

AUGUST 2024 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
			1 chicken parmesan carrot coins mandarin oranges pineapple whole-wheat bread	2 Philly cheesesteak potato wedges winter blend veggies fresh apple vanilla ice cream
5 grilled chicken breast sandwich cucumber tomato salad mandarin oranges oatmeal cookie	6 (**) veggie lasagna green salad peas orange garlic toast	7 beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	8 turkey sandwich on whole-wheat bread black bean salad tropical fruit	9 cranberry orange chicken brown rice mixed vegetables pineapple tidbits
12 (**) veggie Swedish meatballs mashed potatoes broccoli peaches	13 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear; cake	14 egg salad sandwich on whole-wheat bread veggie soup green salad tropical fruit	15 lazy chicken breast potatoes spinach mandarin oranges whole-wheat bread	16 spaghetti w/meat sauce mixed vegetables tropical fruit
19 mandarin pork chops garden rice spinach fresh apple	20 chicken a la king biscuit w/entrée green beans pineapple oatmeal cookie	21 chef salad JoJo's broccoli salad fruit cocktail w/Jell-O whole-wheat bread	22 chicken alfredo fettuccini carrot coins fresh orange garlic toast	23 cheeseburger on whole-grain bun beets tropical fruit
26 <i>Facility Closure</i> <i>No FSA meals</i>	27 <i>Facility Closure</i> <i>No FSA meals</i>	28 <i>Facility Closure</i> <i>No FSA meals</i>	29 <i>Facility Closure</i> <i>No FSA meals</i>	30 <i>Facility Closure</i> <i>No FSA meals</i>

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*

August 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Chicken Parmesan	786	55	98	20	905
2	Philly Cheese Steak	1205	57	141	49	767
5	Grilled Chicken Sandwich	574	42	78	12	490
6	Veggie Lasagna	690	34	60	23	1226
7	Beef Patty	899	39	150	20	650
8	Turkey Sandwich	660	46	86	17	811
9	Cranberry Orange Chicken	651	32	103	14	454
12	Swedish Veggie Meatballs	836	40	154	12	1110
13	Burrito	1085	40	165	33	891
14	Egg Salad Sandwich	683	36	76	28	841
15	Lazy Chicken	586	37	69	21	396
16	Spaghetti with Meat Sauce	676	36	85	22	645
19	Mandarin Pork	839	68	65	35	385
20	Chicken a la King	645	34	80	22	553
21	Chef Salad	632	43	79	17	830
22	Chicken Alfredo	946	57	142	17	642
23	Cheeseburger	686	43	65	29	690
26	Fish	675	37	93	19	628
27	Cheese Ravioli	622	28	102	14	981
28	Lemon Pepper Chicken	713	39	89	26	487
29	Beef Tacos	626	36	74	24	704
30	BBQ Pork Riblets	811	36	100	33	1469

****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**