MARCH 2016 SAN BERNARDINO COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
	1 pork chop w/gravy red potatoes green beans, bread mandarin oranges graham crackers	2 herb parmesan chicken herb noodles broccoli pineapple tidbits whole wheat bread	3 cabbage roll casserole whipped potatoes peas & carrots diced pears whole wheat bread	4 breaded fish sandwich on whole wheat bun hard-boiled egg carrot salad orange
7 spaghetti w/meat sauce green salad lima beans pineapple tidbits garlic breadstick	8 lemon pepper chicken garden rice Brussels sprouts apricots whole wheat bread	9 beef tips w/gravy mashed potatoes broccoli diced peaches whole wheat bread	10 breaded chicken patty w/country gravy whipped potatoes apple carrot casserole fruit cocktail, bread	11 (**) Darryl's breaded fish rice pilaf mixed vegetables orange, wheat bread jell-o
14 chicken cacciatore whole wheat pasta Italian vegetables apricots whole wheat bread	15 (**) scrambled eggs beef sausage country potatoes banana, orange juice biscuit	16 citrus chicken mashed potatoes Brussels sprouts fresh orange whole wheat bread	17 (**) corned beef & cabbage red potatoes carrot coins fruit cocktail w/jell-o corn bread	18 tuna salad plate hard-boiled egg carrot sticks, crackers tropical fruit whole wheat bread
21 BBQ pork riblet noodles coleslaw peas diced peaches whole wheat bread	22 pepper steak mashed potatoes green beans banana or pear whole wheat bread	23 chicken taco salad pinto beans mixed vegetables tropical fruit corn tortilla	24 roast beef mashed potatoes carrot coins fruit cocktail whole wheat roll vanilla pudding tart	25 baked pangasius fish fettuccini spinach mandarin oranges whole wheat bread
28 (**) Swedish meatballs mashed potatoes peas pineapple tidbits whole wheat bread	29 herb parmesan chicken brown rice broccoli jello w/mandarin oranges whole wheat bread	30 spaghetti w/meat sauce green salad Italian green beans apricots garlic breadstick	31 grilled chicken sandwich on whole wheat bun sweet potatoes coleslaw orange	Your Charitable Donation... ...will help feed someone

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.

FSA FAMILY Service Association

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 Services Association Menu Analysis* March 2016

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Pork Chop	617	44	91	11	652
2	Chicken with Parmesan	783	39	79	37	455
3	Cabbage Roll	912	42	160	17	869
4	Fish Sandwich	903	35	110	38	977
7	Spaghetti with Meat sauce	870	45	122	23	895
8	Lemon Chicken	655	36	69	29	378
9	Beef Tips	806	45	141	12	789
10	Chicken with Gravy	964	36	159	26	987
11	Baked Fish	683	32	104	15	1020
14	Chicken Cacciatore	688	44	91	13	682
15	Egg Casserole	1178	40	105	62	1374
16	Citrus Chicken	575	46	76	12	419
17	Corned Beef and Cabbage	717	34	104	19	1715
18	Tuna Salad	582	42	63	19	745
21	BBQ Pork	807	54	95	24	552
22	Pepper Steak	971	39	161	9	813
23	Chicken Taco Salad	655	52	72	21	787
24	Roast Beef	1101	49	183	23	810
25	Fish	601	36	74	17	614
28	Swedish Meatballs	984	49	166	21	1381
29	Herb Chicken	757	37	74	37	481
30	Spaghetti w/ Meat sauce	1026	46	151	24	888
31	Grilled Chicken Sandwich	568	43	81	9	456

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