

OCTOBER 2022 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
3 open face hot turkey sandwich mashed potatoes carrots mandarin oranges	4 National Taco Day beef tacos Spanish rice pinto beans fresh orange	5 chicken taco salad pinto beans Mexican corn tropical fruit flour tortilla	6 Spanish beef roast Spanish rice pears whole-wheat bread	7 Darryl's breaded baked cod brown rice, green beans fresh apple vanilla pudding
10 meatloaf w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	11 chicken noodle casserole mixed vegetables fresh pear, Jell-O whole-wheat bread	12 (**) pork w/verde sauce pinto beans corn, zucchini, tomatoes and red peppers peaches	13 sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad watermelon or banana	14 teriyaki chicken brown rice green salad Brussels sprouts orange juice
17 pepper steak mashed potatoes green beans fresh orange whole-wheat bread	18 (**) BBQ pork riblet BBQ beans broccoli mandarin oranges Jell-O	19 egg salad sandwich on whole-wheat bread celery & peanut butter tropical fruit	20 beef fajitas pinto beans cauliflower apricots flour tortillas	21 tuna noodle casserole mixed vegetables pineapple tidbits whole-wheat bread orange juice
24 (**) hotdog w/chili on whole-wheat bun coleslaw carrots tropical fruit	25 tuna salad sandwich tomato soup w/crackers carrot sticks & ranch mandarin oranges sugar cookie	26 spaghetti w/meat sauce Brussels sprouts apple garlic breadstick	27 ground beef tacos Spanish rice Mexican corn pineapple tidbits	28 chicken cacciatore herbed spaghetti succotash Jell-O w/fruit cocktail whole-wheat bread
31 (**) breakfast casserole hash browns yogurt biscuit orange juice	<i>November 1st</i> chicken enchilada casserole Spanish brown rice pinto beans tropical fruit			

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*

February 2022

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Enchilada Casserole	705	48	90	18	972
2	Sloppy Joes	579	33	73	20	509
3	Chicken Pasta Primavera	745	34	118	18	863
4	Philly Cheese Steak	1356	58	146	57	903
7	Beef Patty	899	39	150	20	590
8	Veggie Lasagna	657	34	60	20	1225
9	Breaded Chicken Sandwich	570	29	73	20	850
10	Penne Marinara	847	41	115	23	699
11	Beef Tips	621	37	85	18	665
14	Swedish Meatballs	837	39	117	22	865
15	Beef Stew	573	32	72	20	578
16	Egg Salad Sandwich	756	40	87	29	973
17	Cod	587	32	67	23	703
18	Hot Turkey Sandwich	938	50	155	17	587
22	Chicken a la King	763	36	112	19	542
23	Meatball Sandwich	546	40	67	12	1362
24	Chicken Alfredo	1023	64	155	16	608
25	Beef Burrito	852	38	131	23	978
28	BBQ Pork Riblet	806	36	99	33	1427

****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**