





SEPTEMBER 2019 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Center Closed</i>  	3 (**) arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	4 beef stroganoff egg noodles spinach mandarin oranges whole-wheat bread	5 bean & cheese burrito Spanish brown rice corn, zucchini and tomatoes fresh apple	6 baked fish w/lemon butter roasted red potatoes mixed vegetables diced peaches
9 Salisbury steak w/gravy mashed potatoes broccoli fruit cocktail whole-wheat bread	10 chicken enchilada casserole pinto beans green beans orange juice	11 pork loin w/gravy spinach mashed red potatoes peas jell-o w/diced pears	12 chicken cacciatore herbed noodles capri vegetables mandarin oranges whole-wheat roll	13 (**) chili con carne carrot coins tropical fruit cornbread apple crisp
16 tuna salad sandwich vegetable soup blanched carrot sticks diced pears w/jell-o cranberry juice	17 cabbage roll mashed potatoes peas & carrots pineapple tidbits whole-wheat bread	18 cheese tortellini w/marinara sauce Brussels sprouts fresh pear whole-wheat bread	19 beef tips w/gravy egg noodles capri vegetables mandarin oranges chocolate pudding	20 chicken patty w/parmesan & herbs brown rice winter blend vegetables peaches
23 pepper steak brown rice carrots & peas apricots	24 chef salad w/turkey vegetable soup crackers mixed fruit w/jell-o whole-wheat bread	25 (**) Polish sausage sauerkraut green beans spiced, cooked apples vanilla ice cream	26 breaded fish sandwich on whole-wheat bun macaroni salad broccoli fresh orange	27 spaghetti w/meat sauce zucchini & onion Golden Delicious apple whole-wheat garlic toast
30 scrambled eggs sausage patty hash browns peaches, orange juice whole-wheat toast	<i>October 1st</i> macaroni & beef mixed vegetables pineapple whole-wheat bread			

SENIOR NUTRITION OFFICE
(951) 342 - 3057

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*

September 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Arroz con Pollo	691	51	90	16	1058
4	Beef Stroganoff	645	46	84	16	670
5	Bean and Cheese Burrito	701	28	107	20	981
6	Baked Fish w/ Lemon	584	36	74	18	556
9	Salisbury Steak	906	39	144	9	934
10	Chicken Enchilada	635	47	74	17	936
11	Pork Loin	786	48	93	28	722
12	Chicken Cacciatore	569	39	68	17	565
13	Chili con Carne	693	35	103	17	1028
16	Tuna Sandwich	628	39	101	10	884
17	Cabbage Roll	799	43	118	20	887
18	Tortellini w/ Marinara	590	32	81	14	849
19	Beef Tips	753	40	116	16	844
20	Chicken Patty	828	35	99	33	980
23	Pepper Steak	661	31	72	14	663
24	Chef Salad	659	43	84	16	836
25	Polish Sausage	944	37	91	53	1483
26	Breaded Fish	727	34	110	18	873
27	Spaghetti w/ Meatballs	740	35	95	25	658
30	Eggs and Sausage	661	29	72	29	973

****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:

**CITY OF RIALTO * CITY OF CHINO * CITY OF LOMA LINDA * CITY OF REDLANDS * TOWN OF YUCCA VALLEY
 * CITY OF RANCHO CUCAMONGA * CITY OF TWENTY NINE PALMS * FONTANA DINO PAPAVEROS APARTMENTS
 CITY OF GRAND TERRACE * CITY OF ONTARIO * CITY OF YUCAIPA * HUMAN GOOD * CITY OF COLTON
 BARNEY & BARNEY FOUNDATION**