




JULY 2025

SAN BERNARDINO COUNTY



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
|  | 1 chicken salad on lettuce bed saltine crackers winter blend veg salad apricots | 2 macaroni & beef mixed vegetables pineapple whole-wheat bread | 3 hotdog w/bell peppers & onions on whole-wheat bun potato salad watermelon | 4  |
| 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 whole-wheat bread | 11 Darryl's breaded baked 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 pear (fresh or diced) 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 fresh seasonal fruit | 18 BBQ chicken brown rice green salad Brussels sprouts orange juice |
| 21 chicken noodle casserole mixed vegetables pineapple tidbits, OJ whole-wheat bread | 22 egg salad sandwich on whole-wheat bread celery & peanut butter tropical fruit w/Jell-O | 23 chicken fajitas pinto beans cauliflower fresh apple flour tortillas | 24 (**) BBQ pork riblet brown rice cold black bean salad broccoli pear (fresh or diced) | 25 pepper steak w/gravy mashed potatoes green beans fresh orange whole-wheat bread |
| 28 (**) chili dog on whole-wheat bun broccoli cauliflower salad; coleslaw tropical fruit | 29 cod w/lemon butter garden brown rice Brussels sprouts green salad fresh apple | 30 chicken salad sandwich on whole-wheat bread carrot sticks & ranch mandarin oranges sugar cookie | 31 beef tacos pinto beans Mexican corn pineapple tidbits |  |

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

SENIOR NUTRITION OFFICE (951) 342 – 3057

Bloomington (909) 770-8173
Fontana George White (909) 770-8173
Rialto (909) 877-1360
Rancho Cucamonga (909) 477-2780
Chino (909) 287-7946
Ontario (909) 395-2021
Colton – Hutton (909) 503-1908
Loma Linda (909) 799-2821
Upland (909) 981-4501

Your voluntary donation 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

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

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



FUNDING FOR THIS SERVICE HAS BEEN
PROVIDED BY

SAN BERNARDINO COUNTY DEPARTMENT
OF AGING AND ADULT SERVICES -
PUBLIC GUARDIAN THROUGH A GRANT
AWARDED FROM THE CALIFORNIA
DEPARTMENT OF AGING AND HUD
(800) 510-2020

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 | Hotdog | | | | | |
| 4 | Closed | | | | | |
| 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 * SOCAL GAS
CITY OF RANCHO CUCAMONGA * CITY OF TWENTYNINE PALMS * CITY OF GRAND TERRACE * CITY OF ONTARIO
***CITY OF YUCAIPA * MEALS ON WHEELS AMERICA**