

MARCH 2023 YUCCA VALLEY SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
		1 arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	2 beef tacos (corn tortillas) Spanish brown rice Mexican corn apple	3 baked cod red potatoes mixed vegetables diced peaches whole-wheat bread
6 beef patty w/gravy mashed potatoes broccoli fruit cocktail whole-wheat bread	7 chili con carne carrot coins tropical fruit cornbread	8 pork loin w/gravy spinach mashed red potatoes; peas gelatin w/diced pears whole-wheat bread	9 chicken cacciatore capri vegetables mandarin oranges whole-wheat bread vanilla ice cream	10 breaded fish sandwich on whole-wheat bun green beans fresh orange
13 tuna sandwich vegetable soup fresh blanched carrots diced pears w/gelatin cranberry juice	14 sweet & sour chicken brown rice peas & carrots pineapple tidbits	15 cheese tortellini w/marinara sauce Brussels sprouts fresh pear whole-wheat bread	16 chef salad w/crackers celery & peanut butter mandarin oranges w/gelatin brownie	17 (**) corned beef w/cabbage boiled potatoes carrots peaches cornbread
20 pepper steak brown rice carrots & peas apricots	21 cheeseburger on whole-wheat bun macaroni salad capri vegetables grapes	22 grilled chicken breast sandwich on whole-wheat bun carrots w/ranch dip mandarin oranges	23 spaghetti w/meat sauce zucchini & onion Golden Delicious apple garlic toast	24 beef cabbage roll mashed potatoes peas & carrots pineapple whole-wheat bread
27 scrambled eggs sausage patties hash browns peaches, cranberry juice whole-wheat toast	28 chicken salad on lettuce leaf bed saltine crackers winter blend veg salad apricots	29 macaroni & beef mixed vegetables pineapple whole-wheat bread	30 BBQ chicken scalloped potatoes wax beans fresh orange whole-wheat bread	31 beef stroganoff spinach tropical fruit whole-wheat bread lemon pudding

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**



FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY

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

(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*

March 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Arroz con Pollo	696	50	85	19	707
2	Beef Tacos	824	46	97	32	803
3	Baked Fish w/ Lemon	584	36	74	18	556
6	Beef Patty	566	35	75	17	555
7	Chili con Carne	739	37	79	30	910
8	Pork Loin	786	48	93	28	722
9	Chicken Cacciatore	804	43	95	30	656
10	Fish Sandwich	600	29	87	17	803
13	Tuna Sandwich	563	36	88	9	749
14	Sweet and Sour Chicken	731	42	114	13	753
15	Tortellini w/ Marinara	590	32	81	14	849
16	Chef Salad	863	46	86	37	959
17	Corned Beef	674	32	94	19	1737
20	Pepper Steak	661	31	72	14	663
21	Cheeseburger	759	40	86	29	605
22	Grilled Chicken Patty	662	40	63	29	765
23	Spaghetti	740	35	95	25	658
24	Cabbage Roll	799	43	118	20	902
27	Breakfast	668	31	76	12	963
28	Chicken Salad	699	61	58	25	689
29	Macaroni and Beef	838	44	102	30	807
30	BBQ Chicken	571	42	74	12	833
31	Beef Stroganoff	786	46	111	19	747

**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**