

NOVEMBER 2023 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sloppy Joes on a whole wheat bun green salad - broccoli peaches	2 Pasta Primavera green beans w/red peppers mandarin oranges pineapple whole wheat bread	3 Philly Cheese Steak on a hoagie roll potato wedges winter blend vegetables fresh apple - ice cream
6 Beef patty w/gravy mashed potatoes and carrot coins cherry Jell-o with fruit cocktail whole wheat bread	7 (**) Veggie lasagna Green salad peas Jell-O whole wheat bread	8 Grilled chicken sandwich on a whole wheat bun cucumber tomato salad mandarin oranges	9 Penne marinara with mozzarella cheese spinach pineapple tidbits whole wheat bread red, white, & blue cake	10 CLOSED
13 Swedish meatballs whole wheat noodles cauliflower pears	14 Beef stew w/vegetables spinach mandarin oranges whole wheat roll white cake w/cherries	15 Egg salad sandwich on a whole wheat bread veggie soup green salad tropical fruit	16 Beef, bean, cheese burrito with salsa spanish brown rice fresh pear	17 Turkey breast w/gravy & cranberry sauce sweet & mashed potatoes green beans & roll orange juice PUMPKIN PIE
20 (**) Meatball sandwich on a whole wheat bun spinach fresh apple	21 Chicken ala king Green beans w/peppers Pineapple OATMEAL COOKIE	22 Macaroni & beef Mixed vegetables fruit cocktail whole wheat bread	23 	24 CLOSED
27 (**) BBQ pork sandwich on a whole wheat bun au gratin potatoes carrot salad tropical fruit	28 Arroz con Pollo mixed vegetables pineapple tidbits whole wheat bread TAPIOCA PUDDING	29 Beef tacos (2) with spanish brown rice mexican corn fresh apple	30 Baked cod w/lemon butter red potatoes winter vegetables diced peaches whole wheat bread	

SENIOR NUTRITION OFFICE (951) 342 – 3057

Bloomington (909) 770-8173
 Fontana George White (909) 770-8173
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 Colton – Hutton (909) 503-1908
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 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

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



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 Services Association Menu Analysis* NOVEMBER 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Sloppy Joes	579	33	73	20	509
2	Chicken Pasta Primavera	814	54	102	24	453
3	Philly Cheese Steak	1205	56	126	49	767
6	Beef Patty	899	39	150	20	650
7	Veggie Lasagna	657	34	60	20	1225
8	Breaded Chicken Sandwich	574	42	78	12	490
9	Penne Marinara	887	41	117	27	769
10	CLOSED					
13	Swedish Veggie Meatballs	801	41	126	16	782
14	Beef Stew	994	37	152	30	888
15	Egg Salad Sandwich	683	36	76	28	841
16	Beef Burrito	848	38	128	23	684
17	Turkey Breast	1080	49	170	23	933
20	Meatball Sandwich	572	40	74	12	1357
21	Chicken a la King	645	34	80	22	553
22	Mac and Beef	863	45	108	30	834
23	CLOSED					
24	CLOSED					
27	BBQ Pork Riblet	811	36	100	33	1469
28	Cheese Ravioli	642	28	107	14	952
29	Arroz con Pollo	696	50	85	19	707
30	Beef Tacos	824	46	97	32	803

****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**