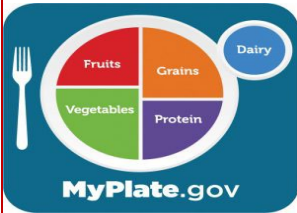




OCTOBER 2023 YUCCA VALLEY JOSHUA TREE TWENTYNINE PALMS

Monday	Tuesday	Wednesday	Thursday	Friday
2 (**) Cheeseburger on a whole wheat bun potato salad baked beans watermelon	3 Shepherds Pie broccoli fresh orange whole wheat bread	4 Chicken Taco Salad Mexican corn pinto beans tropical fruit corn tortilla	5 Spanish roast beef Spinach Pears Whole wheat bread	6 Breaded baked cod with diced tomatoes green beans red peppers brown rice vanilla pudding
9 Beef patty w/gravy apple carrot casserole pineapple whole wheat bread	10 Chicken noodle casserole mixed vegetables fresh pears Jell-O whole wheat bread	11 (**) Chicken w/green enchilada (verde) sauce corn, zucchini,tomatoes red peppers, pinto beans peaches & a flour tortilla	12 Sloppy joe on a whole wheat bun vegetable soup broccoli salad fresh seasonal fruit	13 Teriyaki chicken brussels sprouts brown rice green salad orange juice
16 Pepper steak mashed potatoes green beans fresh orange whole wheat bread	17 (**) BBQ riblets broccoli black bean salad mandarin oranges whole wheat bread	18 Egg salad sandwich on a whole wheat bread celery sticks with peanut butter Jell-O & tropical fruit	19 (**) Chicken Fajita w/salsa pinto beans, peppers cauliflower apricots (2) flour tortillas	20 Tuna noodle casserole mixed vegetables pineapple tidbits orange juice whole wheat bread
23 (**) Chili dog w/cheese on a whole wheat bun coleslaw & carrots tropical fruit	24 Tuna salad sandwich Blanched carrot sticks with ranch dip mandarin oranges whole wheat bread sugar cookie	25 Spaghetti w/meat sauce brussels sprouts green salad w/tomato fresh apple	26 Beef tacos w/cheese lettuce, tomatoes spanish rice mexican corn pineapple tidbits	27 Chicken cacciatore served over noodles green beans, peppers Jell-O & fruit cocktail whole wheat bread
30 (**) Scrambled eggs sausage patties hash brown potatoes yogurt & orange juice biscuit	31 Enchilada casserole with pinto beans, and zucchini spanish brown rice tropical fruit			



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

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 Services Association Menu Analysis*

October 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Cheeseburger	872	47	93	35	1500
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	Pepper Steak	612	33	80	5	753
17	BBQ Riblet	673	42	96	18	1256
18	Egg Salad Sandwich	858	40	86	42	764
19	Chicken Fajita	650	47	91	11	1009
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 * SOCALGAS
 CITY OF RANCHO CUCAMONGA * CITY OF TWENTYNINE PALMS * CITY OF GRAND TERRACE * CITY OF ONTARIO
 *CITY OF YUCAIPA * MEALS ON WHEELS AMERICA**