

NOVEMBER 2022 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
	1 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	2 sloppy joes on whole-wheat bun broccoli green salad peaches	3 chicken pasta primavera green beans mandarin oranges pineapple whole-wheat bread	4 Philly cheesesteak potato wedges winter blend veggies fresh apple cake & ice cream
7 beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	8 (**) veggie lasagna green salad peas orange whole-wheat bread	9 breaded chicken sandwich on whole-wheat bun cucumber tomato salad mandarin oranges	10 penne marinara spinach pineapple tidbits cookie	11 Center Closed
14 Swedish meatballs w/gravy herbed noodles cauliflower pears	15 beef stew spinach mandarin oranges whole-wheat roll	16 egg salad sandwich on whole-wheat bread veggie soup garbanzo bean salad tropical fruit	17 (**) turkey breast w/stuffing yams, mashed potatoes green beans, dinner roll cranberry juice, OJ pumpkin pie	18 cheeseburger on whole-grain bun cold spinach & beet salad orange
21 (**) meatball sandwich whole-wheat hoagie roll spinach fresh apple	22 chicken a la king biscuit w/entree green beans pineapple oatmeal cookie	23 macaroni & beef mixed vegetables fruit cocktail w/Jell-O whole-wheat bread	24 Center Closed 	25 Center Closed
28 (**) BBQ pork Riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	29 cheese ravioli broccoli mandarin oranges Jell-O	30 arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	<i>December 1st</i> beef tacos corn tortillas Spanish brown rice Mexican corn apple	<i>December 2nd</i> baked cod red potatoes mixed vegetables diced peaches

SENIOR NUTRITION OFFICE
(951) 342 – 3057

Bloomington (951) 342-3057
 George White (909) 770-8173
 Casa De La Vista (909) 335-8888
 Rialto (909) 877-1360
 Dino Papavero (909) 770-8147
 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

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 THROUGH A GRANT AWARDED FROM THE CALIFORNIA DEPARTMENT OF AGING AND HUD

(800) 510-2020

Family Service Association Menu Analysis*

November 2022

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Enchilada Casserole	705	48	90	18	972
2	Sloppy Joes	579	33	73	20	509
3	Chicken Pasta Primavera	758	34	122	18	865
4	Philly Cheese Steak	1356	58	146	57	903
7	Beef Patty	899	39	150	20	590
8	Veggie Lasagna	657	34	60	20	1225
9	Breaded Chicken Sandwich	570	29	73	20	850
10	Penne Marinara	847	41	115	23	699
14	Swedish Meatballs	838	39	118	22	863
15	Beef Stew	573	32	72	20	578
16	Egg Salad Sandwich	756	40	87	29	973
17	Turkey Breast	1306	56	199	32	1267
18	Cheese Burger	745	44	61	38	734
21	Meatball Sandwich	572	40	74	12	1357
22	Chicken a la King	645	34	80	22	553
23	Mac and Beef	827	46	107	26	953
28	BBQ Pork Riblet	806	36	99	33	1427
29	Cheese Ravioli	642	28	107	14	952
30	Arroz con Pollo	696	50	85	19	707
Dec 1	Beef Tacos	741	39	97	25	711
Dec 2	Baked Fish w/ Lemon	584	36	74	18	556

****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
 CITY OF RANCHO CUCAMONGA * CITY OF TWENTYNINE PALMS * FONTANA DINO PAPAVEROS APARTMENTS
 CITY OF GRAND TERRACE * CITY OF ONTARIO * CITY OF YUCAIPA * HUMAN GOOD FOUNDATION * CITY OF COLTON**