





Monday	Tuesday	Wednesday	Thursday	Friday
			<p>2 BBQ chicken garden rice wax beans fresh orange whole-wheat bread</p>	<p>3 beef stroganoff spinach tropical fruit whole-wheat bread lemon pudding</p>
<p>6 Spanish beef roast Spanish rice spinach pears whole-wheat bread</p>	<p>7 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla</p>	<p>8 (**) cheeseburger potato salad baked beans mixed fruit OR watermelon</p>	<p>9 chile relleno casserole pinto beans broccoli orange flour tortilla</p>	<p>10 Darryl's breaded baked cod brown rice; green beans apple vanilla pudding</p>
<p>13 beef patty w/gravy boiled red potatoes apple carrot casserole pineapple whole-wheat bread</p>	<p>14 tuna salad sandwich pickled beet salad fresh pear Jell-O w/mandarin oranges</p>	<p>15 (**) pork w/verde sauce pinto beans corn, zucchini & tomato peaches flour tortilla</p>	<p>16 sloppy joe on whole-wheat bun JoJo's broccoli salad vegetable soup watermelon or apple</p>	<p>17 BBQ chicken brown rice Brussels sprouts green salad orange juice</p>
<p>20 <i>Center Closed</i> Martin Luther King Day</p> 	<p>21 chicken fajitas pinto beans cauliflower fresh apple flour tortillas</p>	<p>22 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit w/Jell-O</p>	<p>23 (**) BBQ pork riblet brown rice cold black bean salad broccoli fresh pear</p>	<p>24 pepper steak mashed potatoes green beans fresh orange whole-wheat bread</p>
<p>27 (**) chili dog on wheat bun coleslaw broccoli cauliflower salad tropical fruit</p>	<p>28 cod w/lemon butter garden brown rice Brussels sprouts green salad fresh apple</p>	<p>29 chicken salad sandwich on whole-wheat bread blanched carrot sticks mandarin oranges sugar cookie</p>	<p>30 beef tacos pinto beans Mexican corn pineapple tidbits</p>	<p>31 Asian chicken salad on lettuce bed green beans Jell-O w/fruit cocktail Hawaiian roll</p>

SENIOR NUTRITION OFFICE
(951) 342 - 3057

Banning	(951) 849-1920
Beaumont	(951) 769-8524
Cabazon	(951) 922-1097
Calimesa	(909) 795-2287
Eddie Dee Smith	(951) 275-9975
Highgrove	(951) 241-7221
Menifee (Sun City)	(951) 679-0119
Moreno Valley	(951) 247-1667
Perris	(951) 657-7334
San Jacinto	(951) 654-2054

Your voluntary contribution helps us to continue providing you with a nutritious meal.
Suggested contribution is \$3.00

THANK YOU

Please see your FSA site contact with any questions or comments on your meal and service experience today

Lunch is served from 11:30am – 12:30pm M - F

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**




Aging in Motion
RIVERSIDE COUNTY OFFICE ON AGING
Aging & Ability Resource Center

FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY

RIVERSIDE COUNTY OFFICE ON AGING THROUGH A GRANT AWARDED FROM THE CALIFORNIA DEPARTMENT OF AGING AND HUD

(800) 510-2020

Family Services Association Menu Analysis*

January 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	BBQ Chicken	553	44	71	11	458
3	Beef Stroganoff	786	46	111	19	747
6	Spanish Beef Roast	574	46	61	19	805
7	Chicken Taco Salad	646	49	81	13	632
8	Cheeseburger	924	47	106	35	1510
9	Chili Relleno Casserole	622	37	71	21	961
10	Breaded Fish	677	33	95	20	630
13	Beef Patty	697	33	75	32	483
14	Tuna Salad Sandwich	565	35	92	8	849
15	Pork w/Verde sauce	696	45	76	24	1122
16	Sloppy Joe	617	37	79	20	576
17	BBQ Chicken	571	42	64	16	501
21	Chicken Fajita	672	47	97	11	953
22	Egg Salad Sandwich	858	40	86	42	764
23	BBQ Riblet	913	43	128	30	1126
24	Pepper Steak	612	33	80	5	753
27	Chili Dog	755	32	76	37	1264
28	Fish	700	38	104	17	378
29	Chicken Salad	614	35	83	17	728
30	Beef Tacos	599	47	70	16	845
31	Asian Chicken Salad	620	44	63	23	488

****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 & Urban Development) grants that enable us to provide this service in Riverside County:

**CITY OF MORENO VALLEY * CITY OF SAN JACINTO * RIVERSIDE COUNTY EDA
CITY OF PERRIS * CITY OF JURUPA VALLEY * SOCAL GAS * MEALS ON WHEELS AMERICA**