




JANUARY 2019 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Center Closed</i> 	2 herb roasted chicken brown rice green beans banana whole wheat bread	3 beef tips w/gravy egg noodles green salad, carrots mandarin oranges oatmeal cookie	4 chicken cacciatore herb noodles wax beans tropical fruit whole wheat bread
7 breaded chicken patty w/country gravy mashed potatoes spinach pears, wheat bread	8 turkey & cheese sandwich tomato soup carrot salad mandarin oranges	9 chicken taco salad pinto beans Mexican corn tropical fruit flour tortilla	10 (**) sweet & sour meatballs egg noodles mixed vegetables diced peaches vanilla pudding	11 Darryl's breaded fish w/tomato & herbs brown rice lima beans watermelon
14 meatloaf w/gravy red potatoes apple carrot casserole mandarin oranges whole wheat bread	15 lemon pepper chicken scalloped potatoes broccoli tropical fruit, jell-o whole wheat bread	16 pork w/verde sauce white rice corn, zucchini, tomato & red peppers diced peaches	17 (**) vegetable lasagna green salad Brussels sprouts fruit cocktail whole wheat bread	18 chicken w/mandarin oranges brown rice mixed vegetables banana
21 tuna noodle casserole mixed vegetables pineapple tidbits whole wheat bread orange juice	22 (**) beef fajitas pinto beans cauliflower apricots flour tortillas	23 chicken w/parmesan & herbs brown rice broccoli tropical fruit	24 sloppy joes green salad blanched baby carrots mandarin oranges jell-o	25 pepper steak herb noodles green beans banana or watermelon whole wheat bread
28 turkey patty w/gravy sweet potatoes green beans pineapple tidbits whole wheat bread	29 spaghetti w/meat sauce Brussels sprouts fresh apple garlic breadstick	30 (**) hotdog on wheat bun baked beans coleslaw carrots tropical fruit	31 tuna salad sandwich tomato soup, crackers blanched carrot sticks mandarin oranges sugar cookie	

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

Lunch is served from 11:30am – 12:30pm M-F

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

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 Service Association Menu Analysis*

January 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Herb Chicken	597	38	81	15	427
3	Beef Tips	737	39	112	16	840
4	Chicken Cacciatore	578	40	69	16	538
7	Breaded chicken	931	38	151	25	994
8	Turkey and Cheese Sandwich	802	41	93	32	775
9	Taco Salad	661	48	86	15	1000
10	Sweet and Sour Meatballs	981	39	151	16	1314
11	Breaded Fish	659	39	86	18	444
14	Meatloaf	773	31	84	38	946
15	Lemon Pepper Chicken	578	35	94	9	836
16	Pork w/Verde sauce	639	39	74	21	866
17	Vegetable Lasagna	624	32	53	21	1181
18	Chicken w/ Mandarin Oranges	661	43	94	15	362
21	Tuna Noodle Casserole	653	42	101	11	675
22	Beef Fajita	650	46	89	13	1001
23	Herb Chicken with Parmesan	742	31	73	38	808
24	Sloppy Joes	650	33	97	17	600
25	Pepper Steak	768	36	98	14	718
28	Turkey Patty	592	39	80	15	743
29	Spaghetti	1011	47	154	23	842
30	Hot Dog	818	32	103	33	1824
31	Tuna Salad sandwich	661	36	98	16	929

****Menu analysis includes entrée, all sides, dessert, milk and any other non-optional menu items for each meal.**

**Each menu 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:

**ARCONIC FOUNDATION * CITY OF RIALTO * 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 ***