

JULY 2023 YUCCA VALLEY SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
3 (**) cheeseburger on whole-wheat bun potato salad baked beans watermelon	4 <i>Center Closed</i> 	5 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	6 Spanish beef roast Spanish rice spinach pears whole-wheat bread	7 Darryl's breaded cod brown rice green beans fresh apple vanilla pudding
10 beef patty 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 loin w/verde sauce pinto beans corn, zucchini, tomato and red peppers flour tortilla; peaches	13 sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad watermelon or apple	14 teriyaki chicken brown rice Brussels sprouts green salad orange juice
17 pepper steak mashed potatoes green beans fresh orange whole-wheat bread	18 (**) BBQ riblet black bean salad broccoli mandarin oranges whole-wheat bread	19 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit Jell-O	20 beef fajitas pinto beans cauliflower apricots flour tortillas	21 tuna noodle casserole mixed vegetables pineapple tidbits whole-wheat bread orange juice
24 (**) chili dog on whole-wheat bun coleslaw carrots tropical fruit	25 tuna salad sandwich on whole-wheat bread carrot sticks w/ranch mandarin oranges sugar cookie	26 spaghetti w/meat sauce Brussels sprouts green salad apple	27 beef tacos Spanish rice Mexican corn pineapple tidbits	28 chicken cacciatore herbed spaghetti green beans Jell-O w/fruit cocktail whole-wheat bread
31 (**) scrambled eggs sausage patties hash browns yogurt biscuit; orange juice	<i>August 1st</i> enchilada casserole Spanish brown rice pinto beans zucchini tropical fruit	<i>August 2nd</i> sloppy joes on whole-wheat bun broccoli green salad peaches		

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

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 – PUBLIC GUARDIAN THROUGH A GRANT AWARDED FROM THE CALIFORNIA DEPARTMENT OF AGING AND HUD
(800) 510-2020

Family Service Association Menu Analysis*

July 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Cheeseburger	872	47	93	35	1500
4	Closed					
5	Taco Salad	646	49	81	13	632
6	Spanish Beef Roast	574	46	61	19	805
7	Breaded Fish	677	33	95	20	630
10	Beef Patty	697	33	75	32	483
11	Chicken Noodle Casserole	748	48	111	15	568
12	Pork w/Verde sauce	696	45	76	24	1122
13	Sloppy Joe	617	37	79	20	576
14	Teriyaki Chicken	750	43	85	26	498
17	Pepper Steak	612	33	80	5	753
18	BBQ Riblet	673	42	96	18	1256
19	Egg Salad Sandwich	858	40	86	42	764
20	Beef Fajita	673	48	90	12	826
21	Tuna Noodle Casserole	653	42	101	11	675
24	Hot Dog	683	29	79	29	1141
25	Tuna Salad	577	34	83	14	897
26	Spaghetti	930	44	141	22	585
27	Beef Tacos	793	46	88	31	940
28	Chicken Cacciatore	549	40	72	13	558
31	Breakfast	832	36	86	22	1184

****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 * SOCAL GAS
CITY OF RANCHO CUCAMONGA * CITY OF TWENTYNINE PALMS * CITY OF GRAND TERRACE * CITY OF ONTARIO
*CITY OF YUCAIPA * MEALS ON WHEELS AMERICA**