

JANUARY 2023 YUCCA VALLEY SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Center Closed</i> 	3 shepherd's pie broccoli orange whole-wheat bread	4 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	5 Spanish beef roast Spanish rice spinach pears whole-wheat bread	6 Darryl's breaded baked cod brown rice green beans apple; vanilla pudding
9 beef patty w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	10 chicken noodle casserole mixed vegetables pear; Jell-O whole-wheat bread	11 (**) pork loin w/verde sauce pinto beans corn, zucchini, tomato peaches flour tortilla	12 sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad watermelon or apple	13 teriyaki chicken brown rice Brussel's sprouts green salad orange juice
16 <i>Center Closed</i> Martin Luther King Day 	17 (**) BBQ riblet black bean salad broccoli mandarin oranges whole-wheat bread	18 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit Jell-O	19 beef fajitas pinto beans cauliflower apricots flour tortillas	20 tuna noodle casserole mixed vegetables pineapple, O.J. whole-wheat bread
23 (**) chili dog on whole-wheat bun coleslaw carrots tropical fruit	24 tuna salad sandwich on whole-wheat bread blanched carrot sticks mandarin oranges sugar cookie	25 spaghetti w/meat sauce green salad Brussel's sprouts apple	26 beef tacos Spanish rice Mexican corn pineapple tidbits	27 chicken cacciatore herbed spaghetti green beans Jell-O w/fruit cocktail whole-wheat bread
30 (**) scrambled eggs sausage patties hash browns yogurt biscuit, orange juice	31 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	<i>February 1st</i> sloppy joes on whole-wheat bun green salad broccoli peaches	<i>February 2nd</i> pasta primavera w/chicken green beans mandarin oranges w/pineapple	

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) 790-3170
***Yucca Valley** (760) 257-5761
***lunch served from 11:00am – 12noon**

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 SERVICE HAS BEEN PROVIDED BY

SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES THROUGH A GRANT AWARDED FROM THE CALIFORNIA DEPARTMENT OF AGING AND HUD

(800) 510-2020

Family Service Association Menu Analysis*

January 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Shepherd's Pie	605	39	87	15	758
4	Taco Salad	646	49	81	13	632
5	Spanish Beef Roast	574	46	61	19	805
6	Breaded Fish	677	33	95	20	630
9	Beef Patty	697	33	75	32	483
10	Chicken Noodle Casserole	748	48	111	15	568
11	Pork w/Verde sauce	696	45	76	24	1122
12	Sloppy Joe	617	37	79	20	576
13	Teriyaki Chicken	750	43	85	26	498
16						
17	BBQ Riblet	673	42	96	18	1256
18	Egg Salad Sandwich	858	40	86	42	764
19	Beef Fajita	673	48	90	12	826
20	Tuna Noodle Casserole	653	42	101	11	675
23	Hot Dog	683	29	79	29	1141
24	Tuna Salad	577	34	83	14	897
25	Spaghetti	930	44	141	22	585
26	Beef Tacos	793	46	88	31	940
27	Chicken Cacciatore	549	40	72	13	558
30	Breakfast	832	36	86	22	1184
31	Enchilada Casserole	713	50	89	18	789

****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 and 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 FOUNDATION * CITY OF COLTON**