

NOVEMBER 2024 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
	Oct 29 cod w/lemon butter garden brown rice Brussels sprouts green salad fresh apple	Oct 30 chicken salad sandwich on whole-wheat bread blanched carrot sticks mandarin oranges sugar cookie	Oct 31 beef tacos pinto beans Mexican corn pineapple tidbits	1 chicken w/peppers roasted potatoes green beans Jell-O w/fruit cocktail whole-wheat bread
4 (**) scrambled eggs sausage patties hash browns biscuit yogurt, orange juice	5 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	6 sloppy joes on whole-wheat bun green salad broccoli peaches	7 chicken parmesan carrot coins pineapple w/mandarin oranges whole-wheat bread	8 Philly cheesesteak potato wedges winter blend veggies fresh apple vanilla ice cream
11 Center Closed 	12 (**) veggie lasagna green salad peas orange garlic toast	13 beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	14 <i>Thanksgiving Luncheon Special Event</i> <i>*Ticket Required*</i>	15 cranberry orange chicken brown rice mixed vegetables pineapple tidbits
18 veggie Swedish meatballs w/gravy mashed potatoes broccoli peaches	19 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	20 egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	21 lazy chicken breast boiled potatoes spinach mandarin oranges whole-wheat bread	22 (**) turkey breast w/gravy mashed potatoes; yams stuffing, green beans cranberry juice; roll tropical fruit; pie slice
25 mandarin pork chops garden rice spinach fresh apple	26 chicken a la king biscuit w/entrée green beans pineapple oatmeal cookie	27 chef salad JoJo's broccoli salad fruit cocktail w/Jell-O whole-wheat bread	28 Center Closed 	29 Center Closed

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*

November 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Chicken w Peppers	554	43	74	11	345
4	Breakfast	832	36	86	22	1184
5	Enchilada Casserole	713	50	89	18	789
6	Sloppy Joes	579	33	73	20	509
7	Chicken Parmesan	786	55	98	20	905
8	Philly Cheese Steak	1205	57	141	49	767
11	CLOSED					
12	Veggie Lasagna	690	34	60	23	1226
13	Beef Patty	899	39	150	20	650
14	Turkey Sandwich	660	46	86	17	811
15	Cranberry Orange Chicken	651	32	103	14	454
18	Swedish Veggie Meatballs	771	37	142	11	975
19	Burrito	848	38	128	23	684
20	Egg Salad Sandwich	683	36	76	28	841
21	Lazy Chicken	586	37	69	21	396
22	Turkey Breast	1290	55	196	32	1312
25	Mandarin Pork	839	68	65	35	385
26	Chicken a la King	645	34	80	22	553
27	Chef Salad	632	43	79	17	830
28	CLOSED					
29	CLOSED					

****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**