

# AUGUST 2022 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 (**)</b> breakfast casserole hash browns yogurt biscuit orange juice	<b>2</b> chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	<b>3</b> sloppy joes on whole-wheat bun broccoli green salad peaches	<b>4</b> chicken pasta primavera green peas mandarin oranges with pineapple	<b>5</b> Philly cheesesteak potato wedges winter blend vegetables fresh apple cake & ice cream
<b>8</b> beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	<b>9 (**)</b> veggie lasagna peas green salad orange whole-wheat bread	<b>10</b> breaded chicken sandwich on whole-wheat bun cucumber tomato salad mandarin oranges	<b>11</b> penne marinara spinach pineapple tidbits whole-wheat bread cookie	<b>12</b> Darryl's breaded fish red potatoes winter blend vegetables watermelon cranberry juice
<b>15</b> Swedish meatballs herbed noodles cauliflower pears whole-wheat bread	<b>16</b> beef stew spinach mandarin oranges whole-wheat roll	<b>17</b> egg salad sandwich on whole-wheat bread vegetable soup garbanzo bean salad tropical fruit	<b>18</b> cheeseburger on whole-wheat bun cold spinach & beet salad orange	<b>19</b> hot turkey sandwich on whole-wheat bread JoJo's broccoli salad diced pears cookie
<b>22 (**)</b> veggie meatball sandwich on whole- wheat hoagie roll fresh apple	<b>23</b> chicken a la king biscuit w/entrée green beans pineapple oatmeal cookie	<b>24</b> chicken patty w/tomato scrambled eggs waffle biscuits & gravy fresh orange	<b>25</b> chicken fettuccini alfredo carrot coins fresh orange whole-wheat bread	<b>26</b> beef, bean & cheese burrito Spanish brown rice Mexican corn w/peppers fresh pear
<b>29 (**)</b> BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	<b>30</b> cheese ravioli broccoli mandarin oranges w/Jell-O	<b>31</b> arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding		

## 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](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\*

August 2022

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Breakfast	754	37	97	24	1595
2	Enchilada Casserole	705	48	90	18	972
3	Sloppy Joes	579	33	73	20	509
4	Chicken Pasta Primavera	758	34	122	18	865
5	Philly Cheese Steak	1356	58	146	57	903
8	Beef Patty	899	39	150	20	590
9	Veggie Lasagna	657	34	60	20	1225
10	Breaded Chicken Sandwich	570	29	73	20	850
11	Penne Marinara	847	41	115	23	699
12	Breaded Fish	715	36	83	25	339
15	Swedish Meatballs	838	39	118	22	863
16	Beef Stew	573	32	72	20	578
17	Egg Salad Sandwich	756	40	87	29	973
18	Cheese Burger	745	44	61	38	734
19	Hot Turkey Sandwich	600	42	78	15	544
22	Meatball Sandwich	572	40	74	12	1357
23	Chicken a la King	645	34	80	22	553
24	Menu change					
25	Chicken Alfredo	946	57	142	17	642
26	Beef Burrito	852	38	131	23	978
29	BBQ Pork Riblet	806	36	99	33	1427
30	Cheese Ravioli	642	28	107	14	952
31	Arroz con Pollo	696	50	85	19	707

**\*\*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 CHINO \* CITY OF LOMA LINDA \* CITY OF REDLANDS \* TOWN OF YUCCA VALLEY  
CITY OF RANCHO CUCAMONGA \* CITY OF TWENTYNINE PALMS \* FONTANA DINO PAPAVEROS APARTMENTS  
CITY OF GRAND TERRACE \* CITY OF ONTARIO \* CITY OF YUCAIPA \* HUMAN GOOD \* CITY OF COLTON**