

APRIL 2025 YUCCA VALLEY - JOSHUA TREE - TWENTYNINE PALMS



Monday	Tuesday	Wednesday	Thursday	Friday
	1 chicken salad whole-wheat saltines winter vegetables apricots	2 macaroni & beef mixed vegetables pineapple whole-wheat bread	3 BBQ chicken garden rice wax beans fresh orange whole-wheat bread	4 beef stroganoff spinach tropical fruit whole-wheat bread lemon pudding
7 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	8 Spanish beef roast Spanish rice brussels sprouts pears whole-wheat bread	9 (**) cheeseburger potato salad baked beans mixed fruit or watermelon	10 chile relleno casserole pinto beans broccoli orange flour tortilla	11 Darryl's breaded cod brown rice green beans apple vanilla pudding
14 beef patty w/gravy boiled red potatoes apple carrot casserole pineapple whole-wheat bread	15 tuna salad sandwich pickled beet salad fresh pear Jell-O w/mandarin oranges	16 (**) pork w/verde sauce pinto beans corn, zucchini, tomato & red peppers peaches	17 sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad watermelon or apple	18 ham mashed potatoes & gravy carrot coins, dinner roll fresh apple vanilla pudding
21 chicken noodle casserole mixed vegetables pineapple tidbits, OJ whole-wheat bread	22 chicken fajitas pinto beans cauliflower fresh apple flour tortillas	23 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit w/Jell-O	24 (**) BBQ pork riblet brown rice cold black bean salad broccoli fresh pear	25 pepper steak mashed potatoes green beans fresh orange whole-wheat bread
28 (**) chili dog picnic coleslaw broccoli cauliflower salad tropical fruit	29 cod w/lemon butter garden brown rice green salad w/tomato Brussels sprouts fresh apple	30 chicken salad sandwich on whole-wheat bread blanched carrot sticks mandarin oranges sugar cookie	<i>May 1st</i> beef tacos pinto beans Mexican corn pineapple tidbits	<i>May 2nd</i> cold Asian chicken salad green beans Jell-O w/fruit cocktail Hawaiian roll

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
Minimum age 60 to participate
Guests under 60, fee is \$9.75



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

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*

April 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Chicken Salad	826	61	59	39	689
2	Macaroni and Beef	838	44	102	30	807
3	BBQ Chicken	553	44	71	11	458
4	Beef Stroganoff	786	46	111	19	747
7	Chicken Taco Salad	572	45	62	18	741
8	Spanish Beef	646	49	81	13	632
9	Cheeseburger	924	47	106	35	1510
10	Chili Relleno Casserole	622	37	71	21	961
11	Breaded Fish	677	33	95	20	630
14	Beef Patty	697	33	75	32	483
15	Tuna Salad Sandwich	565	35	92	8	849
16	Pork w/Verde sauce	696	45	76	24	1122
17	Sloppy Joe	617	37	79	20	576
18	BBQ Chicken	571	42	64	16	501
21	Chicken Noodle Casserole	697	47	96	15	522
22	Chicken Fajita	672	47	97	11	953
23	Egg Salad Sandwich	858	40	86	42	764
24	BBQ Riblet	913	43	128	30	1126
25	Pepper Steak	612	33	80	5	753
28	Chili Dog	755	32	76	37	1264
29	Fish	700	38	104	17	378
30	Chicken Salad	614	35	83	17	728

****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**