

APRIL 2019 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
1 scrambled eggs sausage patty hash browns peaches, OJ biscuit	2 macaroni & beef mixed vegetables pineapple whole-wheat bread	3 herb roasted chicken brown rice green beans banana whole-wheat bread	4 beef tips w/gravy egg noodles green salad, carrots mandarin oranges oatmeal cookie	5 breaded fish tacos flour tortillas Spanish brown rice Mexican corn fresh pear, jell-o
8 turkey & cheese sandwich tomato soup carrot salad mandarin oranges	9 NEW! Spanish beef roast Spanish rice spinach pears whole-wheat bread	10 chicken taco salad pinto beans Mexican corn tropical fruit flour tortilla	11 sweet & sour meatballs egg noodles mixed vegetables diced peaches vanilla pudding	12 Darryl's breaded fish w/diced tomato & herbs brown rice lima beans fresh apple
15 meatloaf w/gravy red potatoes apple carrot casserole mandarin oranges whole-wheat bread	16 lemon pepper chicken scalloped potatoes broccoli tropical fruit, jell-o whole-wheat bread	17 pork w/verde sauce white rice corn, zucchini, tomato and red peppers diced peaches	18 teriyaki chicken Brussels sprouts green salad fruit cocktail whole-wheat bread	19 (**) ham w/raisin sauce au gratin potatoes mixed vegetables watermelon or banana wheat roll, lemon tart
22 tuna noodle casserole mixed vegetables pineapple tidbits whole-wheat bread orange juice	23 beef fajitas pinto beans cauliflower apricots flour tortillas	24 lazy herb chicken brown rice broccoli tropical fruit	25 sloppy joes blanched baby carrots green salad mandarin oranges jell-o	26 pepper steak herbed noodles green beans fresh orange whole-wheat bread
29 NEW! shredded beef tacos flour tortillas zucchini & tomatoes pineapple tidbits	30 spaghetti w/meat sauce Brussels sprouts fresh apple garlic breadstick	<i>May 1st</i> hotdog on wheat bun baked beans coleslaw carrots tropical fruit		

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) 918-4306
Yucca Valley (760) 257-5761

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**

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
 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

Family Service Association Menu Analysis*

April 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Breakfast	661	29	72	29	973
2	Mac and Beef	804	45	102	26	927
3	Herb Chicken	582	38	77	15	429
4	Beef Tips	625	38	94	12	774
5	Chicken Cacciatore	578	40	69	16	538
8	Turkey and Cheese Sandwich	802	41	93	32	775
9	Spanish Beef Roast	574	46	61	19	805
10	Taco Salad	641	48	85	15	1000
11	Sweet and Sour Meatballs	989	39	153	24	1317
12	Breaded Fish	695	37	98	18	438
15	Meatloaf	773	31	84	38	946
16	Lemon Pepper Chicken	578	35	94	9	836
17	Pork w/Verde sauce	634	39	74	21	883
18	Teriyaki Chicken	553	40	63	17	700
19	Easter Meal: Ham	1050	40	163	30	2150
22	Tuna Noodle Casserole	653	42	101	11	675
23	Beef Fajita	650	46	89	13	992
24	Herb Chicken with Parmesan	636	34	64	29	287
25	Sloppy Joes	650	33	97	17	600
26	Pepper Steak	720	36	83	14	718
29	Shredded Beef Tacos	591	40	44	30	642
30	Spaghetti	1045	46	154	27	842

****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 ***