

JULY 2022 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p><i>*Special Event at the senior center* *10 a.m. – 1 p.m.*</i></p>
<p>4 Center Closed</p>	<p>5</p> <p>shepherd's pie spinach orange whole-wheat bread</p>	<p>6</p> <p>chicken taco salad pinto beans Mexican corn tropical fruit flour tortilla</p>	<p>7</p> <p>Spanish beef roast Spanish rice Spinach pears whole-wheat bread</p>	<p>8</p> <p>Darryl's breaded cod brown rice green beans fresh apple vanilla pudding</p>
<p>11</p> <p>meatloaf w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread</p>	<p>12</p> <p>chicken noodle casserole mixed vegetables fresh pear, Jell-O whole-wheat bread</p>	<p>13 (**)</p> <p>pork loin w/verde sauce pinto beans corn, zucchini, tomato & red peppers peaches</p>	<p>14</p> <p>sloppy joes on whole-wheat bun vegetable soup JoJo's broccoli salad watermelon or banana</p>	<p>15</p> <p>teriyaki chicken brown rice Brussels sprouts green salad orange juice</p>
<p>18</p> <p>pepper steak mashed potatoes green beans fresh orange whole-wheat bread</p>	<p>19 (**)</p> <p>BBQ riblet BBQ beans broccoli mandarin oranges Jell-O</p>	<p>20</p> <p>egg salad sandwich on whole-wheat bread celery sticks with peanut butter tropical fruit</p>	<p>21</p> <p>beef fajitas pinto beans cauliflower apricots flour tortillas</p>	<p>22</p> <p>tuna noodle casserole mixed vegetables pineapple tidbits whole-wheat bread orange juice</p>
<p>25 (**)</p> <p>hotdog w/chili on whole-wheat bun carrots coleslaw tropical fruit</p>	<p>26</p> <p>tuna salad sandwich tomato soup blanched carrot sticks mandarin oranges sugar cookie</p>	<p>27</p> <p>spaghetti w/meat sauce Brussels sprouts apple garlic breadstick</p>	<p>28</p> <p>ground beef tacos Spanish rice Mexican corn pineapple tidbits</p>	<p>29</p> <p>chicken cacciatore herbed spaghetti succotash Jell-O w/fruit cocktail whole-wheat bread</p>

SENIOR NUTRITION OFFICE
(951) 342 - 3057

Grand Terrace (909) 824-1491
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
11:00am – 12:00pm M-F**

Funding for this program is through your donations, a grant from the California Department of Aging and



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*

July 2022

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Beef Stroganoff	1077	52	138	36	885
4	Closed					
5	Shepherd's Pie	591	40	83	15	776
6	Taco Salad	651	47	83	15	1000
7	Spanish Beef Roast	574	46	61	19	805
8	Breaded Fish	677	33	95	20	630
11	Meatloaf	674	31	83	27	940
12	Chicken Noodle Casserole	748	48	111	15	568
13	Pork w/Verde sauce	696	45	76	24	1122
14	Sloppy Joe	617	37	79	20	576
15	Teriyaki Chicken	750	43	85	26	498
18	Pepper Steak	916	39	147	8	814
19	BBQ Riblet	759	42	116	17	1568
20	Egg Salad Sandwich	777	39	67	42	718
21	Beef Fajita	650	46	89	13	992
22	Tuna Noodle Casserole	653	42	101	11	675
25	Hot Dog	683	29	80	29	1154
26	Tuna Salad	661	36	98	16	929
27	Spaghetti	1045	46	154	27	842
28	Beef Tacos	709	39	88	25	848
29	Chicken Cacciatore	626	44	88	13	607

****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 and HUD (Housing & Urban Development) Grants 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 * SAN MANUEL BAND OF MISSION INDIANS * SOCIAL GAS