

JANUARY 2017 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed 	3 baked pangasius fish roasted red potatoes beets, wheat bread fresh apple or pear graham crackers	4 cabbage roll mashed potatoes peas diced pineapple whole wheat bread	5 citrus chicken mashed potatoes carrot coins orange whole wheat bread	6 pork loin brown rice Italian vegetables fruit cocktail whole wheat bread
9 breaded chicken patty w/country gravy mashed potatoes broccoli & cauliflower pears, wheat bread	10 chicken taco salad lettuce/tomato/cheese pinto beans carrots tropical fruit, tortilla	11 baked pangasius fish mashed potatoes lima beans fresh pear or apple whole wheat bread	12 (**) ham & cheese sandwich tomato soup carrot salad mandarin oranges pudding	13 chicken noodle casserole mixed vegetables peaches, OJ whole wheat bread
16 Center Closed Martin Luther King Day 	17 lemon pepper chicken thigh garden rice broccoli tropical fruit wheat bread, jell-o	18 pork chop w/gravy mashed potatoes green beans apricots whole wheat bread	19 (**) vegetable lasagna green salad baby lima beans fruit cocktail whole wheat bread	20 chicken w/mandarin oranges brown rice mixed vegetables diced peaches whole wheat bread
23 meatloaf w/gravy red potatoes apple carrot casserole banana whole wheat bread	24 beef fajitas pinto beans cauliflower apricots flour tortillas	25 chicken w/parmesan and herbs brown rice broccoli pineapple tidbits whole wheat bread	26 pepper steak herb noodles green beans diced peaches whole wheat bread	27 breaded chicken patty sandwich on wheat bun vegetable soup baby carrots mandarin oranges jell-o
30 baked pangasius fish mashed potatoes Brussels sprouts fresh apple whole wheat bread	31 cranberry orange chicken brown rice mixed vegetables tropical fruit			

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
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

***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
* FONTANA DINO PAPAVERO APARTMENTS * CITY OF LOMA LINDA *
* CITY OF GRAND TERRACE * CITY OF UPLAND ***