

# MARCH 2025 YUCCA VALLEY - JOSHUA TREE - TWENTYNINE PALMS



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 (**)</b> BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	<b>4</b> cheese ravioli green salad broccoli mandarin oranges w/ Jell-O	<b>5</b> lemon pepper chicken rosemary red potatoes mixed vegetables pineapple tidbits whole-wheat bread	<b>6</b> beef tacos pinto beans Mexican corn apple	<b>7</b> cod w/lemon butter roasted red potatoes winter vegetables diced peaches tapioca pudding
<b>10</b> beef patty w/gravy brown rice broccoli fruit cocktail whole-wheat bread	<b>11</b> chili con carne carrot coins mandarin oranges cornbread	<b>12</b> turkey breast w/gravy spinach mashed red potatoes peas Jell-O w/diced pears	<b>13</b> chicken cacciatore capri vegetables tropical fruit whole-wheat roll vanilla ice cream	<b>14</b> breaded fish sandwich on whole-wheat bun coleslaw green beans fresh orange
<b>17 (**) St Patrick's</b> Corned Beef red potatoes - diced carrots diced pears cranberry juice cornbread	<b>18</b> sweet & sour chicken brown rice peas pineapple tidbits	<b>19</b> cheese tortellini w/marinara Brussels sprouts fresh pear whole-wheat bread	<b>20</b> chef salad saltine crackers celery & peanut butter mandarin oranges brownie	<b>21</b> tuna salad vegetable soup fresh blanched carrots diced pears cranberry juice
<b>24</b> pepper steak brown rice butternut squash apricots	<b>25 (**)</b> spaghetti w/veggie meatballs zucchini & onion Golden Delicious apple garlic toast	<b>26</b> chicken tacos pinto beans Mexican corn pineapple	<b>27</b> cheeseburger on whole-wheat bun macaroni salad capri vegetables mixed fruit OR grapes	<b>28</b> grilled chicken breast sandwich on whole-wheat bun blanched carrots mandarin oranges
<b>31</b> breakfast burrito (w/egg, black beans, hash browns & cheese) peaches, yogurt cranberry juice		<i>March 9<sup>th</sup></i> 		

**SENIOR NUTRITION OFFICE**  
**(951) 342 – 3057**  
 Lunch served from 11:30am – 12:30pm

**Grand Terrace (909) 514-1672**  
**\*Joshua Tree (760) 366-2471**  
**Mentone (909) 794-5280**  
**Redlands (909) 793-6999**  
**Casa De La Vista (909) 335-8888**  
**Twenty Nine Palms (760) 361-1410**  
**Yucaipa (909) 918-4306**  
**\*Yucca Valley (760) 257-5761**  
**\*lunch served from 11:00am – 12noon**

**Your voluntary contribution 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**

**EQUAL HOUSING OPPORTUNITY**

**SAN BERNARDINO COUNTY**

*SERVICES HAVE BEEN PROVIDED BY SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES - PUBLIC GUARDIAN. THE MATERIALS OR PRODUCT WERE A RESULT OF A PROJECT FUNDED BY A CONTRACT WITH THE CALIFORNIA DEPARTMENT OF AGING.*

**(800) 510-2020**

**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**

# Family Services Association Menu Analysis\*

March 2025

<b>Date</b>	<b>Menu**</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>	<b>Sodium (mg)</b>
<b>3</b>	BBQ Pork Riblets	811	36	100	33	1469
<b>4</b>	Cheese Ravioli	622	28	102	14	981
<b>5</b>	Lemon Pepper Chicken	713	39	89	26	487
<b>6</b>	Beef Tacos	626	47	77	16	846
<b>7</b>	Fish	689	39	97	19	625
<b>10</b>	Beef Patty	717	37	92	25	621
<b>11</b>	Chili con Carne	734	37	79	31	908
<b>12</b>	Turkey	654	45	88	12	782
<b>13</b>	Chicken Cacciatore	809	44	95	30	658
<b>14</b>	Fish Sandwich	646	30	94	18	856
<b>17</b>	Corned Beef	674	32	94	19	1737
<b>18</b>	Sweet and Sour Chicken	759	44	118	13	752
<b>19</b>	Tortellini w/ Meat sauce	699	43	81	21	887
<b>20</b>	Chef Salad	846	46	81	37	949
<b>21</b>	Tuna Salad	661	37	80	23	973
<b>24</b>	Pepper Steak	634	29	66	14	605
<b>25</b>	Spaghetti	649	37	96	10	1006
<b>26</b>	Chicken Tacos	614	48	72	16	863
<b>27</b>	Cheeseburger	764	40	87	30	616
<b>30</b>	Chicken Sandwich	648	40	65	26	760
<b>31</b>	Breakfast Burrito	628	23	108	12	503

**\*\*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 \* SOCALGAS  
CITY OF RANCHO CUCAMONGA \* CITY OF TWENTYNINE PALMS \* CITY OF GRAND TERRACE \* CITY OF ONTARIO  
\*CITY OF YUCAIPA \* MEALS ON WHEELS AMERICA**