

# OCTOBER 2018 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> (**) scrambled eggs sausage patties hash browns peaches, OJ biscuit	<b>2</b> macaroni & beef mixed vegetables pineapple whole wheat bread	<b>3</b> herb roasted chicken brown rice green beans banana whole wheat bread	<b>4</b> beef tips w/gravy egg noodles green salad, carrots mandarin oranges oatmeal cookie	<b>5</b> chicken cacciatore herb noodles wax beans tropical fruit whole wheat bread
<b>8</b> breaded chicken patty w/country gravy mashed potatoes spinach pears, wheat bread	<b>9</b> turkey & cheese sandwich on wheat tomato soup carrot salad mandarin oranges	<b>10</b> (**) chicken taco salad pinto beans Mexican corn tropical fruit flour tortilla	<b>11</b> (**) sweet & sour meatballs egg noodles mixed vegetables diced peaches vanilla pudding	<b>12</b> Darryl's breaded fish baked w/tomato & herbs brown rice lima beans watermelon
<b>15</b> meatloaf w/gravy red potatoes apple carrot casserole mandarin oranges whole wheat bread	<b>16</b> lemon pepper chicken scalloped potatoes broccoli tropical fruit, jell-o whole wheat bread	<b>17</b> pork w/verde sauce white rice corn, zucchini & tomato diced peaches	<b>18</b> (**) vegetable lasagna green salad Brussels sprouts fruit cocktail whole wheat bread	<b>19</b> chicken w/mandarin oranges brown rice mixed vegetables banana
<b>22</b> tuna noodle casserole mixed vegetables pineapple tidbits orange juice whole wheat bread	<b>23</b> (**) beef fajitas pinto beans cauliflower apricots flour tortillas	<b>24</b> parmesan herb chicken brown rice broccoli tropical fruit whole wheat bread	<b>25</b> sloppy joes on whole wheat bun green salad blanched baby carrots mandarin oranges, jell-o	<b>26</b> pepper steak herb noodles green beans banana or watermelon whole wheat bread
<b>29</b> turkey patty w/gravy sweet potatoes green beans pineapple tidbits whole wheat bread	<b>30</b> spaghetti w/meat sauce Brussels sprouts fresh apple garlic breadstick	<b>31</b> (**) hotdog on wheat bun baked beans coleslaw, carrots tropical fruit 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*

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](http://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\*

October 2018

<b>Date</b>	<b>Menu**</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>	<b>Sodium (mg)</b>
<b>1</b>	Breakfast	909	35	68	55	1460
<b>2</b>	Mac and Beef	804	45	102	26	927
<b>3</b>	Herb Chicken	597	38	81	15	427
<b>4</b>	Beef Tips	737	39	112	16	840
<b>5</b>	Chicken Cacciatore	578	40	69	16	538
<b>8</b>	Breaded chicken	931	38	151	25	994
<b>9</b>	Turkey and Cheese Sandwich	802	41	93	32	775
<b>10</b>	Taco Salad	933	52	122	28	1009
<b>11</b>	Sweet and Sour Meatballs	981	39	151	16	1314
<b>12</b>	Breaded Fish	779	44	86	26	334
<b>15</b>	Meatloaf	773	31	84	38	946
<b>16</b>	Lemon Pepper Chicken	600	39	94	9	854
<b>17</b>	Pork w/Verde sauce	639	39	74	21	866
<b>18</b>	Vegetable Lasagna	624	32	53	21	1181
<b>19</b>	Chicken w/ Mandarin Oranges	661	43	94	15	362
<b>22</b>	Tuna Noodle Casserole	653	42	101	11	675
<b>23</b>	Beef Fajita	650	46	89	13	1001
<b>24</b>	Herb Chicken with Parmesan	742	31	73	38	808
<b>25</b>	Sloppy Joes	705	38	97	21	619
<b>26</b>	Pepper Steak	768	36	98	14	718
<b>29</b>	Turkey Patty	605	40	80	16	460
<b>30</b>	Spaghetti	1011	47	154	23	842
<b>31</b>	Hot Dog	948	33	119	40	1934

**\*\*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 \***