

# SEPTEMBER 2025 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <i>Center Closed</i> 	<b>2</b> turkey & cheese sandwich broccoli & cauliflower salad mandarin oranges	<b>3</b> lemon pepper chicken rosemary red potatoes mixed vegetables pineapple tidbits whole-wheat bread	<b>4</b> beef tacos pinto beans Mexican corn apple	<b>5 (**)</b> BBQ pork riblet au gratin potatoes carrot salad tropical fruit tapioca pudding
<b>8</b> shepherd's pie broccoli fruit cocktail whole-wheat bread	<b>9</b> chili con carne carrot coins mandarin oranges cornbread	<b>10</b> sliced turkey w/gravy spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	<b>11</b> chicken cacciatore capri vegetables tropical fruit whole-wheat roll vanilla ice cream	<b>12</b> breaded fish sandwich on whole-wheat bun coleslaw green beans fresh orange
<b>15</b> sweet & sour chicken brown rice peas pineapple tidbits	<b>16</b> mandarin pork chops garden rice spinach fresh apple	<b>17</b> tortellini w/marinara meat sauce Brussels sprouts fresh pear whole-wheat bread	<b>18</b> chef salad saltine crackers celery & peanut butter mandarin oranges brownie	<b>19 (**)</b> battered fish tacos black bean salad fajita corn peaches
<b>22</b> baked cod, garden rice roasted red potatoes Brussels sprouts diced peaches whole-wheat bread	<b>23 (**)</b> spaghetti w/veggie meatballs zucchini & onion Golden Delicious apple garlic toast	<b>24</b> diced chicken tacos pinto beans Mexican corn pineapple	<b>25</b> cheeseburger on whole-wheat bun macaroni salad capri vegetables seasonal mixed fruit	<b>26</b> grilled chicken breast sandwich on whole-wheat bun carrots w/ranch dip mandarin oranges
<b>29</b> breakfast burrito w/egg, hash browns, black beans & cheese peaches, yogurt cranberry juice	<b>30</b> chicken salad on lettuce bed saltine crackers winter blend veggies apricots	<i>October 1<sup>st</sup></i> macaroni & beef mixed vegetables pineapple whole-wheat bread	<i>October 2<sup>nd</sup></i> BBQ chicken garden rice wax beans fresh orange whole-wheat bread	

## 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**

**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**



**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\*

September 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Turkey Sandwich	672	44	67	27	917
3	Lemon Pepper Chicken	713	39	89	26	487
4	Beef Tacos	626	47	77	16	846
5	BBQ Pork Ribslets	949	38	125	37	1641
8	Shepherd's Pie	903	45	153	18	884
9	Chili con Carne	734	37	79	31	908
10	Turkey	654	45	88	12	782
11	Chicken Cacciatore	809	44	95	30	658
12	Fish Sandwich	646	30	94	18	856
15	Sweet and Sour Chicken	759	44	118	13	752
16	Mandarin Pork Chops	839	68	65	35	385
17	Tortellini w/ Meat sauce	699	43	81	21	887
18	Chef Salad	846	46	81	37	949
19	Fish Tacos	1055	49	134	41	1255
22	Baked Cod	689	40	95	19	634
23	Spaghetti	649	37	96	10	1006
24	Chicken Tacos	614	48	72	16	863
25	Cheeseburger	763	40	87	30	616
26	Chicken Sandwich	648	40	65	26	760
29	Breakfast Burrito	628	23	108	12	503
30	Chicken Salad	826	61	59	40	689

**\*\*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**