

JUNE 2024

SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
3 beef patty w/gravy brown rice broccoli fruit cocktail whole-wheat bread	4 chili con carne carrot coins tropical fruit cornbread	5 (**) turkey sandwich on whole-wheat bread potato salad spinach salad Jell-O w/diced pears	6 chicken cacciatore herbed noodles capri vegetables mandarin oranges vanilla ice cream	7 breaded fish sandwich on whole-wheat bun green beans fresh orange
10 tuna sandwich vegetable soup fresh blanched carrots diced pears cranberry juice	11 sweet & sour chicken brown rice peas & carrots pineapple tidbits	12 tortellini w/marinara Brussels sprouts fresh pear whole-wheat bread	13 chef salad celery & peanut butter saltine crackers mandarin oranges brownie	14 <i>Kitchen Closed</i>
17 pepper steak brown rice butternut squash apricots	18 cheeseburger on whole-wheat bun macaroni salad capri vegetables grapes	19 cabbage roll mashed potatoes peas & carrots pineapple whole-wheat bread	20 spaghetti w/meat sauce zucchini & onion Golden Delicious apple garlic toast	21 grilled chicken breast sandwich on whole-wheat bun blanched carrots mandarin oranges
24 scrambled eggs sausage patties hash browns peaches cranberry juice	25 chicken salad on lettuce leaf bed winter blend veg salad apricots whole-wheat saltines	26 macaroni & beef mixed vegetables pineapple whole-wheat bread	27 BBQ chicken scalloped potatoes wax beans fresh orange whole-wheat bread	28 beef stroganoff spinach tropical fruit whole-wheat bread lemon pudding

SENIOR NUTRITION OFFICE (951) 342 – 3057

- Bloomington (909) 770-8173
- Fontana George White (909) 770-8173
- Rialto (909) 877-1360
- 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**
Minimum age 60 to participate
Guests under 60, fee is \$9.75



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*

June 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Beef Patty	580	34	67	22	449
4	Chili con Carne	739	37	79	30	910
5	Turkey Sandwich	757	45	100	20	1215
6	Chicken Cacciatore	804	43	95	30	656
7	Fish Sandwich	602	29	87	17	804
10	Tuna Sandwich	523	36	79	9	726
11	Sweet and Sour Chicken	731	42	114	13	753
12	Tortellini w/ Marinara	590	32	81	14	849
13	Chef Salad	846	46	81	37	949
14	Ham Grinder	1091	53	130	39	2767
17	Pepper Steak	634	29	66	14	605
18	Cheeseburger	759	40	86	29	605
19	Cabbage Roll	799	43	118	20	902
20	Spaghetti	740	35	95	25	658
21	Chicken Sandwich	648	40	65	26	760
24	Breakfast	668	31	76	12	963
25	Chicken Salad	826	61	59	40	689
26	Macaroni and Beef	838	44	102	30	807
27	BBQ Chicken	591	42	74	12	833
28	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**