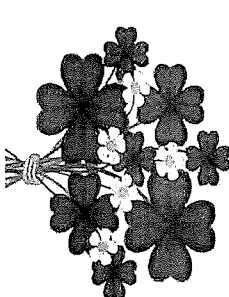



MARCH 2020 LOMA LINDA VEGETARIAN MENU

Monday	Tuesday	Wednesday	Thursday
2 (**) BBQ veggie chicken breast au gratin potatoes carrot salad tropical fruit whole-wheat bread	3 arroz con pollo vegetariano mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	4 veggie beef stroganoff egg noodles spinach mandarin oranges whole-wheat bread	5 bean & cheese burrito Spanish brown rice corn, zucchini & tomatoes fresh apple
9 Garden beefless burger mashed potatoes broccoli fruit cocktail whole-wheat bread	10 veggie enchilada casserole pinto beans green beans orange juice	11 kidney bean bake spinach mashed red potatoes peas jell-o w/diced pears	12 veggie chicken cacciatore herbed noodles capri vegetables mandarin oranges oatmeal cookie
16 egg salad sandwich vegetable soup fresh blanched carrots diced pears w/jell-o cranberry juice	17 (**) veggie beef strips w/gravy red potatoes boiled cabbage, carrots pineapple, cornbread jell-o poke cake	18 cheese tortellini w/marinara Brussels sprouts fresh pear whole-wheat bread	19 chicken patty w/parmesan & herbs brown rice winter blend vegetables peaches
23 veggie pepper steak brown rice carrots & peas apricots	24 veggie cheeseburger on whole wheat bun macaroni salad capri vegetables grapes	25 (**) veggie Polish sausage w/sauerkraut green beans spiced apples vanilla ice cream	26 (**) garden burger on whole wheat bun macaroni salad broccoli fresh orange
30 (**) scrambled eggs veggie sausage hash browns yogurt, peaches whole-wheat toast	31 macaroni & cheese mixed vegetables pineapple whole-wheat bread		

FAMILY SERVICE ASSOCIATION
 21250 Box Springs Road, Suite 212
 Moreno Valley, CA 92557
 (951) 342-3057 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



YOUR
donation
is greatly
appreciated

FSA FAMILY
 Service Association

SENIOR NUTRITION OFFICE
 (951) 342 - 3057

George White (909) 770-8173
 Riato (909) 877-1360
 Dino Papaveros (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
 helps us to continue providing
 you with a nutritious meal.
 Suggested donation is \$3.00

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

Funding for this program is through your
 donations and a grant from the California
 Department of Aging
 FSA is contracted through the
 County of San Bernardino
 Department on Aging and Adult Services
 for your community.
(800) 510-2020

Family Service Association Menu Analysis*

March 2020

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	BBQ Veggie Chicken Breast	711	31	99	25	1206
3	Arroz con Pollo	645	43	89	15	928
4	Veggie Beef Stroganoff	651	49	92	12	962
5	Bean and Cheese Burrito	724	29	106	23	931
9	Beefless Burger	788	45	143	9	871
10	Veggie Enchilada	605	28	80	19	960
11	Kidney Bean Bake	762	35	126	14	714
12	Veggie Chicken Cacciatore	647	34	84	17	882
16	Egg Salad Sandwich	699	29	103	20	735
17	Veggie Beef Strips	1018	45	180	15	1360
18	Tortellini with Marinara	553	32	81	10	966
19	Veggie Chicken Patty	722	44	90	22	843
23	Veggie Pepper Steak	700	41	91	21	626
24	Veggie Burger	679	41	91	19	887
25	Veggie Polish Sausage	725	40	109	20	1261
26	Garden Burger	643	40	100	11	1168
30	Breakfast for Lunch	693	39	86	23	1267
31	Macaroni and Cheese	702	35	93	23	679

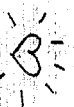
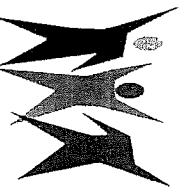
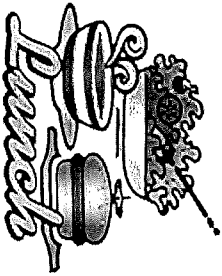

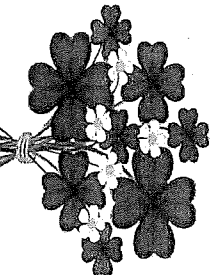

**Menu analysis includes entrée, all sides, dessert, milk and any other non-optional menu items for each meal.

*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.

We need to recognize the generous support of our local community organizations that enable us to provide this service in SAN BERNARDINO COUNTY:

CITY OF RIALTO * CITY OF CHINO * CITY OF LOMA LINDA * CITY OF REDLANDS * TOWN OF YUCCA VALLEY
 * CITY OF RANCHO CUCAMONGA * CITY OF TWENTY NINE PALMS * FONTANA DINO PAPAVEROS APARTMENTS
 CITY OF GRAND TERRACE * CITY OF ONTARIO * CITY OF YUCAIPA * HUMAN GOOD * CITY OF COLTON
 BARNEY & BARNEY FOUNDATION * SAN MANUEL BAND OF MISSION INDIANS

MARCH 2020 LOMA LINDA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	3 arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	4 beef stroganoff egg noodles spinach mandarin oranges whole-wheat bread	5 bean & cheese burrito Spanish brown rice corn, zucchini & tomatoes fresh apple	 Your donation is greatly appreciated
9 Salisbury steak w/gravy mashed potatoes broccoli fruit cocktail whole-wheat bread	10 chicken enchilada casserole pinto beans green beans orange juice	11 pork loin w/gravy spinach mashed red potatoes peas, wheat bread jell-o w/pears	12 chicken cacciatore herbed noodles capri vegetables mandarin oranges whole-wheat roll	 VOLUNTEERS NEEDED
16 tuna sandwich vegetable soup fresh blanched carrots diced pears w/jell-o cranberry juice	17 (**) corned beef & cabbage carrots, red potatoes pineapple tidbits cornbread jell-o poke cake	18 cheese tortellini w/marinara sauce Brussels sprouts fresh pear whole-wheat bread	19 chicken patty w/parmesan & herbs brown rice winter vegetables peaches, wheat bread	
23 pepper steak brown rice carrots & peas apricots	24 cheeseburger on whole-wheat bun macaroni salad capri vegetables grapes	25 (**) polish sausage sauerkraut green beans spiced cooked apples vanilla ice cream	26 breaded fish sandwich on whole-wheat bun macaroni salad broccoli fresh orange	
30 (**) scrambled eggs sausage patty hash browns peaches, yogurt whole-wheat toast	31 macaroni & beef mixed vegetables pineapple whole-wheat bread	April 1st sweet & sour chicken brown rice cauliflower apricots vanilla pudding		

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.

FSA FAMILY Service Association

SENIOR NUTRITION OFFICE
 (951) 342 - 3057

- George White (909) 770-8173
- Rialto (909) 877-1360
- Dino Papaverio (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 helps us to continue providing you with a nutritious meal.

Suggested donation is \$3.00

THANK YOU

Please see your FSA site contact with any questions or comments on your meal and service experience today

Funding for this program is through your donations and a grant from the California Department of Aging.

FSA is contracted through the County of San Bernardino Department of Aging and Adult Services for your community.
(800) 510-2020

Family Service Association Menu Analysis*

March 2020

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	BBQ Pork Riblet	806	36	99	33	1427
3	Arroz con Pollo	696	50	85	19	707
4	Beef Stroganoff	645	46	84	16	670
5	Bean and Cheese Burrito	724	29	106	23	931
6						
9	Salisbury Steak	906	39	144	9	934
10	Chicken Enchilada	629	46	74	17	926
11	Pork Loin	786	48	93	28	722
12	Chicken Cacciatore	569	39	68	17	565
13						
16	Tuna Sandwich	628	39	101	10	884
17	Corned Beef	1019	35	160	27	1986
18	Tortellini w/ Marinara	590	32	81	14	849
19	Chicken Patty	828	35	99	33	980
20						
23	Pepper Steak	661	31	72	14	663
24	Cheeseburger	658	34	85	22	430
25	Polish Sausage	944	37	91	53	1483
26	Breaded Fish	727	34	110	18	873
27						
30	Eggs and Sausage	711	33	80	30	1027
31	Macaroni and Beef	804	45	102	26	927

**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 that enable us to provide this service

In SAN BERNARDINO COUNTY:

- CITY OF RIALTO * CITY OF CHINO * CITY OF LOMA LINDA * CITY OF REDLANDS * TOWN OF YUCCA VALLEY
- CITY OF RANCHO CUCAMONGA * CITY OF TWENTY NINE PALMS * FONTANA DINO PAPEROS APARTMENTS
- CITY OF GRAND TERRACE * CITY OF ONTARIO * CITY OF YUCAIPA * HUMAN GOOD * CITY OF COLTON
- BARNEY & BARNEY FOUNDATION * SAN MANUEL BAND OF MISSION INDIANS