

SEPTEMBER 2023 SAN BERNARDINO COUNTY



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| | | | | 1 Baked cod, lemon butter roasted red potatoes winter vegetables diced peaches whole-wheat bread |
| 4 CLOSED | 5 Chili Con Carne w/pinto beans, cheese cucumber tomato salad carrot coins corn bread tropical fruit | 6 Pork chops w/brown gravy peas / spinach red mashed potatoes whole wheat bread JELL-O w/diced pears | 7 Chicken cacciatore served over noodles capri vegetables whole-wheat roll mandarin oranges VANILLA ICE CREAM | 8 Breaded fish sandwich served on whole wheat hamburger bun green beans fresh orange |
| 11 Open faced tuna sandwich on wheat bread fresh blanched carrots LS vegetable soup cranberry juice diced pears | 12 Sweet & Sour Chicken brown rice peas & carrots pineapple tidbits | 13 Cheese tortellini w/ marinara sauce brussels sprouts fresh pear whole wheat bread | 14 Chef salad: turkey, ham hard boiled egg, cheese lettuce, Italian dressing saltine crackers mandarin oranges BROWNIE | 15 (**) BBW riblet sandwich whole grain hoagie roll broccoli peaches |
| 18 Pepper steak brown rice capri vegetables apricots | 19 Cheese burger On whole wheat bun & tomato slice Capri vegetables grapes | 20 Chicken breast sandwich on whole wheat bun w/lettuce & tomato slice blanched carrots mandarin oranges | 21 Spaghetti w/meat sauce zucchini & onions whole wheat garlic toast whole-wheat bread whole apple | 22 Beef cabbage roll mashed potatoes peas & carrots whole wheat bread pineapple |
| 25 Scrambled eggs served w/ sausage patties hash brown potatoes whole wheat toast peaches/cranberry juice | 26 Chicken salad served on lettuce w/cranberries oil & vinegar dressing whole wheat saltines apricots | 27 Macaroni & beef mixed vegetables pineapple whole-wheat bread | 28 BBQ chicken scalloped potatoes wax beans whole wheat bread fresh orange | 29 Beef stroganoff served w/ egg noodles spinach tropical fruit LEMON PUDDING |

SENIOR NUTRITION OFFICE
(951) 342 - 3057

Grand Terrace (909) 824-1491
Mentone (909) 794-5280
Redlands (909) 793-6999
Yucaipa (909) 918-4306

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
Monday - Friday



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
 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*

SEPTEMBER 2023

| Date | Menu** | Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams) | Sodium (mg) |
|------|-----------------------------|----------|-----------------|----------------------|-------------|-------------|
| 1 | Baked Cod Fish w/ Lemon | 537 | 35 | 67 | 16 | 456 |
| 4 | CLOSED FOR LABOR DAY | | | | | |
| 5 | Chili con Carne | 739 | 37 | 79 | 30 | 910 |
| 6 | Pork Loin | 786 | 48 | 93 | 28 | 722 |
| 7 | Chicken Cacciatore | 804 | 43 | 95 | 30 | 656 |
| 8 | Fish Sandwich | 600 | 29 | 87 | 17 | 803 |
| 11 | Tuna Sandwich | 563 | 36 | 88 | 9 | 749 |
| 12 | Sweet and Sour Chicken | 731 | 42 | 114 | 13 | 753 |
| 13 | Tortellini w/ Marinara | 590 | 32 | 81 | 14 | 849 |
| 14 | Chef Salad | 863 | 46 | 86 | 37 | 959 |
| 15 | BBQ Riblet | 832 | 42 | 115 | 27 | 1522 |
| 18 | Pepper Steak | 634 | 29 | 66 | 14 | 605 |
| 19 | Cheeseburger | 759 | 40 | 86 | 29 | 605 |
| 20 | Grilled Chicken Patty | 662 | 40 | 63 | 29 | 765 |
| 21 | Spaghetti | 740 | 35 | 95 | 25 | 658 |
| 22 | Cabbage Roll | 799 | 43 | 118 | 20 | 902 |
| 25 | Breakfast | 668 | 31 | 76 | 12 | 963 |
| 26 | Chicken Salad | 699 | 61 | 58 | 25 | 689 |
| 27 | Macaroni and Beef | 838 | 44 | 102 | 30 | 807 |
| 28 | BBQ Chicken | 571 | 42 | 74 | 12 | 833 |
| 29 | Beef Stroganoff | 786 | 46 | 111 | 19 | 747 |

****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**