

JUNE 2023

HIGH DESERT

SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
			1 beef tacos Spanish brown rice Mexican corn apple	2 baked cod red potatoes mixed vegetables diced peaches whole-wheat bread
5 beef patty w/gravy mashed potatoes broccoli fruit cocktail whole-wheat bread	6 chili con carne carrot coins tropical fruit cornbread	7 pork loin w/gravy spinach mashed red potatoes peas Jell-O w/diced pears	8 chicken cacciatore capri vegetables mandarin oranges whole-wheat roll vanilla ice cream	9 breaded fish sandwich on whole-wheat bun green beans fresh orange
12 open face tuna salad sandwich vegetable soup fresh blanched carrots diced pears w/Jell-O	13 sweet & sour chicken brown rice peas & carrots pineapple tidbits	14 cheese tortellini w/marinara brussels sprouts fresh pear whole-wheat bread	15 chef salad celery & peanut butter mandarin oranges w/Jell-O; brownie saltine crackers	16 (**) corned beef & cabbage boiled potatoes carrots peaches cornbread
19 cheeseburger on whole-wheat bun macaroni salad capri vegetables grapes	20 pepper steak brown rice carrots & peas apricots	21 grilled chicken breast sandwich on whole-wheat bun carrots w/ranch dip mandarin oranges	22 spaghetti w/meat sauce zucchini & corn Golden Delicious apple garlic toast	23 cabbage roll mashed potatoes peas & carrots pineapple whole-wheat bread
26 scrambled eggs sausage patties hash browns, toast peaches cranberry juice	27 chicken salad winter blend veggies apricots whole-wheat crackers	28 *Special Event* hotdogs coleslaw French fries watermelon	29 BBQ chicken scalloped potatoes wax beans fresh orange whole-wheat bread	30 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) 918-4306
- *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*

June 2023

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

20

cheeseburger

on whole-wheat bun

macaroni salad

capri vegetables

grapes *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 * SOCIAL GAS