







# NOVEMBER 2018 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Your donation is greatly appreciated</b>			<b>1</b> tuna salad sandwich on whole wheat bread tomato soup, crackers blanched carrot sticks mandarin oranges	<b>2</b> chicken enchilada casserole Spanish rice pinto beans, zucchini jell-o w/fruit cocktail
<b>5 (**)</b> scrambled eggs sausage patties hash browns biscuit orange juice	<b>6</b> shepherd's pie w/mashed potatoes broccoli diced peaches whole wheat bread	<b>7</b> chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread	<b>8</b> beef pot roast w/gravy spinach mashed potatoes mixed vegetables fresh apple pudding w/pineapple	<b>9</b> chicken a la king brown rice green beans mandarin oranges pineapple tidbits
<b>12 Center Closed</b> 	<b>13</b> beef tips w/mushroom gravy red potatoes winter vegetables mandarin oranges	<b>14</b> penne marinara w/mozzarella cheese spinach pineapple tidbits whole wheat bread	<b>15 (**)</b> turkey w/stuffing & gravy yams, mashed potatoes green beans, dinner roll cranberry sauce pumpkin pie	<b>16</b> hamburger patty w/gravy brown rice cauliflower & broccoli banana, wheat bread
<b>19</b> catfish with herbed diced tomatoes beets coleslaw apricots, cornbread	<b>20</b> pork loin w/gravy roasted red potatoes peas jell-o w/pears whole wheat bread	<b>21 (**)</b> chicken taco salad brown rice, pinto beans corn & bell peppers tropical fruit flour tortilla	<b>22 Center Closed</b> 	<b>23 Center Closed</b> 
<b>26</b> Swedish meatballs herb noodles winter vegetables diced peaches whole wheat bread	<b>27</b> broccoli chicken casserole peas pineapple tidbits whole wheat bread	<b>28</b> hamburger on whole wheat bun French fries broccoli salad tropical fruit	<b>29</b> chicken alfredo w/fettuccini baby lima beans fresh orange whole wheat bread	<b>30 (**)</b> breaded fish tacos on flour tortillas Spanish brown rice Mexican corn fresh pear, jell-o

## SENIOR NUTRITION OFFICE (951) 342 - 3057

- Delmann Heights (909) 887-2115
- Grand Terrace (909) 514-1672
- Joshua Tree (760) 366-2471
- Mentone (909) 794-5280
- Redlands (909) 793-6999
- Casa De La Vista (909) 335-8888
- Twenty Nine Palms (760) 367-3891
- Yucaipa (909) 790-3170
- Yucca Valley (760) 228-5453

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

**Lunch is served from 11:30am – 12:30pm M-F**

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 - OVER 1,000mg**  
**MEALS are subject to CHANGE due to the availability of food products**

# Family Service Association Menu Analysis\*

November 2018

<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>1</b>	Tuna Salad sandwich	567	41	82	11	914
<b>2</b>	Enchilada Casserole	689	48	86	18	999
<b>5</b>	Breakfast	909	35	68	55	1460
<b>6</b>	Shepherd's Pie	613	39	90	15	751
<b>7</b>	Chicken Cacciatore	609	44	83	13	589
<b>8</b>	Pot Roast	941	48	112	36	680
<b>9</b>	Chicken A La King	743	43	89	26	620
<b>13</b>	Beef Tips	643	36	71	26	670
<b>14</b>	Penne marinara	735	40	97	19	633
<b>15</b>	Turkey	1443	59	228	34	1294
<b>16</b>	Hamburger Patty	843	38	96	36	418
<b>19</b>	Catfish	678	58	87	12	972
<b>20</b>	Pork Loin	735	47	96	20	708
<b>21</b>	Chicken Taco Salad	933	52	122	28	1009
<b>26</b>	Swedish Meatballs	606	31	67	14	873
<b>27</b>	Broccoli Chicken Salad	753	55	81	25	841
<b>28</b>	Hamburger	1028	46	109	49	862
<b>29</b>	Chicken Alfredo	1023	64	155	16	608
<b>30</b>	Fish Tacos	1020	39	161	27	1363

**\*\*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:**

**ARCONIC FOUNDATION \* CITY OF RIALTO \* CITY OF CHINO HILLS \* CITY OF RANCHO CUCAMONGA  
 \* FONTANA DINO PAPAVERO APARTMENTS \* CITY OF LOMA LINDA \*  
 \* CITY OF GRAND TERRACE \* CITY OF UPLAND \* CITY OF YUCAIPA \***