

# APRIL 2025 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> chicken salad whole-wheat saltines winter vegetables apricots	<b>2</b> macaroni & beef mixed vegetables pineapple whole-wheat bread	<b>3</b> BBQ chicken garden rice wax beans fresh orange whole-wheat bread	<b>4</b> beef stroganoff spinach tropical fruit whole-wheat bread lemon pudding
<b>7</b> chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	<b>8</b> Spanish beef roast Spanish rice brussels sprouts pears whole-wheat bread	<b>9 (**)</b> cheeseburger potato salad baked beans mixed fruit or watermelon	<b>10</b> chile relleno casserole pinto beans broccoli orange flour tortilla	<b>11</b> Darryl's breaded cod brown rice green beans apple vanilla pudding
<b>14</b> beef patty w/gravy boiled red potatoes apple carrot casserole pineapple whole-wheat bread	<b>15</b> tuna salad sandwich pickled beet salad fresh pear Jell-O w/mandarin oranges	<b>16</b> sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad watermelon or apple	<b>17</b> ham mashed potatoes, gravy carrot coins, dinner roll fresh apple vanilla pudding	<b>18</b> BBQ chicken brown rice green salad Brussels sprouts. orange juice
<b>21</b> chicken noodle casserole mixed vegetables pineapple tidbits, OJ whole-wheat bread	<b>22</b> chicken fajitas pinto beans cauliflower fresh apple flour tortillas	<b>23</b> egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit w/Jell-O	<b>24 (**)</b> BBQ pork riblet brown rice cold black bean salad broccoli fresh pear	<b>25</b> pepper steak mashed potatoes green beans fresh orange whole-wheat bread
<b>28 (**)</b> chili dog picnic coleslaw broccoli cauliflower salad tropical fruit	<b>29</b> cod w/lemon butter garden brown rice green salad w/tomato Brussels sprouts fresh apple	<b>30</b> chicken salad sandwich on whole-wheat bread blanched carrot sticks mandarin oranges sugar cookie	<i>May 1<sup>st</sup></i> beef tacos pinto beans Mexican corn pineapple tidbits	<i>May 2<sup>nd</sup></i> cold Asian chicken salad green beans Jell-O w/fruit cocktail Hawaiian roll

**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\*

April 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	BBQ Chicken	553	44	71	11	458
4	Beef Stroganoff	786	46	111	19	747
7	Chicken Taco Salad	572	45	62	18	741
8	Spanish Beef	646	49	81	13	632
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	Chicken Fajita	672	47	97	11	953
23	Egg Salad Sandwich	858	40	86	42	764
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	614	35	83	17	728

**\*\*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**