

JULY 2016 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
Your donation is greatly appreciated				1 (**) hotdog on wheat bun potato salad baked beans watermelon oatmeal cookie
4 Center Closed 	5 (**) taco chicken salad pinto beans carrots tropical fruit flour tortilla	6 baked fish w/lemon butter mashed potatoes Brussels sprouts cantaloupe, wheat bread butterscotch pudding	7 beef fajitas pinto beans zucchini apricots flour tortillas	8 chicken salad plate hard-boiled egg carrot salad mandarin oranges whole wheat bread
11 BBQ pork riblet brown rice coleslaw tropical fruit	12 baked chicken w/country gravy yams, peas mandarin oranges whole wheat bread jell-o	13 beef tips mashed potatoes carrot coins fruit cocktail whole wheat bread	14 turkey patty w/gravy whole wheat pasta green beans fresh orange	15 chicken enchilada casserole pinto beans mixed vegetables pineapple tidbits
18 Salisbury steak w/gravy mashed potatoes mixed vegetables apricots whole wheat bread	19 grilled chicken sandwich (wheat bun) green salad carrot sticks, jell-o mandarin oranges	20 spaghetti w/meat sauce green salad baby lima beans pineapple tidbits breadstick	21 herb roasted chicken brown rice broccoli watermelon whole wheat bread	22 beef fajitas pinto beans zucchini tropical fruit flour tortillas
25 turkey patty w/gravy red potatoes mixed vegetables pineapple tidbits whole wheat bread	26 cabbage roll mashed potatoes broccoli & cauliflower orange whole wheat bread	27 chicken salad sandwich on whole wheat bun sweet potatoes coleslaw apricots	28 (**) scrambled eggs sausage links country potatoes w/country gravy banana, OJ biscuit	29 rosemary baked chicken w/country gravy rice pilaf mixed vegetables jell-o w/pears 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*

July 2016

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Hot Dog	838	29	113	31	2012
5	Taco Salad	669	50	75	18	1172
6	Fish	981	42	158	23	854
7	Fajitas	752	46	83	28	737
8	Chicken Salad	688	39	66	32	538
11	BBQ Pork	767	30	100	28	910
12	Chicken Breast	666	45	103	14	659
13	Beef Tips	833	42	148	12	826
14	Turkey Patty	572	42	71	17	320
15	Chicken Enchilada	682	50	83	20	946
18	Salisbury Steak	939	40	147	10	942
19	Grilled Chicken	602	43	91	9	550
20	Spaghetti w/ Meat Sauce	870	45	122	23	895
21	Roasted Chicken	655	47	76	20	347
22	Beef Fajitas	771	46	88	28	744
25	Turkey Patty	598	43	77	15	577
26	Cabbage Rolls	688	43	99	15	726
27	Chicken Salad Sandwich	624	35	92	15	493
28	Breakfast for Dinner	1178	40	105	62	1374
29	Rosemary Chicken	615	45	89	14	969

***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**