

JUNE 2015 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
1 herb parmesan chicken red potatoes peas & carrots diced pears whole wheat bread	2 pork chop w/gravy mashed potatoes green beans diced peaches whole wheat bread	3 meatloaf w/gravy mashed sweet potatoes peas pineapple tidbits whole wheat bread	4 (**) beef lasagna green salad capri vegetables fruit cocktail breadstick	5 herb lemon pepper chicken brown rice broccoli mandarin oranges whole wheat bread
8 spaghetti w/meatballs green salad baby lima beans pineapple tidbits garlic breadstick	9 BBQ chicken mashed potatoes Brussels sprouts apricots whole wheat bread	10 beef tips w/gravy egg noodles broccoli diced peaches	11 chicken a la king brown rice green beans emerald lime pears	12 (**) tuna melt sandwich red potatoes mixed vegetables jell-o w/diced peaches whole wheat bread
15 breaded chicken patty whipped potatoes apple carrot casserole fruit cocktail whole wheat bread	16 chicken cacciatore herbed spaghetti Italian vegetables tropical fruit garlic bread	17 (**) <i>Hot Dog</i> <i>Carrot Stick</i> <i>Mandarin Orange</i> <i>Whole Wheat Bun</i> <i>Potato Salad</i> <i>Bake Beans</i>	18 sweet & sour chicken whole wheat noodles beets orange	19 roast beef w/gravy mashed potato capri vegetable whole wheat dinner roll applesauce chocolate pudding
22 turkey patty potatoes au gratin carrot salad tropical fruit whole wheat bread	23 pepper steak mashed potatoes green beans banana whole wheat bread	24 (**) grilled chicken sandwich baked beans potato salad fresh orange whole wheat bun	25 pangasius fish red potatoes mixed vegetables apple whole wheat bread	26 spaghetti w/meat sauce green salad broccoli fruit cocktail garlic breadstick
29 grilled chicken breast w/country gravy whole wheat noodles corn salad w/peppers brussels sprouts tropical fruit	30 mandarin pork chop brown rice peas & carrots diced pears whole wheat bread	Happy Father's Day! <i>DAD!</i>		Your Charitable Donation... ...will help feed someone

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 \$2.50 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.