

AUGUST 2019 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
			1 tuna salad sandwich tomato soup, crackers blanched carrot sticks mandarin oranges sugar cookie	2 chicken enchilada casserole Spanish brown rice pinto beans, zucchini jell-o w/fruit cocktail
5 (**) NEW! breakfast casserole hash browns peaches orange juice biscuit	6 chicken cacciatore herbed spaghetti succotash tropical fruit whole-wheat bread	7 turkey breast w/gravy mashed potatoes broccoli diced peaches whole-wheat bread	8 chicken tagine couscous green beans pineapple tidbits & mandarin oranges	9 beef pot roast w/gravy spinach mashed potatoes, fresh apple mixed vegetables pudding w/pineapple
12 meatloaf w/gravy mashed potatoes carrot coins jell-o w/fruit cocktail whole-wheat bread	13 (**) vegetable lasagna green salad (<i>New Recipe!</i>) peas fresh orange whole-wheat bread	14 NEW! chicken salad sandwich on whole-wheat bread cauliflower & broccoli salad (<i>New Recipe!</i>) mandarin oranges	15 penne marinara spinach pineapple tidbits cookie whole-wheat bread	16 beef tips w/mushrooms & gravy red potatoes winter blend vegetables banana
19 fish w/herbed tomatoes cold beet & spinach salad (<i>New Recipe!</i>) pineapple tidbits cornbread	20 pork loin w/gravy roasted red potatoes peas jell-o w/pears whole-wheat bread	21 chicken taco salad pinto beans corn & bell peppers tropical fruit flour tortilla	22 (**) au gratin taco bake spinach mandarin oranges whole-wheat bread	23 cheeseburger macaroni salad capri vegetables grapes chocolate cake
26 macaroni & beef mixed vegetables fruit cocktail whole-wheat bread	27 broccoli chicken casserole peas pineapple tidbits whole-wheat bread	28 Swedish meatballs herbed noodles cauliflower diced peaches	29 chicken alfredo fettuccini baby lima beans fresh orange whole-wheat bread	30 (**) breaded fish tacos flour tortillas Spanish brown rice Mexican corn fresh pear, jell-o

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**

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

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 Menu Analysis*

August 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Tuna Salad sandwich	661	36	98	16	929
2	Enchilada Casserole	728	49	94	19	1000
5	Breakfast	703	32	93	23	1528
6	Chicken Cacciatore	609	44	83	13	589
7	Turkey Breast	830	48	143	10	792
8	Chicken Tagine	612	40	89	11	256
9	Pot Roast	941	48	112	36	680
12	Meatloaf	868	38	156	15	998
13	Veggie Lasagna	657	34	60	20	1225
14	Chicken Salad	635	42	65	25	786
15	Penne marinara	847	41	115	23	699
16	Beef Tips	684	36	83	26	664
19	Fish	597	33	69	22	916
20	Pork Loin	735	47	96	20	708
21	Chicken Taco Salad	641	48	85	15	1000
22	Au Gratin Taco Bake	686	41	87	22	1681
23	Cheeseburger	845	36	112	31	590
26	Macaroni and Beef	787	45	98	26	930
27	Broccoli Chicken Casserole	753	55	81	25	841
28	Swedish Meatballs	599	31	67	23	870
29	Chicken Alfredo	1023	64	155	16	608
30	Fish Tacos	1020	39	161	27	1365

****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**