

MAY 2024

YUCCA VALLEY



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| | | 1 sloppy joes on whole-wheat bun broccoli green salad peaches | 2 chicken pasta primavera green beans mandarin oranges with pineapple whole-wheat bread | 3 Philly cheesesteak potato wedges winter blend veggies fresh apple vanilla ice cream |
| 6 beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread | 7 (**) veggie lasagna green salad peas orange whole-wheat bread | 8 grilled chicken breast sandwich cucumber tomato salad mandarin oranges oatmeal cookie | 9 <i>Special Event</i> | 10 cranberry orange chicken brown rice mixed vegetables tropical fruit |
| 13 veggie Swedish meatballs w/gravy herbed noodles broccoli peaches | 14 beef stew spinach mandarin oranges whole-wheat roll frosted white cake | 15 egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit | 16 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear | 17 spaghetti w/meat sauce mixed vegetables tropical fruit |
| 20 (**) meatball sandwich on hoagie roll spinach fresh apple | 21 chicken a la king green beans pineapple biscuit w/entrée oatmeal cookie | 22 macaroni & beef mixed vegetables fruit cocktail w/Jell-O whole-wheat bread | 23 chicken alfredo w/fettuccini carrot coins fresh orange whole-wheat bread | 24 cheeseburger on whole-wheat bun beets tropical fruit |
| 27 Center Closed | 28 cheese ravioli broccoli mandarin oranges w/Jell-O | 29 arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread | 30 beef tacos pinto beans Mexican corn apple | 31 BBQ pork riblet au gratin potatoes carrot salad tropical fruit tapioca 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) 361-1410
Yucaipa (909) 918-4306
***Yucaipa (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*

May 2024

| Date | Menu** | Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams) | Sodium (mg) |
|-------------|---------------------------|-----------------|----------------------------|---------------------------------|------------------------|------------------------|
| 1 | Sloppy Joes | 579 | 33 | 73 | 20 | 509 |
| 2 | Chicken Pasta Primavera | 814 | 54 | 102 | 24 | 453 |
| 3 | Philly Cheese Steak | 1205 | 57 | 141 | 49 | 767 |
| 6 | Beef Patty | 899 | 39 | 150 | 20 | 650 |
| 7 | Veggie Lasagna | 657 | 34 | 60 | 20 | 1225 |
| 8 | Grilled Chicken Sandwich | 574 | 42 | 78 | 12 | 490 |
| 9 | Penne Marinara | 872 | 41 | 118 | 24 | 751 |
| 10 | Cranberry Orange Chicken | 657 | 32 | 104 | 14 | 462 |
| 13 | Swedish Veggie Meatballs | 814 | 42 | 129 | 16 | 813 |
| 14 | Beef Stew | 810 | 34 | 108 | 29 | 784 |
| 15 | Egg Salad Sandwich | 683 | 36 | 76 | 28 | 841 |
| 16 | Beef Burrito | 848 | 38 | 128 | 23 | 684 |
| 17 | Spaghetti with Meat Sauce | 943 | 47 | 141 | 21 | 890 |
| 20 | Meatball Sandwich | 707 | 45 | 100 | 15 | 1623 |
| 21 | Chicken a la King | 645 | 34 | 80 | 22 | 553 |
| 22 | Mac and Beef | 863 | 45 | 108 | 30 | 834 |
| 23 | Chicken Alfredo | 946 | 57 | 142 | 17 | 642 |
| 24 | Cheeseburger | 686 | 43 | 65 | 29 | 690 |
| 28 | Cheese Ravioli | 642 | 28 | 107 | 14 | 952 |
| 29 | Arroz con Pollo | 559 | 48 | 60 | 16 | 536 |
| 30 | Beef Tacos | 824 | 46 | 97 | 32 | 803 |
| 31 | BBQ Pork Ribs | 675 | 37 | 93 | 19 | 628 |

****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**