

# MAY 2026 SAN BERNARDINO COUNTY RANCHO



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Asian chicken salad (cold, on lettuce bed) green beans Jell-O w/fruit cocktail Hawaiian roll
<b>4</b>  <i>Center Closed</i>	<b>5</b>  <i>Center Closed</i>	<b>6</b>  <i>Center Closed</i>	<b>7</b>  <i>Center Closed</i>	<b>8</b>  <i>Center Closed</i>
<b>11</b>  <i>Center Closed</i>	<b>12</b>  <i>Center Closed</i>	<b>13</b>  <i>Center Closed</i>	<b>14</b>  <i>Center Closed</i>	<b>15</b>  <i>Center Closed</i>
<b>18</b> turkey w/gravy mashed potatoes green beans mandarin oranges dinner roll	<b>19</b> beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	<b>20</b> egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	<b>21</b> Swedish meatballs w/pasta & gravy broccoli peaches	<b>22</b> pork loin baked potato green beans fruit cocktail cherry pie
<b>25</b> <i>Center Closed</i> 	<b>26</b> cheeseburger on whole-wheat bun JoJo's broccoli salad tropical fruit chocolate chip cookie	<b>27</b> chef salad beets fruit cocktail w/Jell-O whole-wheat bread	<b>28</b> chicken alfredo fettuccini California veggies fresh orange garlic toast	<b>29</b> tuna salad vegetable soup carrots w/ranch dip pears, cranberry juice whole-wheat bread

**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 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**

# Family Service Association Menu Analysis\*

May 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Asian Chicken Salad	619	44	63	23	488
4	Breakfast	829	36	85	22	1184
5	Enchilada Casserole	713	50	89	18	789
6	Mac and Beef	828	43	104	28	803
7	Chicken Parmesan	1021	59	125	32	974
8	Philly Cheese Steak	1238	57	164	43	793
11	Chicken Sandwich	645	47	77	18	601
12	Veggie Lasagna	690	34	60	23	1226
13	Beef Patty	899	39	150	20	650
14	Turkey Sandwich	660	46	86	17	811
15	Cranberry Orange Chicken	984	36	161	24	725
18	Turkey	737	44	122	9	751
19	Burrito	848	38	128	23	684
20	Egg Salad Sandwich	683	36	76	28	841
21	Swedish Meatballs	790	39	89	33	618
22	Pork Loin	1063	39	147	37	574
25	NO LUNCH					
26	Cheeseburger	845	45	84	38	734
27	Chef Salad	581	41	72	15	841
28	Chicken Alfredo	970	60	138	20	615
29	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**