

MAY 2024

SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
		1 sloppy joes on whole-wheat bun broccoli green salad peaches	2 chicken pasta primavera green beans mandarin oranges with pineapple whole-wheat bread	3 Philly cheesesteak potato wedges winter blend veggies fresh apple vanilla ice cream
6 beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	7 (**) veggie lasagna green salad peas orange whole-wheat bread	8 grilled chicken breast sandwich cucumber tomato salad mandarin oranges oatmeal cookie	9 penne marinara spinach pineapple tidbits whole-wheat bread	10 cranberry orange chicken brown rice mixed vegetables tropical fruit
13 veggie Swedish meatballs w/gravy herbed noodles broccoli peaches	14 beef stew spinach mandarin oranges whole-wheat roll frosted white cake	15 egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	16 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	17 spaghetti w/meat sauce mixed vegetables tropical fruit
20 (**) meatball sandwich on hoagie roll spinach fresh apple	21 chicken a la king green beans pineapple biscuit w/entrée oatmeal cookie	22 macaroni & beef mixed vegetables fruit cocktail w/Jell-O whole-wheat bread	23 chicken alfredo w/fettuccini carrot coins fresh orange whole-wheat bread	24 cheeseburger on whole-wheat bun beets tropical fruit
27 Center Closed 	28 cheese ravioli broccoli mandarin oranges w/Jell-O	29 arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread	30 beef tacos pinto beans Mexican corn apple	31 BBQ pork riblet au gratin potatoes carrot salad tropical fruit tapioca pudding

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
Minimum age 60 to participate
Guests under 60, fee is \$9.75



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
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**

Family Service Association Menu Analysis*

May 2024

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	57	141	49	767
6	Beef Patty	899	39	150	20	650
7	Veggie Lasagna	657	34	60	20	1225
8	Grilled Chicken Sandwich	574	42	78	12	490
9	Penne Marinara	872	41	118	24	751
10	Cranberry Orange Chicken	657	32	104	14	462
13	Swedish Veggie Meatballs	814	42	129	16	813
14	Beef Stew	810	34	108	29	784
15	Egg Salad Sandwich	683	36	76	28	841
16	Beef Burrito	848	38	128	23	684
17	Spaghetti with Meat Sauce	943	47	141	21	890
20	Meatball Sandwich	707	45	100	15	1623
21	Chicken a la King	645	34	80	22	553
22	Mac and Beef	863	45	108	30	834
23	Chicken Alfredo	946	57	142	17	642
24	Cheeseburger	686	43	65	29	690
28	Cheese Ravioli	642	28	107	14	952
29	Arroz con Pollo	559	48	60	16	536
30	Beef Tacos	824	46	97	32	803
31	BBQ Pork Riblets	675	37	93	19	628

****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**