



# 2023 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Egg Patty Turkey Ham Cut Yams WW English Muffin Fresh Orange Milk Margarine	2 Hard Boiled Eggs Corn Salad WG Banana Muffin Applesauce Milk Margarine Jelly 	3 Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce	4 Beef Hash Sweet Potato Cubes WG Corn Muffin Mandarin Oranges Milk Margarine 	5 Turkey Sausage Patties Broccoli Whole Grain Pancakes Fresh Pear Milk Syrup 
6 Hard Boiled Eggs CA Veggie Salad Multi-Grain Bread Fresh Pear Milk Margarine Jelly	7 Cheese Omelet Glazed Carrots WG Chocolate Chip Muffin Mixed Fruit Milk 	8 Scrambled Eggs Club Spinach Oatmeal Tropical Fruit Milk Margarine 	9 Turkey Ham Oven Roasted Diced Potatoes WW English Muffin Cranapplesauce Milk Margarine/Jelly	10 Refried Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce 	11 Egg Patty Turkey Sausage Patty O'Brien Potatoes WW English Muffin Diced Peaches Milk Margarine	12 Black Beans Shredded Cheese Mixed Vegetables Whole Wheat Tortilla Mandarin Oranges Milk 
13 Hard Boiled Eggs Copper Pennies Raisin Bran Cereal Pineapple Tidbits Milk 	14 Beef and Turkey Hash Broccoli Whole Wheat Roll Fresh Orange Milk Margarine Jelly	15 Egg Patties O'Brien Potatoes WW English Muffin Fresh Banana Milk Jelly 	16 Cheese Omelet Fiesta Veggie Blend Whole Wheat Bread Fresh Pear Milk Margarine Jelly 	17 St. Patrick's Day! Hard Boiled Eggs Green Bean and Tomato Salad WG Blueberry Muffin Applesauce Milk 	18 String Cheese Black-eyed Peas Cut Yams Multi-Grain Bread Pineapple Tidbits Milk Jelly	19 Scrambled Eggs Crispy Cubed Potatoes Whole Wheat Tortilla Tropical Fruit Milk 
20 Scrambled Eggs Black Beans Multi-Grain Bread Fresh Orange Milk Margarine Jelly 	21 Turkey Ham Swiss Cheese CA Veggie Blend WW English Muffin Fresh Banana Milk Margarine	22 Turkey Sausage Patty Egg Patty Cut Yams Whole Grain Waffles Applesauce Milk Syrup 	23 Pinto Beans Shredded Cheese Creamy Corn Salad Whole Wheat Tortilla Fresh Orange Milk Taco Sauce	24 Hard Boiled Eggs Oatmeal Garden Veggie Blend Tropical Fruit Milk 	25 Cheese Omelet O'Brien Potatoes Multi-Grain Bread Peaches Milk Jelly 	26 Hard Boiled Eggs Beet Salad WG Apple Cinnamon Muffin Mixed Fruit Milk 
27 Egg Patty Sliced Turkey Breast Black-eyed Pea Salad Multi-Grain Bread Fresh Orange Milk Margarine/Jelly 	28 Turkey Ham Brussels Sprouts Whole Grain Pancakes Fresh Banana Milk Margarine Syrup	29 Hard Boiled Eggs Lemon Dijon Carrot Salad WG Strawberry Muffin Applesauce Milk 	30 Egg Patty Turkey Sausage Patty Black Beans WW English Muffin Tropical Fruit Milk Margarine/Jelly 	31 Refried Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Diced Pears Milk Taco Sauce 	 	



"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

