



## 2022 Breakfast Menu



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



"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

