

OCTOBER 2024 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
	1 lazy herb chicken breast; carrots mandarin oranges whole-wheat bread chocolate pudding	2 (**) veggie lasagna broccoli peaches garlic bread	3 Asian chicken salad pineapple Hawaiian roll	4 chili relleno casserole zucchini & fajita blend tropical mixed fruit whole-wheat bread
7 Spanish beef roast Spanish rice spinach pears whole-wheat bread	8 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	9 (**) cheeseburger on whole-wheat bun potato salad baked beans watermelon	10 shepherd's pie broccoli orange whole-wheat bread	11 Darryl's breaded baked cod brown rice green beans vanilla pudding
14 beef patty w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	15 tuna salad sandwich pickled beet salad fresh pear mandarin oranges w/Jell-O	16 (**) pork w/verde sauce pinto beans corn, zucchini, tomato & red peppers peaches	17 sloppy joe on whole-wheat bun JoJo's broccoli salad vegetable soup watermelon or apple	18 BBQ chicken brown rice green salad Brussels sprouts orange juice
21 pepper steak mashed potatoes green beans fresh orange whole-wheat bread	22 chicken fajitas pinto beans cauliflower fresh apple flour tortillas	23 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit w/Jell-O	24 (**) BBQ pork riblet rice cold black bean salad broccoli fresh pear	25 chicken noodle casserole mixed vegetables pineapple tidbits whole-wheat bread; OJ
28 (**) chili dog on whole-wheat bun broccoli cauliflower salad; coleslaw tropical fruit	29 cod w/lemon butter garden brown rice Brussels sprouts green salad fresh apple	30 chicken salad sandwich on whole-wheat bread blanched carrot sticks mandarin oranges sugar cookie	31 beef tacos pinto beans Mexican corn pineapple tidbits	

SENIOR NUTRITION OFFICE (951) 342 – 3057

Bloomington (909) 770-8173
Fontana George White (909) 770-8173
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Your voluntary contribution 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

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



SERVICES HAVE BEEN PROVIDED BY SAN
 BERNARDINO COUNTY DEPARTMENT
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 PRODUCT WERE A RESULT OF A PROJECT
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(800) 510-2020

Family Service Association Menu Analysis*

October 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Lazy Herb Chicken	612	35	86	16	511
2	Veggie Lasagna	783	34	73	28	1399
3	Asian Chicken Salad	657	45	69	23	494
4	Chili Relleno Casserole	577	31	63	24	754
7	Spanish Beef Roast	574	46	61	19	805
8	Chicken Taco Salad	646	49	81	13	632
9	Cheeseburger	872	47	93	35	1500
10	Shepherd's Pie	909	45	154	18	879
11	Breaded Fish	677	33	95	20	630
14	Beef Patty	697	33	75	32	483
15	Tuna Salad Sandwich	565	35	92	8	849
16	Pork w/Verde sauce	696	45	76	24	1122
17	Sloppy Joe	617	37	79	20	576
18	BBQ Chicken	571	42	64	16	501
21	Pepper Steak	612	33	80	5	753
22	Chicken Fajita	672	47	97	11	953
23	Egg Salad Sandwich	858	40	86	42	764
24	BBQ Riblet	705	43	105	18	1251
25	Chicken Noodle Casserole	697	47	96	15	522
28	Chili Dog	755	32	76	37	1264
29	Fish	700	38	104	17	378
30	Chicken Salad	614	35	83	17	728
31	Beef Tacos	631	40	70	22	797

****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**