



2022 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Turkey Sausage Patty Egg Patty Cut Yams Multi-Grain Bread Applesauce Milk	2 Hard Boiled Eggs Oatmeal CA Veggie Blend Fresh Banana Sun Butter Milk	3 Pinto Beans Shredded Cheese Garden Veggie Blend Whole Wheat Tortilla Fresh Orange Taco Sauce Milk	4 Egg Patty Sliced Turkey Breast O'Brien Potatoes Whole Wheat English Muffin Fresh Banana Jelly Milk	5 Hard Boiled Eggs Green Pea Salad WG Blueberry Muffin Mandarin Oranges Margarine Milk
6 Egg Patty Sliced Turkey Breast Cut Yams Multi-Grain Bread Fresh Orange Margarine, Jelly Milk	7 Turkey Sausage Patty O'Brien Potatoes Whole Wheat English Muffin Fresh Apple Sun Butter Milk	8 Hard Boiled Eggs CA Veggie Blend Whole Wheat Bread Diced Peaches Margarine, Jelly Milk	9 Egg Patty Black Beans Mixed Vegetables Whole Wheat English Muffin Tropical Fruit Milk	10 Refried Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Mandarin Oranges Taco Sauce Milk	11 Turkey Ham Cut Yams Whole Grain Banana Muffin Pineapple Tidbits Milk	12 Hard Boiled Eggs Green Bean Salad Bran Muffin Applesauce Milk
13 Egg Patty Turkey Sausage Patty Green Peas Whole Wheat English Muffin Fresh Orange Margarine Milk	14 Pinto Beans Cheddar Cheese Southwest Corn Whole Wheat Tortilla Mixed Fruit Taco Sauce Milk	15 Beef Hash Garden Veggie Blend Whole Wheat Bread Fresh Banana Margarine, Jelly Milk	16 Scrambled Eggs Hashbrowns Raisin Bran Mandarin Oranges Milk	17 Hard Boiled Eggs Carrot Raisin Salad Multi-Grain Bread Cinnamon Applesauce Margarine, Jelly Milk	18 Turkey Ham Pinto Beans Whole Wheat English Muffin Mixed Fruit Jelly Milk	19 Father's Day! Sliced Turkey Breast Egg Patty Peas with Onions and Peppers WG Blueberry Muffin Fresh Apple Milk
20 Turkey Sausage Patty Scrambled Eggs Hashbrowns Oatmeal Tropical Fruit Milk	21 Cheese Omelet Shredded Cheese Brussels Sprouts WG Blueberry Muffin Fresh Orange Milk	22 Hard Boiled Eggs Copper Pennies Multi-Grain Bread Applesauce Margarine, Jelly Milk	23 Egg Patty Sliced Turkey Breast Cut Yams Whole Wheat English Muffin Mixed Fruit Margarine Milk	24 Turkey Ham Turkey Sausage Patty Broccoli WG Blueberry Muffin Fresh Banana Margarine Milk	25 Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Mandarin Oranges Taco Sauce Milk	26 Beef Hash Lima Beans Whole Wheat Bread Fresh Apple Margarine, Jelly Milk
27 Refried Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Tropical Fruit Taco Sauce Milk	28 Sliced Turkey Breast Glazed Baby Carrots Whole Wheat English Muffin Mixed Fruit Sun Butter Milk	29 Scrambled Eggs Club Spinach Oatmeal Fresh Orange Margarine Milk	30 Hard Boiled Eggs CA Veggie Blend Multi-Grain Bread Fresh Pear Margarine, Jelly Milk			

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Contribution is \$1.00 per meal - No eligible person shall be denied a meal because of failure or inability to contribute.

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS: Peanuts • Tree nuts • Seafood • Shellfish • Soy • Eggs • Milk • Wheat