

# JUNE 2025

# SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 (**) </b> BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	<b>3</b> cheese ravioli green salad broccoli mandarin oranges	<b>4</b> lemon pepper chicken rosemary red potatoes mixed vegetables pineapple tidbits whole-wheat bread	<b>5</b> beef tacos pinto beans Mexican corn apple	<b>6</b> baked cod roasted red potatoes Brussels sprouts diced peaches tapioca pudding
<b>9</b> beef patty w/gravy brown rice broccoli fruit cocktail whole-wheat bread	<b>10</b> chili con carne carrot coins mandarin oranges cornbread	<b>11</b> sliced turkey breast spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	<b>12</b> Philly steak sandwich potato wedges coleslaw fresh apple ice cream	<b>13</b> chicken cacciatore capri vegetables tropical fruit whole-wheat roll vanilla ice cream
<b>16</b> tuna salad vegetable soup fresh blanched carrots diced pears cranberry juice	<b>17</b> sweet & sour chicken brown rice peas pineapple tidbits	<b>18</b> cheese tortellini w/meat sauce Brussels sprouts fresh pear whole-wheat bread	<b>19</b> chef salad saltine crackers celery & peanut butter mandarin oranges brownie	<b>20 (**) </b> battered fish tacos black bean salad fajita corn peaches
<b>23</b> pepper steak brown rice butternut squash apricots	<b>24 (**) </b> spaghetti w/veggie meatballs zucchini & onion Golden Delicious apple garlic toast	<b>25</b> chicken tacos pinto beans Mexican corn pineapple	<b>26</b> cheeseburger on whole-wheat bun macaroni salad capri vegetables mixed fruit or grapes	<b>27</b> grilled chicken breast sandwich on whole-wheat bun carrots w/ranch dip mandarin oranges
<b>30</b> breakfast burrito w/egg, black beans, cheese & hash browns peaches, yogurt cranberry juice	<i>July 1<sup>st</sup></i> chicken salad winter blend veg salad apricots whole-wheat saltines	A colorful graphic with the text 'Hello Summer' in a playful font, surrounded by illustrations of a beach umbrella, a life preserver, a beach ball, and a crab.	A graphic with the text 'happy FATHER'S day' in a mix of cursive and bold fonts, with a heart symbol.	A graphic with the text 'THANKS for your DONATIONS' in a mix of fonts, with a heart symbol and a hand holding a heart.

**FAMILY SERVICE ASSOCIATION**  
21250 Box Springs Road, Suite 212  
Moreno Valley, CA 92557  
[www.fsaca.org](http://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\*

June 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	BBQ Pork Riblets	811	36	100	33	1469
3	Cheese Ravioli	622	28	102	14	981
4	Lemon Pepper Chicken	713	39	89	26	487
5	Beef Tacos	626	47	77	16	846
6	Fish	689	39	97	19	625
9	Beef Patty	580	34	67	22	449
10	Chili con Carne	734	37	79	31	908
11	Turkey	654	45	88	12	782
12	Philly Steak Sandwich					
13	Chicken Cacciatore	809	44	95	30	658
16	Tuna Salad	661	37	80	23	973
17	Sweet and Sour Chicken	759	44	118	13	752
18	Tortellini w/ Meat sauce	699	43	81	21	887
19	Chef Salad	846	46	81	37	949
20	Fish Tacos	1055	49	134	41	1255
23	Pepper Steak	652	29	72	14	591
24	Spaghetti	649	37	96	10	1006
25	Chicken Tacos	614	48	72	16	863
26	Cheeseburger	764	40	87	30	616
27	Chicken Sandwich	648	40	65	26	760
30	Breakfast Burrito	628	23	108	12	503

**\*\*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**