

JULY 2024

SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
1 Spanish beef roast Spanish rice spinach pears whole-wheat bread	2 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	3 (**) cheeseburger on whole-wheat bun potato salad baked beans watermelon	4 <i>Center Closed</i> 	5 Darryl's breaded cod brown rice green beans apple vanilla pudding
8 beef patty w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	9 tuna salad sandwich pickled beet salad fresh pear mandarin oranges Jell-O	10 (**) pork w/verde sauce pinto beans corn, zucchini & tomato peaches flour tortilla	11 sloppy joe on whole-wheat bun JoJo's broccoli salad vegetable salad watermelon or apple	12 BBQ chicken brown rice Brussels sprouts green salad orange juice
15 pepper steak mashed potatoes green beans fresh orange whole-wheat bread	16 chicken fajitas pinto beans cauliflower fresh apple flour tortillas	17 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit w/Jell-O	18 (**) BBQ pork riblet rice cold black bean salad broccoli fresh pear	19 chicken noodle casserole mixed vegetables pineapple tidbits, O.J. whole-wheat bread
22 (**) chili dog on whole-wheat bun broccoli & cauliflower salad; coleslaw tropical fruit	23 cod w/lemon & butter garden brown rice Brussels sprouts green salad fresh apple	24 chicken salad sandwich on whole-wheat bread carrot sticks w/ranch mandarin oranges sugar cookie	25 beef tacos pinto beans Mexican corn pineapple tidbits	26 chicken w/peppers roasted potatoes green beans Jell-O w/fruit cocktail whole-wheat bread
29 (**) scrambled eggs sausage patties hash browns biscuit; yogurt orange juice	30 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	31 sloppy joe on whole-wheat bun broccoli green salad peaches	<i>August 1st</i> chicken parmesan carrot coins mandarin oranges with pineapple whole-wheat bread	

SENIOR NUTRITION OFFICE (951) 342 – 3057

- Bloomington (909) 770-8173
- Fontana George White (909) 770-8173
- Rialto (909) 877-1360
- Rancho Cucamonga (909) 477-2780
- Chino (909) 287-7946
- Ontario (909) 395-2021
- Colton – Hutton (909) 503-1908
- Loma Linda (909) 799-2821
- Upland (909) 981-4501

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**
Minimum age 60 to participate
Guests under 60, fee is \$9.75

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*

July 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Spanish Beef Roast	574	46	61	19	805
2	Chicken Taco Salad	646	49	81	13	632
3	Cheeseburger	872	47	93	35	1500
5	Breaded Fish	677	33	95	20	630
8	Beef Patty	697	33	75	32	483
9	Tuna Salad Sandwich	565	35	92	8	849
10	Pork w/Verde sauce	696	45	76	24	1122
11	Sloppy Joe	617	37	79	20	576
12	BBQ Chicken	571	42	64	16	501
15	Pepper Steak	612	33	80	5	753
16	Chicken Fajita	672	47	97	11	953
17	Egg Salad Sandwich	858	40	86	42	764
18	BBQ Riblet	705	43	105	18	1251
19	Chicken Noodle Casserole	697	47	96	15	522
22	Chili Dog	755	32	76	37	1264
23	Fish	700	38	104	17	378
24	Spaghetti Chicken Salad	614	35	83	17	728
25	Beef Tacos	631	40	70	22	797
26	Chicken w Peppers	554	43	74	11	345
29	Breakfast	832	36	86	22	1184
30	Enchilada Casserole	713	50	89	18	789
1	Sloppy Joes	579	33	73	20	509

****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**