

APRIL 2023

SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
3 open face hot turkey sandwich mashed potatoes carrots mandarin oranges	4 shepherd's pie broccoli orange whole-wheat bread	5 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	6 Spanish beef roast Spanish rice spinach pears whole-wheat bread	7 Darryl's breaded cod brown rice green beans fresh apple vanilla pudding
10 beef patty w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	11 chicken noodle casserole mixed vegetables fresh pear, Jell-O whole-wheat bread	12 (**) pork loin w/verde sauce pinto beans corn, zucchini, tomato and red peppers peaches	13 sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad watermelon or apple	14 teriyaki chicken brown rice Brussels sprouts green salad orange juice
17 pepper steak mashed potatoes green beans fresh orange whole-wheat bread	18 (**) BBQ riblet cold black bean salad broccoli mandarin oranges whole-wheat bread	19 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit Jell-O	20 beef fajitas flour tortillas pinto beans cauliflower apricots	21 tuna noodle casserole mixed vegetables pineapple tidbits whole-wheat bread orange juice
24 (**) chili dog on whole-wheat bun coleslaw carrots tropical fruit	25 tuna salad sandwich on whole-wheat bread carrots w/ranch dip mandarin oranges sugar cookie	26 spaghetti w/meat sauce green salad Brussels sprouts apple	27 beef tacos Spanish rice Mexican corn pineapple tidbits	28 chicken cacciatore herbed noodles green beans Jell-O w/fruit cocktail

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*

April 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Hot Turkey Sandwich	823	47	143	10	633
4	Shepherd's Pie	605	39	87	15	758
5	Taco Salad	646	49	81	13	632
6	Spanish Beef Roast	574	46	61	19	805
7	Breaded Fish	677	33	95	20	630
10	Beef Patty	697	33	75	32	483
11	Chicken Noodle Casserole	748	48	111	15	568
12	Pork w/Verde sauce	696	45	76	24	1122
13	Sloppy Joe	617	37	79	20	576
14	Teriyaki Chicken	750	43	85	26	498
17	Pepper Steak	612	33	80	5	753
18	BBQ Riblet	673	42	96	18	1256
19	Egg Salad Sandwich	858	40	86	42	764
20	Beef Fajita	673	48	90	12	826
21	Tuna Noodle Casserole	653	42	101	11	675
24	Hot Dog	683	29	79	29	1141
25	Tuna Salad	577	34	83	14	897
26	Spaghetti	930	44	141	22	585
27	Beef Tacos	793	46	88	31	940
28	Chicken Cacciatore	549	40	72	13	558

****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**