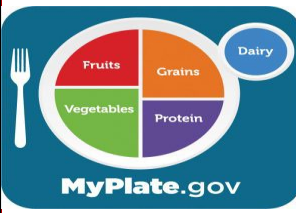





SEPTEMBER 2023 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked cod, lemon butter roasted red potatoes winter vegetables diced peaches whole-wheat bread
4 CLOSED 	5 Chili Con Carne w/pinto beans, cheese cucumber tomato salad carrot coins corn bread tropical fruit	6 Pork chops w/brown gravy peas / spinach red mashed potatoes whole wheat bread JELL-O w/diced pears	7 Chicken cacciatore served over noodles capri vegetables whole-wheat roll mandarin oranges VANILLA ICE CREAM	8 Breaded fish sandwich served on whole wheat hamburger bun green beans fresh orange
11 Open faced tuna sandwich on wheat bread fresh blanched carrots LS vegetable soup cranberry juice diced pears	12 Sweet & Sour Chicken brown rice peas & carrots pineapple tidbits	13 Cheese tortellini w/ marinara sauce brussels sprouts fresh pear whole wheat bread	14 Chef salad: turkey, ham hard boiled egg, cheese lettuce, Italian dressing saltine crackers mandarin oranges BROWNIE	15 (**) BBW riblet sandwich whole grain hoagie roll broccoli peaches
18 Pepper steak brown rice capri vegetables apricots	19 Cheese burger On whole wheat bun & tomato slice Capri vegetables grapes	20 Chicken breast sandwich on whole wheat bun w/lettuce & tomato slice blanched carrots mandarin oranges	21 Spaghetti w/meat sauce zucchini & onions whole wheat garlic toast whole-wheat bread whole apple	22 Beef cabbage roll mashed potatoes peas & carrots whole wheat bread pineapple
25 Scrambled eggs served w/ sausage patties hash brown potatoes whole wheat toast peaches/cranberry juice	26 Chicken salad served on lettuce w/cranberries oil & vinegar dressing whole wheat saltines apricots	27 Macaroni & beef mixed vegetables pineapple whole-wheat bread	28 BBQ chicken scalloped potatoes wax beans whole wheat bread fresh orange	29 Beef stroganoff served w/ egg noodles spinach tropical fruit LEMON PUDDING

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

SENIOR NUTRITION OFFICE (951) 342 – 3057

Bloomington (909) 770-8173
Fontana George White (909) 770-8173
Rialto (909) 877-1360
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

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



*FUNDING FOR THIS SERVICE HAS BEEN
 PROVIDED BY*

*SAN BERNARDINO COUNTY DEPARTMENT
 OF AGING AND ADULT SERVICES -
 PUBLIC GUARDIAN THROUGH A GRANT
 AWARDED FROM THE CALIFORNIA
 DEPARTMENT OF AGING AND HUD
 (800) 510-2020*

Family Service Association Menu Analysis*

SEPTEMBER 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Baked Cod Fish w/ Lemon	537	35	67	16	456
4	CLOSED FOR LABOR DAY					
5	Chili con Carne	739	37	79	30	910
6	Pork Loin	786	48	93	28	722
7	Chicken Cacciatore	804	43	95	30	656
8	Fish Sandwich	600	29	87	17	803
11	Tuna Sandwich	563	36	88	9	749
12	Sweet and Sour Chicken	731	42	114	13	753
13	Tortellini w/ Marinara	590	32	81	14	849
14	Chef Salad	863	46	86	37	959
15	BBQ Riblet	832	42	115	27	1522
18	Pepper Steak	634	29	66	14	605
19	Cheeseburger	759	40	86	29	605
20	Grilled Chicken Patty	662	40	63	29	765
21	Spaghetti	740	35	95	25	658
22	Cabbage Roll	799	43	118	20	902
25	Breakfast	668	31	76	12	963
26	Chicken Salad	699	61	58	25	689
27	Macaroni and Beef	838	44	102	30	807
28	BBQ Chicken	571	42	74	12	833
29	Beef Stroganoff	786	46	111	19	747

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

**Each menu's 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, and HUD (Housing and Urban Development) grants, that enable us to provide this service in SAN BERNARDINO COUNTY:

**CITY OF CHINO * CITY OF LOMA LINDA * CITY OF REDLANDS * TOWN OF YUCCA VALLEY * SOCAL GAS
CITY OF RANCHO CUCAMONGA * CITY OF TWENTYNINE PALMS * CITY OF GRAND TERRACE * CITY OF ONTARIO
*CITY OF YUCAIPA * MEALS ON WHEELS AMERICA**