

NOVEMBER 2025 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
3 (**) scrambled eggs sausage patties hash browns yogurt biscuit, orange juice	4 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	5 mac & beef casserole on whole-wheat bun green salad broccoli peaches	6 chicken parmesan carrot coins mandarin oranges w/pineapple whole-wheat bread	7 Philly cheese steak potato wedges winter blend veggies fresh apple vanilla ice cream cup
10 grilled chicken breast sandwich on whole-wheat bun cucumber tomato salad fresh pear	11 <i>Center Closed</i> 	12 beef patty mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	13 turkey breast sandwich on whole-wheat bread southwest black bean salad tropical fruit	14 cranberry orange chicken, brown rice mixed vegetables pineapple tidbits white cake w/cherries
17 Swedish meatballs mashed potatoes broccoli peaches	18 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	19 egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	20 (**) turkey, sweet potatoes mashed potatoes stuffing, green beans mandarin oranges pumpkin pie. O.J.	21 pork loin mashed potatoes green beans fruit cocktail dinner roll
24 cheeseburger w/lettuce & tomato on whole-grain bun JoJo's broccoli salad tropical fruit	25 chicken a la king biscuit in entree green beans pineapple chocolate chip cookie	26 chef salad beets fruit cocktail w/Jell-O whole-wheat bread	27 <i>Center Closed</i> 	28 <i>Center Closed</i>
12/1 pepper steak brown rice butternut squash apricots	12/2 turkey & cheese sandwich broccoli & cauliflower salad mandarin oranges	12/3 lemon pepper chicken rosemary red potatoes mixed vegetables pineapple tidbits whole-wheat bread	12/4 battered fish tacos (2) black bean salad corn w/fajita mix apple	12/5 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit tapioca pudding

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

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*

November 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Breakfast	832	36	86	22	1184
4	Enchilada Casserole	713	50	89	18	789
5	Mac and Beef	819	44	102	28	792
6	Chicken Parmesan	786	55	98	20	884
7	Philly Cheese Steak	1211	57	141	49	767
10	Chicken Sandwich	645	47	77	18	601
11	HOLIDAY					
12	Beef Patty	899	39	150	20	650
13	Turkey Sandwich	660	46	86	17	811
14	Cranberry Orange Chicken	984	36	161	24	725
17	Swedish Meatballs	954	40	137	32	780
18	Burrito	848	38	128	23	684
19	Egg Salad Sandwich	683	36	76	28	841
20	Turkey w Gravy	1759	58	251	58	1561
21	Pork Loin	843	39	143	15	443
24	Cheeseburger	709	44	67	31	648
25	Chicken a la King	668	34	79	26	573
26	Chef Salad	581	41	72	15	841
27	HOLIDAY					
28	CLOSED					

****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**