







2023 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Black Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	2 Turkey Ham Sliced Cheddar Cheese Sweet Potato Chunks WW English Muffin Fresh Orange Milk	3 Hard Boiled Eggs Chick Pea Salad Whole Wheat Bread Mixed Fruit Milk Margarine Jelly
4 Turkey Sausage Patties Sweet Potato Wedges WW English Muffin Tropical Fruit Milk Jelly	5 Pinto Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Pineapple Tidbits Milk Taco Sauce	6 Tofu Scramble Crispy Cubed Potatoes Raisin Bran Cereal Fresh Banana Milk	7 Scrambled Eggs O'Brien Potatoes Oatmeal Fresh Pear Milk	8 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Mixed Fruit Milk Jelly	9 Turkey Sausage Patty Scrambled Eggs Fajita Veggie Blend WW English Muffin Fresh Apple Milk Margarine	10 Cheese Omelet Garlic Spinach Whole Grain Biscuit Fresh Orange Milk Margarine
11 Scrambled Eggs Sweet Potato Chunks Raisin Bran Cereal Strawberry Applesauce Milk	12 Hard Boiled Eggs WW English Muffin Fresh Pear Tomato Juice Milk Margarine Jelly	13 Pinto Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	14 Egg Patty Sliced Turkey Ham Sweet Potato Wedges WW English Muffin Fresh Orange Milk Margarine	15 Cheese Omelet Stewed Tomatoes Whole Wheat Bread Fresh Banana Milk Margarine Jelly	16 Turkey Sausage Patties Crispy Cubed Potatoes Whole Grain Pancakes Pineapple Tidbits Milk Syrup	17 Tofu Scramble Fajita Veggie Blend Whole Grain Biscuit Tropical Fruit Milk Margarine
18 Pinto Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Mixed Fruit Milk Taco Sauce	19 Cheese Omelet Creamed Spinach Multi-Grain Bread Fresh Orange Milk Jelly	20 Scrambled Eggs Crispy Cubed Potatoes Raisin Bran Cereal Fresh Banana Milk	21 Hard Boiled Eggs WW English Muffin Fresh Pear Tomato Juice Milk Margarine Jelly	22 Turkey Ham Sweet Potato Chunks Whole Grain Pancakes Applesauce Milk Syrup	23 Scrambled Eggs Black Beans Whole Wheat Tortilla Tropical Fruit Milk	24 Turkey Sausage Patties O'Brien Potatoes WW English Muffin Fresh Orange Milk Margarine Jelly
25 Christmas Turkey Sausage Links Whole Grain Pancakes Mixed Fruit Tomato Juice Milk Margarine Syrup	26 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Milk Margarine	27 Turkey Sausage Patties Sweet Potato Chunks WW English Muffin Tropical Fruit Milk Margarine Jelly	28 Cheese Omelet Spinach Multi-Grain Bread Mixed Fruit Milk Margarine Jelly	29 Hard Boiled Eggs WW English Muffin Fresh Banana Tomato Juice Milk Margarine Jelly	30 Pinto Beans Brown Rice Fiesta Veggie Blend Peaches Milk	31 New Year's Eve Tofu Scramble O'Brien Potatoes Whole Wheat Tortilla Fresh Apple 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 \$2.50 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 • Sesame

