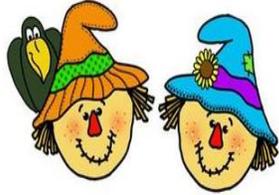


OCTOBER 2016 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
3 breaded chicken patty w/country gravy mashed potatoes broccoli & cauliflower pears, wheat bread	4 chicken taco salad lettuce/tomato/cheese pinto beans, carrots tropical fruit flour tortilla	5 baked pangasius fish mashed potatoes lima beans pear or apple whole wheat bread	6 (**) ham & cheese sandwich lettuce/tomato carrot salad mandarin oranges pudding	7 chicken noodle casserole mixed vegetables peaches, OJ whole wheat bread
10 (**) vegetable lasagna green salad baby lima beans fruit cocktail whole wheat bread	11 lemon pepper chicken garden rice broccoli tropical fruit wheat bread, jell-o	12 pork chop w/gravy mashed potatoes green beans apricots whole wheat bread	13 (**) Polish sausage peppers, sauerkraut red potatoes, carrots pineapple tidbits whole wheat bread	14 mandarin orange chicken brown rice mixed vegetables peaches, wheat bread
17 meatloaf w/gravy red potatoes apple carrot casserole banana whole wheat bread	18 beef fajitas pinto beans cauliflower apricots flour tortillas	19 parmesan and herb chicken brown rice broccoli pineapple tidbits whole wheat bread	20 pepper steak herb noodles green beans diced peaches whole wheat bread	21 breaded chicken patty sandwich on wheat bun vegetable soup blanched baby carrots mandarin oranges unsalted crackers, jell-o
24 baked pangasius fish mashed potatoes Brussels sprouts fresh apple whole wheat bread	25 cranberry orange chicken brown rice mixed vegetables tropical fruit	26 turkey patty w/gravy sweet potatoes green beans pineapple tidbits whole wheat bread	27 tuna salad sandwich on whole wheat bread vegetable soup blanched carrot sticks mandarin oranges unsalted crackers	28 chicken a la king w/biscuit brown rice green beans pineapple tidbits & mandarin oranges
31 (**) hotdog on wheat bun baked beans coleslaw jell-o w/fruit cocktail Halloween treat				

SENIOR NUTRITION OFFICE (951) 342 - 3057

- Bloomington (909) 546-1399
- George White (909) 770-8173
- Casa De La Vista (909) 335-8888
- Rialto (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 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

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
 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