

**MAY 2023**

**SAN BERNARDINO COUNTY**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 (**)</b> scrambled eggs sausage patties hash browns biscuit yogurt, orange juice	<b>2</b> chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	<b>3</b> sloppy joes on whole-wheat bun broccoli green salad peaches	<b>4</b> chicken primavera green beans green beans mandarin oranges w/pineapple	<b>5</b> Philly cheesesteak potato wedges winter blend veggies fresh apple vanilla ice cream
<b>8</b> beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	<b>9 (**)</b> veggie lasagna peas green salad orange whole-wheat bread	<b>10</b> grilled chicken breast sandwich cucumber tomato salad mandarin oranges oatmeal cookie	<b>11</b> penne marinara spinach pineapple tidbits whole-wheat bread	<b>12</b> cranberry orange chicken brown rice mixed vegetables tropical fruit
<b>15</b> Swedish veggie meatballs herbed noodles cauliflower pears	<b>16</b> beef stew spinach mandarin oranges whole-wheat bread cherry tart	<b>17</b> egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	<b>18</b> turkey breast w/gravy mashed potatoes green beans dinner roll orange juice	<b>19</b> beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear
<b>22 (**)</b> veggie meatball sandwich spinach fresh apple	<b>23</b> chicken a la king green beans pineapple oatmeal cookie	<b>24</b> macaroni & beef mixed vegetables fruit cocktail w/Jell-O whole-wheat bread	<b>25</b> chicken alfredo fettuccini noodles carrot coins fresh orange whole-wheat bread	<b>26</b> cheeseburger on whole-grain bun cold spinach & beet salad tropical fruit
<b>29</b> <i>Center Closed</i> 	<b>30</b> cheese ravioli broccoli mandarin oranges w/Jell-O	<b>31</b> arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	HAPPY 	= THANKS = for your 

**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](http://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\*

May 2023

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Breakfast	832	36	86	22	1184
2	Enchilada Casserole	713	50	89	18	789
3	Sloppy Joes	579	33	73	20	509
4	Chicken Pasta Primavera	814	54	102	24	453
5	Philly Cheese Steak	1205	56	126	49	767
8	Beef Patty	899	39	150	20	650
9	Veggie Lasagna	657	34	60	20	1225
10	Breaded Chicken Sandwich	574	42	78	12	490
11	Penne Marinara	735	40	97	19	633
12	Cranberry Orange Chicken	810	33	124	22	597
15	Swedish Meatballs	801	41	126	16	782
16	Beef Stew	885	35	119	33	873
17	Egg Salad Sandwich	683	36	76	28	841
18	Turkey Breast	731	44	117	9	744
19	Beef Burrito	848	38	128	23	684
22	Meatball Sandwich	572	40	74	12	1357
23	Chicken a la King	645	34	80	22	553
24	Mac and Beef	821	44	98	30	811
25	Chicken Alfredo	946	57	142	17	642
26	Cheese Burger	745	44	61	38	734
29	<i>Closed for Memorial Day</i>					
30	Cheese Ravioli	642	28	107	14	952
31	Arroz con Pollo	696	50	85	19	707

\*\*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**