

JUNE 2016 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
		1 meatloaf w/gravy sweet potatoes peas whole wheat bread jell-o w/pineapple	2 herbed lemon pepper chicken brown rice broccoli, wheat bread mandarin oranges	3 (**) beef lasagna green salad capri vegetables fruit cocktail breadstick
6 spaghetti w/meat sauce green salad baby lima beans pineapple tidbits garlic breadstick	7 BBQ chicken mashed potatoes Brussels sprouts apricots whole wheat bread	8 beef tips w/gravy egg noodles broccoli diced peaches whole wheat bread	9 chicken a la king brown rice green beans emerald pears	10 (**) tuna melt sandwich red potatoes mixed vegetables diced peaches whole wheat bread
13 breaded chicken patty with country gravy red potatoes apple carrot casserole orange, wheat bread	14 (**) BBQ pork riblet sandwich baked beans carrots mandarin oranges	15 chicken cacciatore herbed spaghetti Italian vegetables tropical fruit garlic bread	16 sweet & sour turkey meatballs whole wheat noodles beets pineapple	17 roast beef w/gravy mashed potatoes capri vegetables applesauce, dinner roll chocolate pudding w/mini marshmallows
20 turkey patty w/gravy potatoes au gratin carrot salad tropical fruit whole wheat bread	21 pepper steak garden rice green beans diced pears whole wheat bread	22 (**) grilled chicken sandwich potato salad baked beans fresh orange oatmeal cookie	23 pangasius fish red potatoes mixed vegetables banana whole wheat bread	24 spaghetti w/meat sauce green salad broccoli jell-o w/fruit cocktail garlic breadstick
27 grilled chicken w/country gravy whole wheat noodles Brussels sprouts tropical fruit	28 mandarin pork chop brown rice peas & carrots diced pears whole wheat bread	29 sliced turkey sandwich on whole wheat bread hard-boiled egg broccoli salad apricots	30 chicken w/peppers garden rice green beans jell-ow/peaches whole wheat bread	

SENIOR NUTRITION OFFICE (951) 342 - 3057

- Bloomington (909) 546-1399
- George White (909) 770-8173
- Casa De La Vista (909) 335-8888
- Rialto (909) 877-1360
- Dino Papaveros (909) 770-8147
- Rancho Cucamonga (909) 477-2780
- Chino (909) 287-7946
- Ontario (909) 395-2021
- Colton – Hutton (909) 503-1908
- Colton – Luque (909) 503-1018
- 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

Funding for this program is through your donations and a grant from the California Department of Aging

FSA is contracted through the County of San Bernardino Department of Aging and Adult Services for your community.

(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 Services Association Menu Analysis*

June 2016

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Pork Chop	643	37	105	11	987
2	Meatloaf	619	36	69	25	313
3	Beef Lasagna	677	32	90	21	1536
6	Spaghetti with Meatballs	870	45	122	23	895
7	BBQ Chicken	850	51	146	11	546
8	Beef Tips	621	42	88	14	712
9	Chicken A La King	683	35	93	19	496
10	Tuna Melt Sandwich	672	47	78	21	1060
13	Breaded Chicken Patty	654	31	90	23	902
14	BBQ Pork Riblet	710	36	111	16	1603
15	Chicken Cacciatore	797	47	103	22	870
16	Sweet and Sour Meatballs	1006	42	173	18	851
17	Roast Beef	956	48	162	17	874
20	Turkey Patty	793	46	86	32	839
21	Pepper Steak	603	32	77	4	754
22	Grilled Chicken Sandwich	822	49	117	18	1526
23	Fish with Lemon Butter	586	33	80	15	656
24	Spaghetti with Meat Sauce	802	40	111	23	948
27	Grilled Chicken	607	47	88	12	376
28	Pork Chop	676	37	83	23	394
29	Turkey Sandwich	704	52	61	29	831
30	Chicken with Peppers	571	44	78	11	365

***Menu analysis includes entrée, all sides, dessert, milk and any other non-optional menu items for each meal.*

**Each menu 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 that enable us to provide this service in SAN BERNARDINO COUNTY:

**ALCOA FOUNDATION * CITY OF RIALTO * CITY OF CHINO * CITY OF CHINO HILLS * CITY OF RANCHO CUCAMONGA
CITY OF TWENTY NINE PALMS * FONTANA DINO PAPAVERO APARTMENTS * CITY OF LOMA LINDA
CITY OF GRAND TERRACE * CITY OF UPLAND * CITY OF ONTARIO**