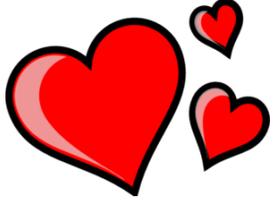


FEBRUARY 2016

SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
1 (**) turkey meatballs w/gravy egg noodles green salad spinach, diced peaches whole wheat bread	2 chicken cacciatore whole wheat pasta Italian blend vegetables apricots whole wheat bread	3 beef tips w/mushrooms garlic mashed potatoes Brussels sprouts rosy pears whole wheat bread	4 pork chop roasted red potatoes peas & carrots applesauce whole wheat bread	5 chicken enchilada pinto beans Spanish rice zucchini w/bell peppers tropical fruit
8 pepper steak brown rice corn apricots whole wheat bread	9 broccoli chicken casserole succotash pineapple tidbits whole wheat bread	10 baked pangasius fish red potatoes mixed vegetables apple or pear whole wheat bread	11 shepherd's pie spinach orange whole wheat bread	12 cranberry orange chicken rice pilaf capri vegetables rosy pears, wheat bread valentine cookie
15 *CENTER CLOSED*  <i>Presidents Day</i>	16 BBQ pork riblet red potatoes carrot coins tropical fruit whole wheat bread	17 tuna casserole broccoli banana whole wheat bread	18 chicken w/country gravy yams peas jello/mandarin oranges whole wheat bread	19 beef stew green salad green beans diced peaches whole wheat roll
22 chicken a la king brown rice broccoli pineapple & oranges biscuit	23 beef fajitas pinto beans capri vegetables orange flour tortilla	24 hot turkey sandwich mashed potatoes green salad lima beans apple whole wheat bread	25 meatloaf w/gravy sweet potatoes peas pineapple tidbits whole wheat bread	26 baked pangasius fish herb noodles mixed vegetables tangerine or apple whole wheat bread chocolate pudding
29 (**) beef lasagna green salad capri vegetables fruit cocktail breadstick				

SENIOR NUTRITION OFFICE (951) 342 - 3057

Bloomington	(909) 546-1399
George White	(909) 770-8173
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

MEALS are subject to CHANGE due to the availability of food products.

Family Services Association Menu Analysis*

February 2016

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Meatballs w Gravy	624	42	86	17	1108
2	Chicken Cacciatore	688	44	91	13	682
3	Beef Tips	862	46	154	12	796
4	Pork Chop	587	44	84	10	652
5	Chicken Enchilada	733	49	91	21	876
8	Pepper Steak	889	35	109	21	736
9	Broccoli Chicken Casserole	765	54	89	24	929
10	Fish	575	32	79	15	657
11	Shepard's Pie	580	38	78	16	611
12	Cranberry Chicken	762	34	131	13	991
16	BBQ Pork	749	34	74	37	485
17	Tuna Casserole	654	42	102	11	753
18	Chicken with Gravy	626	44	93	14	636
19	Beef Stew	611	35	81	18	586
22	Chicken A La King	750	44	91	26	659
23	Beef Fajitas	802	46	90	27	978
24	Hot Turkey Sandwich	959	55	167	11	569
25	Meatloaf	603	36	96	11	964
26	Fish	842	37	113	27	814
29	Beef Lasagna	677	32	90	21	1536

***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**