

DECEMBER 2022 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
			1 beef tacos Spanish brown rice Mexican corn apple	2 baked cod red potatoes mixed vegetables diced peaches whole-wheat bread
5 Salisbury steak mashed potatoes broccoli fruit cocktail whole-wheat bread	6 chili con carne carrot coins tropical fruit cornbread	7 pork loin w/gravy spinach mashed red potatoes peas Jell-O w/diced pears	8 chicken cacciatore herbed noodles capri vegetables mandarin oranges whole-wheat roll	9 breaded fish sandwich on whole-wheat bun lima beans fresh orange vanilla ice cream
12 tuna sandwich vegetable soup fresh blanched carrots diced pears w/Jell-O cranberry juice	13 beef cabbage roll mashed potatoes peas & carrots pineapple tidbits whole-wheat bread	14 cheese ravioli w/marinara sauce Brussels sprouts fresh pear whole-wheat bread	15 (**) BBQ riblet sandwich whole-grain hoagie roll broccoli peaches brownie	16 chef salad saltine crackers celery & peanut butter mandarin oranges Jell-O
19 pepper steak brown rice carrots & peas apricots	20 cheeseburger on whole-wheat bun macaroni salad capri vegetables grapes	21 breaded chicken patty sandwich blanched carrots ranch dip mandarin oranges	22 spaghetti w/meat sauce zucchini & onion Golden Delicious apple garlic toast	23 ham au gratin potatoes Italian vegetables spiced cooked apple tart, Parker House roll
26 <i>Center Closed</i>	27 chicken salad winter blend vegetable salad apricots whole-wheat crackers	28 macaroni & beef mixed vegetables pineapple whole-wheat bread	29 BBQ chicken scalloped potatoes wax beans fresh orange whole-wheat bread	30 beef stroganoff spinach tropical fruit whole-wheat bread lemon tart

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*

December 2022

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Beef Tacos	741	39	97	25	711
2	Baked Fish w/ Lemon	584	36	74	18	556
5	Salisbury Steak	906	39	144	9	934
6	Chili con Carne	736	37	80	31	976
7	Pork Loin	786	48	93	28	722
8	Chicken Cacciatore	569	39	68	17	565
9	Fish Sandwich	922	39	128	29	925
12	Tuna Sandwich	628	39	101	10	884
13	Cabbage Roll	799	43	118	20	887
14	Tortellini w/ Marinara	590	32	81	14	849
15	BBQ Riblet	827	42	113	27	1480
16	Chef Salad	774	45	79	30	890
19	Pepper Steak	661	31	72	14	663
20	Cheeseburger	759	40	86	29	605
21	Breaded Chicken Patty	921	33	119	37	993
22	Spaghetti	740	35	95	25	658
23	Roast Beef	739	41	76	29	802
27	Chicken Salad	718	60	58	28	696
28	Macaroni and Beef	804	45	102	26	927
29	BBQ Chicken	571	42	74	12	833
30	Beef Stroganoff	913	48	125	26	863

**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**