>sandwich on wheat bun<br>vegetable soup<br>baby carrots<br>mandarin oranges<br>jell-o |
| 30<br>baked pangasius fish<br>mashed potatoes<br>Brussels sprouts<br>fresh apple<br>whole wheat bread | 31<br>cranberry orange<br>chicken<br>brown rice<br>mixed vegetables<br>tropical fruit | 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**