

DECEMBER 2023 YUCCA VALLEY JOSHUA TREE TWENTYNINE PALMS



Monday	Tuesday	Wednesday	Thursday	Friday
				1 baked cod red potatoes winter vegetables diced peaches whole-wheat bread
4 beef patty w/gravy mashed potatoes broccoli fruit cocktail whole-wheat bread	5 chili con carne carrot coins tropical fruit cornbread	6 pork loin w/gravy spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	7 chicken cacciatore capri vegetables mandarin oranges whole-wheat roll vanilla ice cream	8 breaded fish sandwich on whole-wheat bun green beans fresh orange
11 tuna sandwich vegetable soup fresh blanched carrots diced pears w/Jell-O cranberry juice	12 sweet & sour chicken brown rice peas & carrots pineapple tidbits	13 (**) ham, green beans scalloped potatoes dinner roll cranberry juice cake w/cherries	14 chef salad celery & peanut butter mandarin oranges w/Jell-O brownie	15 cheese tortellini Brussels sprouts fresh pear whole-wheat bread
18 pepper steak brown rice capri vegetables apricots	19 cheeseburger on whole-wheat bun capri vegetables grapes	20 grilled chicken breast sandwich on whole-wheat bun blanched carrots mandarin oranges	21 spaghetti w/meat sauce zucchini & onion Golden Delicious apple whole-wheat garlic toast	22 cabbage roll mashed potatoes peas & carrots pineapple whole-wheat bread
25 Center Closed 	26 chicken salad on lettuce leaf bed saltine crackers winter blend veg salad apricots	27 macaroni & beef mixed vegetables pineapple whole-wheat bread	28 BBQ chicken scalloped potatoes wax beans fresh orange whole-wheat bread	29 beef stroganoff spinach tropical fruit whole-wheat bread lemon pudding

SENIOR NUTRITION OFFICE
(951) 342 – 3057
Lunch served from 11:30am – 12:30pm

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

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*

December 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Baked Fish w/ Lemon	537	35	67	16	456
4	Beef Patty	566	35	75	17	555
5	Chili con Carne	739	37	79	30	910
6	Pork Loin	786	48	93	28	722
7	Chicken Cacciatore	804	43	95	30	656
8	Fish Sandwich	600	29	87	17	803
11	Tuna Sandwich	563	36	88	9	749
12	Sweet and Sour Chicken	731	42	114	13	753
13	Ham	1037	37	164	27	2039
14	Chef Salad	863	46	86	37	959
15	Tortellini w/ Marinara	590	32	81	14	849
18	Pepper Steak	634	29	66	14	605
19	Cheeseburger	759	40	86	29	605
20	Grilled Chicken Patty	648	40	65	26	760
21	Spaghetti	740	35	95	25	658
22	Cabbage Roll	799	43	118	20	902
25	CLOSED					
26	Chicken Salad	826	61	59	40	689
27	Macaroni and Beef	838	44	102	30	807
28	BBQ Chicken	571	42	74	12	833
29	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 * SOCALGAS
CITY OF RANCHO CUCAMONGA * CITY OF TWENTYNINE PALMS * CITY OF GRAND TERRACE * CITY OF ONTARIO
*CITY OF YUCAIPA * MEALS ON WHEELS AMERICA**