

SEPTEMBER 2024 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Center Closed</i> 	3 (**) chili con carne carrot coins tropical fruit cornbread	4 turkey breast w/gravy spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	5 chicken cacciatore herbed noodles capri vegetables mandarin oranges vanilla ice cream	6 breaded fish sandwich on whole-wheat bun green beans fresh orange
9 tuna salad vegetable soup fresh blanched carrots diced pears cranberry juice	10 sweet & sour chicken brown rice peas pineapple tidbits	11 cheese tortellini w/marinara meat sauce Brussels sprouts fresh pear whole-wheat bread	12 chef salad saltine crackers celery & peanut butter mandarin orange brownie	13 (**) chicken fajita sandwich on a hoagie roll roasted potatoes southwest bean salad peaches
16 pepper steak brown rice butternut squash apricots	17 (**) spaghetti w/veggie meatballs zucchini & onion Golden Delicious apple garlic toast	18 chicken tacos pinto beans Mexican corn pineapple	19 cheeseburger on whole-wheat bun macaroni salad capri vegetables grapes	20 grilled chicken breast sandwich on whole-wheat bun blanched carrots mandarin oranges
23 breakfast burrito hash browns in burrito peaches yogurt cranberry juice	24 chicken a la king biscuit w/entrée green beans pineapple oatmeal cookie	25 macaroni & beef mixed vegetables pineapple whole-wheat bread	26 BBQ chicken garden rice wax beans fresh orange whole-wheat bread	27 beef stroganoff spinach tropical fruit whole-wheat bread lemon pudding
30 meatloaf w/gravy roasted red potatoes California vegetables fresh apple whole-wheat roll	<i>October 1st</i> lazy herb chicken breast carrots mandarin oranges chocolate pudding	<i>October 2nd</i> veggie lasagna broccoli peaches garlic bread	<i>October 3rd</i> Asian chicken salad pineapple Hawaiian roll	

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*

September 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Chili con Carne	739	37	79	30	910
4	Turkey	565	40	72	12	700
5	Chicken Cacciatore	804	43	95	30	656
6	Fish Sandwich	602	29	87	17	804
9	Tuna Salad	661	37	80	23	973
10	Sweet and Sour Chicken	759	44	118	13	752
11	Tortellini w/ Meat sauce	699	43	81	21	887
12	Chef Salad	846	46	81	37	949
13	Chicken Fajita Sandwich	869	53	122	19	1025
16	Pepper Steak	634	29	66	14	605
17	Spaghetti	649	37	96	10	1006
18	Chicken Tacos	645	41	72	22	815
19	Cheeseburger	759	40	86	29	605
20	Chicken Sandwich	648	40	65	26	760
21	Breakfast Burrito	628	23	108	12	503
24	Chicken Salad	826	61	59	40	689
25	Macaroni and Beef	838	44	102	30	807
26	BBQ Chicken	553	44	71	11	458
27	Beef Stroganoff	786	46	111	19	747
30	Meatloaf	597	33	88	16	946

****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**