




# FEBRUARY 2026 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> scrambled eggs sausage patties hash browns yogurt biscuit, orange juice	<b>3</b> chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	<b>4</b> mac & beef casserole on whole-wheat bun green salad broccoli peaches	<b>5</b> chicken parmesan carrot coins mandarin oranges w/pineapple whole-wheat bread	<b>6</b> Philly cheesesteak potato wedges winter blend veggies fresh apple vanilla ice cream
<b>9</b> grilled chicken breast sandwich on whole-wheat bun cucumber tomato salad fresh pear	<b>10</b> veggie lasagna green salad peas orange garlic toast	<b>11</b> beef patty mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	<b>12</b> turkey sandwich on whole-wheat bread southwest black bean salad tropical fruit	<b>13</b> cranberry orange chicken, brown rice mixed veggies pineapple tidbits white cake w/cherries
<b>16 Center Closed</b> 	<b>17</b> beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	<b>18</b> egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	<b>19</b> Swedish meatballs mashed potatoes broccoli peaches	<b>20</b> pork loin mashed potatoes green beans roll, fruit cocktail cherry pie
<b>23</b> cheeseburger w/lettuce & tomato on whole-wheat bun JoJo's broccoli salad tropical fruit	<b>24</b> chicken a la king biscuit in entree green beans pineapple chocolate chip cookie	<b>25</b> chef salad beets fruit cocktail w/Jell-O whole-wheat bread	<b>26</b> chicken fettuccini alfredo carrot coins fresh orange garlic toast	<b>27</b> tuna salad vegetable soup carrots w/ranch dip diced pears cranberry juice
<b>3/2</b> pepper steak brown rice butternut squash apricots	<b>3/3</b> turkey & cheese sandwich broccoli & cauliflower salad mandarin oranges	<b>3/4</b> lemon pepper chicken breast, rosemary red potatoes mixed vegetables pineapple tidbits		

## 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\*

February 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
<b>2</b>	Breakfast	829	36	85	22	1184
<b>3</b>	Enchilada Casserole	713	50	89	18	789
<b>4</b>	Mac and Beef	819	44	102	28	792
<b>5</b>	Chicken Parmesan	786	55	98	20	884
<b>6</b>	Philly Cheese Steak	1211	57	141	49	767
<b>9</b>	Chicken Sandwich	645	47	77	18	601
<b>10</b>	Veggie Lasagna	690	34	60	23	1226
<b>11</b>	Beef Patty	899	39	150	20	650
<b>12</b>	Turkey Sandwich	660	46	86	17	811
<b>13</b>	Cranberry Orange Chicken	984	36	161	24	725
<b>17</b>	Burrito	848	38	128	23	684
<b>18</b>	Egg Salad Sandwich	683	36	76	28	841
<b>19</b>	Swedish Meatballs	790	39	89	33	618
<b>20</b>	Pork Loin	1312	42	198	41	693
<b>23</b>	Cheeseburger	709	44	67	31	648
<b>24</b>	Chicken a la King	668	34	79	26	573
<b>25</b>	Chef Salad	581	41	72	15	841
<b>26</b>	Chicken Alfredo	978	57	142	20	642
<b>27</b>	Tuna Salad	661	37	80	23	973

**\*\*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**