AUGUST 2025 YUCCA VALLEY - JOSHUA TREE - TWENTYNINE PALMS

Monday	Tuesday	Wednesday	Thursday	Friday
			August 21st is **Senior Citizens Day**	**1** cold Asian chicken salad green beans Jell-O w/fruit cocktail Hawaiian roll
4 (**) scrambled eggs sausage patties hash browns biscuit, yogurt orange juice	**5** chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	**6** sloppy joe on whole-wheat bun green salad broccoli peaches	**7** chicken parmesan carrot coins mandarin oranges pineapple whole-wheat bread	**8** Philly cheese steak potato wedges winter blend veggies fresh apple vanilla ice cream
11 grilled chicken breast sandwich on whole-wheat bun cucumber tomato salad fresh pear	**12 (**)** veggie lasagna green salad peas orange garlic toast	**13** beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	**14** turkey sandwich on whole-wheat bread southwest black bean salad tropical fruit	**15** cranberry orange chicken; brown rice mixed vegetables pineapple tidbits cake w/cherries
18 veggie Swedish meatballs mashed potatoes broccoli peaches	**19** beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	**20** egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	**21 (**)** chicken cordon bleu boiled potatoes spinach mandarin oranges cherry tart	**22** pork loin mashed potatoes green beans fruit cocktail dinner roll
25 cheeseburger on whole-wheat bun JoJo's broccoli salad tropical fruit	**26** chicken a la king biscuit w/entrée green beans pineapple chocolate chip cookie	**27** chef salad beets fruit cocktail w/Jell-O whole-wheat bread	**28** chicken alfredo fettuccini carrot coins fresh orange garlic toast	**29** tuna salad vegetable soup carrots & ranch diced pears cranberry juice

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* August 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Asian Chicken Salad	619	44	63	23	488
4	Breakfast	832	36	86	22	1184
5	Enchilada Casserole	713	50	89	18	789
6	Sloppy Joes	579	33	73	20	509
7	Chicken Parmesan	786	55	98	20	884
8	Philly Cheese Steak	1211	57	141	49	767
11	Chicken Sandwich	645	47	77	18	601
12	Veggie Lasagna	690	34	60	23	1226
13	Beef Patty	899	39	150	20	650
14	Turkey Sandwich	660	46	86	17	811
15	Cranberry Orange Chicken	984	36	161	24	725
18	Veggie Swedish Meatballs	771	37	142	11	975
19	Burrito	848	38	128	23	684
20	Egg Salad Sandwich	683	36	76	28	841
21	Chicken Cordon Bleu	1272	38	139	65	1449
22	Pork Loin	843	39	143	15	443
25	Cheeseburger	709	44	67	31	648
26	Chicken a la King	668	34	79	26	573
27	Chef Salad	581	41	72	15	841
28	Chicken Alfredo	978	57	142	20	642
29	Tuna Salad	661	37	80	23	973

***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