

**MAY 2016**

**SAN BERNARDINO COUNTY**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> tuna casserole broccoli banana whole wheat bread	<b>3</b> pork chop roasted red potatoes succotash applesauce whole wheat bread	<b>4</b> beef tips mashed potatoes green beans diced peaches whole wheat bread	<b>5</b> chicken enchilada casserole pinto beans mixed vegetables tropical fruit	<b>6</b> cranberry orange chicken breast brown rice, wheat bread capri vegetables rosy pears, choc. tart
<b>9</b> pepper steak brown rice broccoli diced pears whole wheat bread	<b>10</b> chicken alfredo lima beans orange whole wheat bread	<b>11</b> baked pangasius fish mashed potatoes & gravy green beans, wheat bread mandarin oranges chocolate pudding	<b>12 (**)</b> vegetarian lasagna green salad peas pineapple tidbits whole wheat bread	<b>13</b> hamburger patty w/gravy red potatoes carrots tropical fruit whole wheat bread
<b>16</b> lazy herb chicken mashed potatoes, gravy mixed vegetables pineapple tidbits whole wheat bread	<b>17 (**)</b> sweet & sour beef meatballs brown rice cauliflower mandarin oranges	<b>18</b> BBQ pork riblet red potatoes carrots tropical fruit whole wheat bread	<b>19</b> beef stew green salad green beans diced peaches corn bread	<b>20</b> grilled chicken sandwich sweet potatoes coleslaw apricots jell-o
<b>23</b> herb parmesan chicken red potatoes peas diced pears whole wheat bread	<b>24</b> baked pangasius fish garden rice mixed vegetables tangerine or apple whole wheat bread	<b>25 (**)</b> chicken fajitas pinto beans capri vegetables flour tortillas tropical fruit	<b>26</b> hot turkey sandwich mashed potatoes broccoli fruit cocktail graham crackers	<b>27</b> mac & beef casserole green salad green beans apricots whole wheat bread
<b>30</b> *Center Closed* 	<b>31</b> pork chop w/gravy mashed potatoes green beans diced peaches whole wheat bread			

**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](http://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\* May 2016

<b>Date</b>	<b>Menu**</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>	<b>Sodium (mg)</b>
<b>2</b>	Tuna Casserole	654	42	102	11	753
<b>3</b>	Pork Chop	645	46	98	10	621
<b>4</b>	Beef Tips	806	43	142	12	759
<b>5</b>	Enchilada Casserole	688	50	84	20	955
<b>6</b>	Cranberry Orange Chicken	847	37	148	13	884
<b>9</b>	Pepper Steak	668	34	79	11	734
<b>10</b>	Chicken Alfredo	726	51	98	13	882
<b>11</b>	Baked Fish	959	42	172	16	879
<b>12</b>	Veggie Lasagna	699	34	68	21	1146
<b>13</b>	Hamburger Patty	647	39	78	21	525
<b>16</b>	Lazy Herb Chicken	1096	43	152	40	647
<b>17</b>	Sweet and Sour Meatballs	655	30	102	5	1052
<b>18</b>	BBQ Pork Riblet	575	34	78	15	477
<b>19</b>	Beef Stew	642	35	94	15	860
<b>20</b>	Grilled Chicken Sandwich	686	39	111	11	902
<b>23</b>	Herbed Chicken	765	39	86	30	533
<b>24</b>	Baked Fish	567	32	76	15	673
<b>25</b>	Chicken Fajitas	667	48	95	12	1117
<b>26</b>	Hot Turkey Sandwich	874	51	150	11	718
<b>27</b>	Mac and Beef Casserole	760	45	104	20	769
<b>31</b>	Pork chop	862	49	148	13	668

*\*\*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**