

JUNE 2019 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
3 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	4 arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	5 beef stroganoff w/mushroom gravy egg noodles spinach mandarin oranges	6 bean & cheese burrito Spanish rice corn, zucchini and tomatoes apple	7 baked fish with lemon butter sauce roasted red potatoes mixed vegetables diced peaches
10 Salisbury steak mashed potatoes broccoli fruit cocktail whole-wheat bread	11 chicken enchilada casserole pinto beans green beans orange juice	12 pork loin w/gravy spinach mashed red potatoes peas jell-o w/diced pears	13 chicken cacciatore herbed noodles capri vegetables mandarin oranges whole-wheat bread	14 Philly cheese steak sandwich roasted red potatoes carrot coins tropical fruit, apple crisp
17 tuna sandwich vegetable soup carrots diced pears w/jell-o cranberry juice	18 cabbage roll mashed potatoes peas & carrots pineapple tidbits whole-wheat bread	19 tortellini marinara Brussels sprouts fresh pear whole-wheat bread	20 beef tips w/gravy egg noodles capri vegetables mandarin oranges chocolate pudding	21 chicken patty w/parmesan & herbs brown rice winter vegetables peaches, wheat bread
24 pepper steak brown rice carrots & peas apricots	25 chef salad w/turkey vegetable soup crackers mixed fruit w/jell-o whole-wheat bread	26 sweet & sour chicken brown rice cauliflower tropical fruit vanilla pudding	27 breaded fish sandwich on whole-wheat bun macaroni salad broccoli fresh orange	28 (**) spaghetti w/meatballs zucchini & onion fresh Golden Delicious apple garlic breadstick

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*

June 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	BBQ Pork	806	36	99	33	1427
4	Arroz con Pollo	696	50	85	19	707
5	Beef Stroganoff	645	46	84	16	670
6	Bean and Cheese Burrito	668	27	100	20	980
7	Baked Fish w/ Lemon	549	36	74	14	556
10	Salisbury Steak	906	39	144	9	934
11	Chicken Enchilada	635	47	74	17	936
12	Pork Loin	786	48	93	28	722
13	Chicken Cacciatore	526	40	66	13	554
14						
17	Tuna Sandwich	628	39	101	10	884
18	Cabbage Roll	799	43	118	20	887
19	Tortellini w/ Marinara	590	32	81	14	849
20	Beef Tips	750	40	114	15	841
21	Chicken Patty	828	35	99	33	980
24	Pepper Steak	661	31	72	14	663
25	Chef Salad	654	43	81	17	768
26	Sweet and Sour Chicken	974	40	148	25	969
27	Breaded Fish	739	34	112	19	943
28	Spaghetti w/ Meatballs	733	35	99	19	1359

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

**Each menu's 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 ***