

AUGUST 2023 YUCCA VALLEY SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
	1 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	2 sloppy joes on whole-wheat bun green salad broccoli peaches	3 pasta primavera with chicken green beans mandarin oranges w/pineapple	4 Philly cheese steak potato wedges winter blend veggies fresh apple vanilla ice cream
7 beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	8 (**) veggie lasagna green salad peas orange whole-wheat bread	9 grilled chicken breast sandwich cucumber tomato salad mandarin oranges oatmeal cookie	10 penne marinara spinach pineapple tidbits whole-wheat bread	11 cranberry orange chicken breast brown rice mixed vegetables tropical fruit; cake
14 Swedish meatballs whole-wheat herbed noodles cauliflower pears	15 beef stew spinach mandarin oranges whole-wheat roll cherry tart	16 egg salad sandwich on whole-wheat bread veggie soup green salad tropical fruit	17 turkey breast w/gravy mashed potatoes green beans dinner roll orange juice	18 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear
21 (**) meatball sandwich on whole-wheat bun spinach fresh apple	22 chicken a la king biscuit w/entree green beans pineapple oatmeal cookie	23 macaroni & beef mixed vegetables fruit cocktail w/Jell-O whole-wheat bread	24 National Waffle Day scrambled eggs sausage patties hash browns strawberries/blueberries waffle & biscuit	25 cheeseburger on whole-grain bun cold spinach & beet salad tropical fruit
28 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	29 cheese ravioli broccoli mandarin oranges w/Jell-O	30 arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	31 beef tacos Spanish brown rice Mexican corn apple	<i>September 1st</i> baked cod roasted red potatoes winter vegetables diced peaches whole-wheat bread

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*

August 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Enchilada Casserole	713	50	89	18	789
2	Sloppy Joes	579	33	73	20	509
3	Chicken Pasta Primavera	814	54	102	24	453
4	Philly Cheese Steak	1205	56	126	49	767
7	Beef Patty	899	39	150	20	650
8	Veggie Lasagna	657	34	60	20	1225
9	Breaded Chicken Sandwich	574	42	78	12	490
10	Penne Marinara	735	40	97	19	633
11	Cranberry Orange Chicken	810	33	124	22	597
14	Swedish Meatballs	801	41	126	16	782
15	Beef Stew	885	35	119	33	873
16	Egg Salad Sandwich	683	36	76	28	841
17	Turkey Breast	731	44	117	9	744
18	Beef Burrito	848	38	128	23	684
21	Meatball Sandwich	572	40	74	12	1357
22	Chicken a la King	645	34	80	22	553
23	Mac and Beef	821	44	98	30	811
24						
25	Cheeseburger	745	44	61	38	734
28	BBQ Pork Riblet	811	36	100	33	1469
29	Cheese Ravioli	642	28	107	14	952
30	Arroz con Pollo	696	50	85	19	707
31	Beef Tacos	824	46	97	32	803

****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**