



# 2023 Breakfast Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					<b>1</b> Pinto Beans Shredded Cheese Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce	<b>2</b> Tofu Scramble O'Brien Potatoes WW English Muffin Fresh Apple Milk Margarine Jelly	<b>3</b> Hard Boiled Eggs WG Banana Muffin Pineapple Tidbits Tomato Juice Milk Margarine
<b>4 Labor Day!</b> Cheese Omelet Garlic Spinach Whole Wheat Bread Fresh Orange Milk Margarine Jelly	<b>5</b> Turkey Sausage Patties O'Brien Potatoes WG Pancakes Peaches Milk Margarine Syrup	<b>6</b> Hard Boiled Eggs WW English Muffin Tropical Fruit Tomato Juice Milk Margarine Jelly	<b>7</b> Scrambled Eggs Fiesta Veggie Blend Multi-Grain Bread Fresh Banana Milk Margarine Jelly	<b>8</b> Black Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	<b>9</b> Turkey Ham Sliced Cheddar Cheese Sweet Potato Chunks WW English Muffin Fresh Orange Milk	<b>10</b> Hard Boiled Eggs Chick Pea Salad Whole Wheat Bread Mixed Fruit Milk Margarine Jelly	
<b>11</b> Egg Patty Turkey Sausage Patty Sweet Potato Wedges WW English Muffin Tropical Fruit Milk Margarine	<b>12</b> Pinto Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Pineapple Tidbits Milk Taco Sauce	<b>13</b> Beef & Turkey Hash WG Corn Muffin Fresh Banana Tomato Juice Milk Margarine	<b>14</b> Scrambled Eggs O'Brien Potatoes Oatmeal Fresh Pear Milk	<b>15</b> Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Mixed Fruit Milk Margarine	<b>16</b> Turkey Sausage Patty Scrambled Eggs Fajita Veggie Blend WW English Muffin Fresh Apple Milk Margarine	<b>17</b> Cheese Omelet Seasoned Spinach WG Banana Muffin Fresh Orange Milk	
<b>18</b> Scrambled Eggs O'Brien Potatoes WW English Muffin Strawberry Applesauce Milk Margarine	<b>19</b> Hard Boiled Eggs WG Corn Muffin Fresh Pear Tomato Juice Milk Margarine	<b>20</b> Pinto Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	<b>21</b> Egg Patty Sliced Turkey Ham Tater Tots WW English Muffin Fresh Orange Milk Ketchup	<b>22</b> Cheese Omelet Fajita Veggie Blend Whole Wheat Bread Fresh Banana Milk Margarine Jelly	<b>23</b> Turkey Sausage Patties Sweet Potato Chunks WG Pancakes Pineapple Tidbits Milk Syrup	<b>24</b> Beef & Turkey Hash Spinach Whole Wheat Bread Tropical Fruit Milk Margarine Jelly	
<b>25</b> Pinto Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	<b>26</b> Cheese Omelet Club Spinach Whole Wheat Bread Fresh Orange Milk Margarine Jelly	<b>27</b> Scrambled Eggs Crispy Cubed Potatoes Raisin Bran Cereal Fresh Banana Milk	<b>28</b> Hard Boiled Eggs WW English Muffin Fresh Pear Tomato Juice Milk Margarine Jelly	<b>29</b> Turkey Ham Sweet Potato Chunks WG Corn Muffin Pineapple Tidbits Milk	<b>30</b> Scrambled Eggs Shredded Cheese Black Beans WG Blueberry Muffin Tropical Fruit 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 • Sesam.

