

DECEMBER 2024 RANCHO CUCAMONGA



Monday	Tuesday	Wednesday	Thursday	Friday
2 baked cod fillet roasted red potatoes winter vegetables diced peaches tapioca pudding	3 cheese ravioli green salad broccoli mandarin oranges w/ Jell-O	4 lemon pepper chicken rosemary red potatoes mixed vegetables pineapple tidbits whole-wheat bread	5 beef tacos pinto beans Mexican corn apple	6 BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread
9 beef patty w/gravy brown rice broccoli fruit cocktail whole-wheat bread	10 chili con carne carrot coins tropical fruit cornbread	11 turkey breast w/gravy spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	12 chicken cacciatore capri vegetables mandarin oranges whole-wheat roll vanilla ice cream	13 breaded fish sandwich on whole-wheat bun green beans fresh orange
16 tuna salad vegetable soup carrots w/ranch dip diced pears cranberry juice	17 sweet & sour chicken brown rice peas pineapple tidbits	18 cheese tortellini w/marinara sauce Brussels sprouts fresh pear whole-wheat bread	19 chef salad saltine crackers celery & peanut butter mandarin orange brownie	20 ham (<i>NEW FSA recipe</i>) scalloped potatoes green beans peaches; dinner roll cranberry sauce
23 <i>Center Closed</i> 	24 <i>Center Closed</i>	25 <i>Center Closed</i> 	26 <i>Center Closed</i>	27 <i>Center Closed</i>
30 <i>Center Closed</i>	31 <i>Center Closed</i>	<i>Jan 1st Center Closed</i> 		

SENIOR NUTRITION OFFICE (951) 342 – 3057

Bloomington (909) 770-8173
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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*

December 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Fish	675	37	93	19	628
3	Cheese Ravioli	622	28	102	14	981
4	Lemon Pepper Chicken	713	39	89	26	487
5	Beef Tacos	626	36	74	24	704
6	BBQ Pork Ribslets	811	36	100	33	1469
9	Beef Patty	580	34	67	22	449
10	Chili con Carne	739	37	79	30	910
11	Turkey	565	40	72	12	700
12	Chicken Cacciatore	804	43	95	30	656
13	Fish Sandwich	602	29	87	17	804
16	Tuna Salad	661	37	80	23	973
17	Sweet and Sour Chicken	759	44	118	13	752
18	Tortellini w/ Meat sauce	699	43	81	21	887
19	Chef Salad	846	46	81	37	949
20	Ham	552	31	75	13	1641
21	Pepper Steak	634	29	66	14	605
24	Spaghetti	649	37	96	10	1006
25	CLOSED					
26	Cheeseburger	759	40	86	29	605
27	Chicken Sandwich	648	40	65	26	760
30	Breakfast Burrito	628	23	108	12	503
31	Chicken Salad	826	61	59	40	689

****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**