

MARCH 2025 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
3 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	4 cheese ravioli green salad broccoli mandarin oranges w/ Jell-O	5 lemon pepper chicken rosemary red potatoes mixed vegetables pineapple tidbits whole-wheat bread	6 beef tacos pinto beans Mexican corn apple	7 cod w/lemon butter roasted red potatoes winter vegetables diced peaches tapioca pudding
10 beef patty w/gravy brown rice broccoli fruit cocktail whole-wheat bread	11 chili con carne carrot coins mandarin oranges cornbread	12 turkey breast w/gravy spinach mashed red potatoes peas Jell-O w/diced pears	13 chicken cacciatore capri vegetables tropical fruit whole-wheat roll vanilla ice cream	14 breaded fish sandwich on whole-wheat bun coleslaw green beans fresh orange
17 tuna salad vegetable soup fresh blanched carrots diced pears cranberry juice	18 sweet & sour chicken brown rice peas pineapple tidbits	19 cheese tortellini w/marinara Brussels sprouts fresh pear whole-wheat bread	20 chef salad saltine crackers celery & peanut butter mandarin oranges brownie	21 (**) battered fish tacos black bean salad fajita corn mix peaches
24 pepper steak brown rice butternut squash apricots	25 (**) spaghetti w/veggie meatballs zucchini & onion Golden Delicious apple garlic toast	26 chicken tacos pinto beans Mexican corn pineapple	27 cheeseburger on whole-wheat bun macaroni salad capri vegetables mixed fruit OR grapes	28 grilled chicken breast sandwich on whole-wheat bun blanched carrots mandarin oranges
31 breakfast burrito (w/egg, black beans, hash browns & cheese) peaches, yogurt cranberry juice		March 9 th 		

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*

March 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	BBQ Pork Riblets	811	36	100	33	1469
4	Cheese Ravioli	622	28	102	14	981
5	Lemon Pepper Chicken	713	39	89	26	487
6	Beef Tacos	626	47	77	16	846
7	Fish	689	39	97	19	625
10	Beef Patty	717	37	92	25	621
11	Chili con Carne	734	37	79	31	908
12	Turkey	654	45	88	12	782
13	Chicken Cacciatore	809	44	95	30	658
14	Fish Sandwich	646	30	94	18	856
17	Tuna Salad	661	37	80	23	973
18	Sweet and Sour Chicken	759	44	118	13	752
19	Tortellini w/ Meat sauce	699	43	81	21	887
20	Chef Salad	846	46	81	37	949
21	Fish Tacos	1055	49	134	41	1255
24	Pepper Steak	634	29	66	14	605
25	Spaghetti	649	37	96	10	1006
26	Chicken Tacos	614	48	72	16	863
27	Cheeseburger	764	40	87	30	616
30	Chicken Sandwich	648	40	65	26	760
31	Breakfast Burrito	628	23	108	12	503

****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**