

FEBRUARY 2023 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
		1 sloppy joes on whole-wheat bun broccoli green salad peaches	2 Groundhog Day chicken pasta primavera green beans mandarin oranges 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 Darryl's breaded fish red potatoes winter blend veggies watermelon cranberry juice
13 vegetarian Swedish meatballs w/gravy herbed noodles cauliflower pears	14 beef stew spinach mandarin oranges whole-wheat roll cherry tart	15 egg salad sandwich on whole-wheat bread veggie soup green salad tropical fruit	16 turkey breast w/gravy mashed potatoes green beans dinner roll orange juice	17 cheeseburger on whole-grain bun cold spinach & beet salad orange
20 Center Closed 	21 chicken a la king w/biscuit in entree green beans pineapple oatmeal cookie	22 macaroni & beef mixed vegetables fruit cocktail w/Jell-O whole-wheat bread	23 chicken alfredo fettuccini carrot coins fresh orange whole-wheat bread	24 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear
27 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	28 cheese ravioli w/marinara sauce broccoli mandarin oranges w/Jell-O	<i>March 1st</i> arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	<i>March 2nd</i> beef tacos Spanish brown rice Mexican corn apple	

SENIOR NUTRITION OFFICE
(951) 342 – 3057

Bloomington (909) 770-8173
George White (909) 770-8173
Casa De La Vista (909) 335-8888
Rialto (909) 877-1360
Dino Papavero (909) 770-8147
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

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*

February 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	735	40	97	19	633
10	Breaded Fish	715	36	83	25	339
13	Swedish Meatballs	801	41	126	16	782
14	Beef Stew	885	35	119	33	873
15	Egg Salad Sandwich	683	36	76	28	841
16	Turkey Breast	731	44	117	9	744
17	Cheese Burger	745	44	61	38	734
20	Meatball Sandwich	572	40	74	12	1357
21	Chicken a la King	645	34	80	22	553
22	Mac and Beef	821	44	98	30	811
23	Chicken Alfredo	946	57	142	17	642
24	Beef Burrito	848	38	128	23	684
27	BBQ Pork Riblet	811	36	100	33	1469
28	Cheese Ravioli	642	28	107	14	952

****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
CITY OF RANCHO CUCAMONGA * CITY OF TWENTYNINE PALMS * FONTANA DINO PAPAVEROS APARTMENTS
CITY OF GRAND TERRACE * CITY OF ONTARIO * CITY OF YUCAIPA * HUMAN GOOD FOUNDATION * CITY OF COLTON**