



JANUARY 2024 YUCCA VALLEY JOSHUA TREE TWENTYNINE PALMS



Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Center Closed</i> HAPPY <i>New Year</i> 2024	2 (**) shepherd's pie broccoli orange whole-wheat bread	3 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	4 cheeseburger on whole-wheat bun potato salad baked beans watermelon	5 Darryl's breaded fish (baked cod) brown rice; green beans fresh apple vanilla pudding
8 beef patty w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	9 chicken noodle casserole mixed vegetables fresh pear; Jell-O whole-wheat bread	10 pork loin w/verde sauce pinto beans corn, zucchini, tomato and red peppers four tortilla; peaches	11 (**) sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad watermelon or apple	12 teriyaki chicken brown rice Brussels sprouts green salad orange juice
15 <i>Center Closed</i> Martin Luther King Day 	16 BBQ riblet cold black bean salad broccoli mandarin oranges whole-wheat bread	17 (**) egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit Jell-O	18 chicken fajitas flour tortillas pinto beans cauliflower apricots	19 tuna noodle casserole carrot coins pineapple tidbits whole-wheat bread orange juice
22 chili dog w/cheese on whole-wheat bun carrots coleslaw tropical fruit	23 (**) chicken salad sandwich on whole-wheat bread blanched carrot sticks mandarin oranges sugar cookie	24 spaghetti w/meat sauce Brussels sprouts green salad apple	25 beef tacos Spanish rice Mexican corn pineapple tidbits	26 chicken cacciatore herbed spaghetti green beans Jell-O w/fruit cocktail
29 scrambled eggs sausage patties hash browns biscuit yogurt, orange juice	30 (**) chicken enchilada casserole pinto beans Spanish brown rice zucchini; tropical fruit	31 sloppy joe on whole-wheat bun green salad broccoli peaches	<i>February 1st</i> chicken pasta primavera green beans mandarin oranges w/pineapple whole-wheat bread	

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
***Yuca 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 Service Association Menu Analysis*

January 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Shepherd's Pie	872	47	93	35	1500
3	Taco Salad	909	45	154	18	879
4	Cheeseburger	646	49	81	13	632
5	Breaded Fish	574	46	61	19	805
8	Beef Patty	677	33	95	20	630
9	Chicken Noodle Casserole	697	33	75	32	483
10	Pork w/Verde sauce	748	48	111	15	568
11	Sloppy Joe	696	45	76	24	1122
12	Teriyaki Chicken	617	37	79	20	576
15	CLOSED					
16	BBQ Riblet	612	33	80	5	753
17	Egg Salad Sandwich	673	42	96	18	1256
18	Chicken Fajita	858	40	86	42	764
19	Tuna Noodle Casserole	649	47	91	11	956
22	Hot Dog	653	42	101	11	675
23	Chicken Salad	683	29	79	29	1141
24	Spaghetti	614	35	83	17	728
25	Beef Tacos	930	44	141	22	585
26	Chicken Cacciatore	793	46	88	31	940
29	Breakfast	549	40	72	13	558
30	Enchilada Casserole	832	36	86	22	1184
31	Sloppy Joes	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**