

FEBRUARY 2019 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
- Your donation is greatly appreciated	GROUNDHOG DAY February 2nd		<i>Happy Valentine's Day</i>	1 enchilada casserole pinto beans Spanish rice Zucchini jell-o w/fruit cocktail
4 (**) scrambled eggs sausage patty hash browns biscuit orange juice	5 shepherd's pie broccoli diced peaches whole wheat bread	6 chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread	7 beef pot roast w/gravy spinach mashed potatoes mixed vegetables fresh apple, wheat bread pudding w/pineapple	8 chicken a la king brown rice green beans pineapple tidbits and mandarin oranges
11 meatloaf w/gravy mashed potatoes carrots jell-o w/fruit cocktail whole wheat bread	12 (**) veggie lasagna garden salad peas orange whole wheat bread	13 beef tips w/mushrooms & gravy red potatoes winter blend vegetables mandarin oranges	14 penne marinara w/mozzarella spinach pineapple tidbits red velvet mini muffin	15 hamburger patty brown rice cauliflower & broccoli banana whole wheat bread
18 <i>Center Closed</i> 	19 pork loin w/gravy roasted red potatoes peas jell-o w/pears whole wheat bread	20 chicken taco salad pinto beans corn & bell peppers tropical fruit flour tortilla	21 (**) au gratin taco bake spinach mandarin oranges whole wheat bread	22 teriyaki chicken rice capri vegetables fresh orange whole wheat bread
25 Swedish meatballs herb noodles cauliflower diced peaches	26 broccoli chicken casserole peas pineapple tidbits whole wheat bread	27 hamburger whole wheat bun French fries broccoli salad tropical fruit	28 chicken alfredo fettuccini lima beans fresh orange whole wheat bread	<i>March 1st (**)</i> breaded fish tacos Spanish brown rice Mexican corn fresh pear jell-o

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

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*

February 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Enchilada Casserole	689	48	86	18	999
4	Breakfast	739	30	68	38	1180
5	Shepherd's Pie	613	39	90	15	751
6	Chicken Cacciatore	609	44	83	13	589
7	Pot Roast	941	48	112	36	680
8	Chicken A La King	743	43	89	26	620
11	Meatloaf	868	38	156	15	998
12	Veggie Lasagna	676	34	62	21	1241
13	Beef Tips	643	36	71	26	670
14	Penne marinara	951	42	121	32	751
15	Hamburger Patty	775	35	98	30	399
18						
19	Pork Loin	735	47	96	20	708
20	Chicken Taco Salad	661	48	86	15	1000
21	Au Gratin Taco Bake	686	41	87	22	1666
22	Teriyaki Chicken	677	40	86	20	632
25	Swedish Meatballs	599	31	67	15	870
26	Broccoli Chicken Casserole	753	55	81	25	841
27	Hamburger	1028	46	109	49	862
28	Chicken Alfredo	1023	64	155	16	608

****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 ***