






DECEMBER 2018 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
3 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole wheat bread	4 arroz con pollo mixed vegetables pineapple tidbits whole wheat bread tapioca pudding	5 beef stroganoff egg noodles spinach mandarin oranges whole wheat bread	6 bean & cheese burrito Spanish rice corn, zucchini and tomatoes fresh apple	7 baked catfish roasted red potatoes mixed vegetables diced peaches whole wheat bread
10 Salisbury steak mashed potatoes broccoli fruit cocktail whole wheat bread	11 chicken enchilada casserole pinto beans green beans orange juice	12 pork loin w/gravy spinach mashed potatoes peas jell-o w/diced pears whole wheat bread	13 chicken cacciatore herbed noodles capri vegetables mandarin oranges oatmeal cookie	14 chili con carne carrot coins cornbread tropical fruit
17 tuna sandwich vegetable soup fresh blanched carrots diced pears w/jell-o cranberry juice	18 cabbage roll mashed potatoes peas & carrots pineapple tidbits whole wheat bread	19 (**) spaghetti w/meatballs zucchini & onion golden delicious apple garlic breadstick	20 ham au gratin potatoes capri vegetables mandarin oranges dinner roll, apple crisp	21 chicken patty w/parmesan & herbs brown rice winter blend vegetables peaches
24 <i>Center Closed</i> 	25 <i>Center Closed</i> 	26 sweet & sour chicken brown rice cauliflower fruit cocktail vanilla pudding	27 breaded fish sandwich on whole wheat bread mashed potatoes broccoli peaches	28 cheese tortellini w/marinara sauce Brussels sprouts pears whole wheat bread
31 (**) scrambled eggs sausage patties hash browns peaches, OJ biscuit	1 <i>January</i> 	2 <i>January</i> herb roasted chicken brown rice green beans banana whole wheat bread		

SENIOR NUTRITION OFFICE (951) 342 - 3057

Delmann Heights	(909) 887-2115
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) 367-3891
Yucaipa	(909) 790-3170
Yucca Valley	(760) 228-5453

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*

Funding for this program is through your donations and a grant from the California Department of Aging

FSA is contracted through the County of San Bernardino Department of Aging and Adult Services for your community.

(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*

December 2018

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	BBQ Pork	806	36	99	33	1427
4	Arroz con Pollo	696	50	85	19	707
5	Beef Stroganoff	645	46	84	16	670
6	Bean and Cheese Burrito	675	27	101	20	980
7	Baked Fish w/ Lemon	661	40	74	22	444
10	Salisbury Steak	906	39	144	9	934
11	Chicken Enchilada	635	47	74	17	936
12	Pork Loin	786	48	93	28	722
13	Chicken Cacciatore	637	41	84	17	620
14	Chili con Carne	595	32	81	16	984
17	Tuna Sandwich	628	39	101	10	884
18	Cabbage Roll	779	43	118	18	883
19	Spaghetti w/ Meatballs	733	35	99	11	1359
20	Roast Beef	768	42	93	27	882
21	Chicken Patty	828	35	99	33	980
24	Pepper Steak	652	33	82	8	660
26	Sweet and Sour Chicken	951	40	143	25	964
27	Breaded Fish	728	32	114	18	951
28	Tortellini Marinara	559	32	72	14	852
31	Breakfast	909	35	68	55	1460

****Menu analysis includes entrée, all sides, dessert, milk and any other non-optional menu items for each meal.**

**Each menu 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 that enable us to provide this service in SAN BERNARDINO COUNTY:

**ARCONIC FOUNDATION * CITY OF RIALTO * CITY OF CHINO HILLS * CITY OF RANCHO CUCAMONGA
 * FONTANA DINO PAPAVERO APARTMENTS * CITY OF LOMA LINDA *
 * CITY OF GRAND TERRACE * CITY OF UPLAND * CITY OF YUCAIPA ***