

MARCH 2024

LOMA LINDA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			<i>February 29th</i> chicken pasta primavera green beans mandarin oranges w/pineapple whole-wheat bread	= THANKS = <i>for your</i> DONATIONS
4 beef patty w/gravy mashed potatoes broccoli fruit cocktail whole-wheat bread	5 chili con carne carrot coins cornbread tropical fruit	6 pork loin w/gravy spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	7 chicken cacciatore capri vegetables mandarin oranges whole-wheat roll vanilla ice cream	 VOLUNTEERS NEEDED
11 open face tuna sandwich; veggie soup fresh blanched carrots diced pears w/Jell-O cranberry juice	12 sweet & sour chicken brown rice peas & carrots pineapple tidbits	13 tortellini w/marinara Brussels sprouts fresh pear whole-wheat bread	14 chef salad celery & peanut butter mandarin oranges w/Jell-O brownie	
18 pepper steak brown rice butternut squash apricots	19 cheeseburger on whole-wheat bun macaroni salad capri vegetables grapes	20 grilled chicken breast sandwich on wheat bun blanched carrots mandarin oranges	21 spaghetti w/meat sauce zucchini & onion Golden Delicious apple garlic toast	
25 scrambled eggs sausage patties hash browns; peaches whole-wheat toast cranberry juice	26 chicken salad whole-wheat crackers winter blend veg salad apricots	27 macaroni & beef mixed vegetables pineapple whole-wheat bread	28 BBQ chicken scalloped potatoes wax beans fresh orange whole-wheat bread	

SENIOR NUTRITION OFFICE
(951) 342 – 3057

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 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, Mon-Fri

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*

March 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1						
4	Beef Patty	566	35	75	17	555
5	Chili con Carne	739	37	79	30	910
6	Pork Loin	786	48	93	28	722
7	Chicken Cacciatore	804	43	95	30	656
8						
11	Tuna Sandwich	563	36	88	9	749
12	Sweet and Sour Chicken	731	42	114	13	753
13	Tortellini w/ Marinara	590	32	81	14	849
14	Chef Salad	863	46	86	37	959
15						
18	Pepper Steak	634	29	66	14	605
19	Cheeseburger	759	40	86	29	605
20	Grilled Chicken Patty	648	40	65	26	760
21	Spaghetti	740	35	95	25	658
22						
25	Breakfast	668	31	76	12	963
26	Chicken Salad	826	61	59	40	689
27	Macaroni and Beef	838	44	102	30	807
28	BBQ Chicken	591	42	74	12	833
29						

****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**