

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 <i>Thanksgiving Luncheon</i> | 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
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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**