

OCTOBER 2025 RANCHO CUCAMONGA



Monday	Tuesday	Wednesday	Thursday	Friday
		1 macaroni & beef mixed vegetables pineapple whole-wheat bread	2 BBQ chicken garden rice wax beans fresh orange whole-wheat bread	3 beef stroganoff spinach tropica fruit whole-wheat bread lemon pudding
6 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	7 Spanish beef roast Spanish rice Brussels sprouts pears whole-wheat bread	8 (**) cheeseburger on whole-wheat bun potato salad baked beans mixed or seasonal fruit	9 chile relleno casserole pinto beans broccoli orange flour tortilla	10 Darryl's breaded fish brown rice green beans apple vanilla pudding
13 <i>Center Closed For Maintenance</i>	14 <i>Center Closed For Maintenance</i>	15 <i>Center Closed For Maintenance</i>	16 <i>Center Closed For Maintenance</i>	17 <i>Center Closed For Maintenance</i>
20 chicken noodle casserole mixed vegetables pineapple tidbits, O.J. whole-wheat bread	21 egg salad sandwich on whole-wheat bread celery & peanut butter tropical fruit w/Jell-O	22 chicken fajitas pinto beans cauliflower fresh apple flour tortillas	23 (**) BBQ pork riblet brown rice cold black bean salad broccoli fresh or diced pears	24 pepper steak w/gravy mashed potatoes green beans fresh orange whole-wheat bread
27 (**) chili dog broccoli cauliflower salad coleslaw tropical fruit	28 stuffed bell pepper mixed vegetables pineapple whole-wheat bread	29 cod w/lemon butter garden brown rice green salad Brussels sprouts apple, sugar cookie	30 beef tacos pinto beans Mexican corn peaches	31 Asian chicken salad on lettuce bed green beans Jell-O w/fruit cocktail Hawaiian roll

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*

October 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Macaroni and Beef	838	44	102	30	807
2	BBQ Chicken	553	44	71	11	458
3	Beef Stroganoff	786	46	111	19	747
6	Chicken Taco Salad	646	49	81	13	632
7	Spanish Beef	572	45	62	18	741
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	697	43	79	23	367
20	Chicken Noodle Casserole	697	47	96	15	522
21	Egg Salad Sandwich	818	40	76	42	741
22	Chicken Fajita	672	47	97	11	953
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	Stuffed Pepper	564	34	71	12	748
29	Fish	830	39	120	24	488
30	Beef Tacos	1226	76	126	50	981
31	Asian Chicken Salad	619	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 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**