

APRIL 2024 SAN BERNARDINO COUNTY RANCHO



Monday	Tuesday	Wednesday	Thursday	Friday
1 (**) Spanish beef roast Spanish rice spinach pears whole-wheat bread	2 shepherd's pie broccoli orange whole-wheat bread	3 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	4 cheeseburger on whole-wheat bun potato salad baked beans watermelon	5 Darryl's breaded baked cod brown rice green beans apple; vanilla pudding
8 beef patty w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	9 tuna noodle casserole carrot coins fresh pear whole-wheat bread Jell-O	10 (**) chicken w/verde sauce pinto beans corn, zucchini, tomato and red peppers peaches	11 sloppy joe on whole-wheat bread vegetable soup JoJo's broccoli salad watermelon or apple	12 teriyaki chicken brown rice green salad Brussels sprouts orange juice
15 pepper steak mashed potatoes green beans fresh orange whole-wheat bread	16 (**) BBQ riblet cold black bean salad broccoli mandarin oranges whole-wheat bread	17 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit Jell-O	18 chicken fajitas pinto beans cauliflower apricots flour tortillas	19 chicken noodle casserole mixed vegetables pineapple; orange juice whole-wheat bread
22 <i>Kitchen Closed</i>	23 <i>Kitchen Closed</i>	24 <i>Kitchen Closed</i>	25 <i>Kitchen Closed</i>	26 <i>Kitchen Closed</i>
29 (**) scrambled eggs sausage patties hash browns yogurt biscuit, orange juice	30 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	<i>May 1st</i> sloppy joe on whole-wheat bun broccoli green salad peaches		

SENIOR NUTRITION OFFICE (951) 342 – 3057

Bloomington (909) 770-8173
Fontana George White (909) 770-8173
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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
Minimum age 60 to participate
Guests under 60, fee is \$9.75

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 Service Association Menu Analysis*

April 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Spanish Beef Roast	872	47	93	35	1500
2	Shepherd's Pie	909	45	154	18	879
3	Taco Salad	646	49	81	13	632
4	Cheeseburger	574	46	61	19	805
5	Breaded Fish	677	33	95	20	630
8	Beef Patty	697	33	75	32	483
9	Tuna Noodle Casserole	675	43	108	11	725
10	Chicken w/Verde sauce	696	45	76	24	1122
11	Sloppy Joe	617	37	79	20	576
12	Teriyaki Chicken	750	43	85	26	498
15	Pepper Steak	612	33	80	5	753
16	BBQ Riblet	673	42	96	18	1256
17	Egg Salad Sandwich	858	40	86	42	764
18	Chicken Fajita	649	47	91	11	956
19	Chicken Noodle Casserole	697	47	96	15	522
22	Chili Dog	755	32	76	37	1264
23	Chicken Salad	614	35	83	17	728
24	Spaghetti	930	44	141	22	585
25	Beef Tacos	793	46	88	31	940
26	Chicken Cacciatore	549	40	72	13	558
29	Breakfast	832	36	86	22	1184
30	Enchilada Casserole	713	50	89	18	789

****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**