# JULY 2025 YUCCA VALLEY - JOSHUA TREE - TWENTYNINE PALMS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | 1<br>chicken salad<br>on lettuce bed<br>saltine crackers<br>winter blend veg salad<br>apricots | 2<br>macaroni & beef<br>mixed vegetables<br>pineapple<br>whole-wheat bread | 3<br>hotdog<br>w/bell peppers & onions<br>on whole-wheat bun<br>potato salad<br>watermelon | 4<br> |
| 7<br>chicken taco salad<br>pinto beans<br>Mexican corn<br>tropical fruit<br>corn tortilla | 8<br>Spanish beef roast<br>Spanish rice<br>Brussels sprouts<br>pears<br>whole-wheat bread | 9 (**)<br>cheeseburger<br>potato salad<br>baked beans<br>mixed fruit OR<br>watermelon | 10<br>chile relleno casserole<br>pinto beans<br>broccoli<br>orange<br>whole-wheat bread | 11<br>Darryl's breaded<br>baked cod<br>brown rice<br>green beans; apple<br>vanilla pudding |
| 14<br>beef patty w/gravy<br>boiled red potatoes<br>apple carrot casserole<br>pineapple<br>whole-wheat bread | 15<br>tuna salad sandwich<br>pickled beet salad<br>pear (fresh or diced)<br>Jell-O w/mandarin<br>oranges | 16 (**)<br>pork w/verde sauce<br>pinto beans<br>corn, zucchini, tomato<br>& red peppers<br>peaches | 17<br>sloppy joe<br>on whole-wheat bun<br>vegetable soup<br>JoJo's broccoli salad<br>fresh seasonal fruit | 18<br>BBQ chicken<br>brown rice<br>green salad<br>Brussels sprouts<br>orange juice |
| 21<br>chicken noodle<br>casserole<br>mixed vegetables<br>pineapple tidbits, OJ<br>whole-wheat bread | 22<br>egg salad sandwich<br>on whole-wheat bread<br>celery & peanut butter<br>tropical fruit w/Jell-O | 23<br>chicken fajitas<br>pinto beans<br>cauliflower<br>fresh apple<br>flour tortillas | 24 (**)<br>BBQ pork riblet<br>brown rice<br>cold black bean salad<br>broccoli<br>pear (fresh or diced) | 25<br>pepper steak w/gravy<br>mashed potatoes<br>green beans<br>fresh orange<br>whole-wheat bread |
| 28 (**)<br>chili dog<br>on whole-wheat bun<br>broccoli cauliflower<br>salad; coleslaw<br>tropical fruit | 29<br>cod w/lemon butter<br>garden brown rice<br>Brussels sprouts<br>green salad<br>fresh apple | 30<br>chicken salad sandwich<br>on whole-wheat bread<br>carrot sticks & ranch<br>mandarin oranges<br>sugar cookie | 31<br>beef tacos<br>pinto beans<br>Mexican corn<br>pineapple tidbits | |

FSA Family Service Association

**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***

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**

**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* July 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 | 651 | 46 | 84 | 16 | 673 |
| 7 | Chicken Taco Salad | 646 | 49 | 81 | 13 | 632 |
| 8 | Spanish Beef | 572 | 45 | 62 | 18 | 741 |
| 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 | Egg Salad Sandwich | 858 | 40 | 86 | 42 | 764 |
| 23 | Chicken Fajita | 672 | 47 | 97 | 11 | 953 |
| 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 | 613 | 35 | 83 | 17 | 728 |
| 31 | Beef Tacos | 631 | 40 | 70 | 22 | 797 |

***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**