



# FEBRUARY 2021 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>1</b> Scrambled Eggs w/ Cheese Crispy Cubed Potatoes Raisin Bran Cereal Tropical Fruit Milk 	<b>2 Groundhog Day</b> Egg Patty Turkey Ham Black Beans Blueberry Muffin Fresh Orange Milk 	<b>3</b> Peanut Butter String Cheese Whole Wheat Bread Fresh Banana Vegetable Juice Milk Jelly 	<b>4</b> Egg Patty Swiss Cheese Sliced Turkey Breast Yams W.W. English Muffin Mixed Fruit Milk 	<b>5</b> Strawberry Yogurt Hard Boiled Egg Peanut Butter Edamame Wheat Bread Cranberry Cocktail Juice Milk 	<b>6</b> Cottage Cheese Mandarin Oranges Pickled Beets Chocolate Chip Muffin Milk 	<b>7</b> Hard Boiled Eggs Peanut Butter Baby Carrots W.W. English Muffin Cranberry Cocktail Juice Milk 	
<b>8</b> Egg Patty Sliced Turkey Breast Broccoli Whole Grain Flatbread Raisins Milk 	<b>9</b> Cottage Cheese Mixed Fruit Baby Carrots Banana Muffin Milk 	<b>10</b> Breaded Chicken Spinach Whole Grain Biscuit Mixed Fruit Milk Jelly 	<b>11</b> Egg Patty Turkey Sausage Links Hashbrowns Whole Grain Pancakes Fresh Orange Milk Pancake Syrup 	<b>12 Chinese New Year</b> Scrambled Eggs Beef Hash Fiesta Vegetables Corn Tortillas Fresh Banana Milk 	<b>13</b> Peanut Butter String Cheese Chocolate Chip Muffin Baby Carrots Fresh Orange Milk 	<b>14 Valentine's Day</b> Scrambled Eggs Swiss Cheese Black Beans W.W. English Muffin Mixed Fruit Milk 	
<b>15 President's Day</b> Egg Patty Black Beans Broccoli Whole Wheat Bread Raisins Cranberry Cocktail Juice Milk, Jelly 	<b>16</b> Scrambled Eggs Hashbrowns Whole Grain Biscuit Fresh Orange Milk Jelly 	<b>17</b> Hard Boiled Eggs Peanut Butter Baby Carrots Whole Wheat Bread Chocolate Chip Muffin Orange Juice Milk 	<b>18</b> Cheese Omelet Yams Corn Tortilla Applesauce Milk Taco Sauce 	<b>19</b> Egg Patty Turkey Ham Hashbrowns Peanut Butter Banana Muffin Whole Wheat Bread Tropical Fruit, Milk 	<b>20</b> Egg Patty Swiss Cheese Turkey Sausage Patty W.W. English Muffin Stewed Tomatoes Fresh Orange Milk 	<b>21</b> Cottage Cheese Edamame Blueberry Muffin Mixed Fruit Milk 	
<b>22</b> Strawberry Yogurt Peanut Butter Black Bean Corn Salad Whole Wheat Bread Fresh Orange Milk Jelly 	<b>23</b> Egg Patty Sliced Turkey Breast Fiesta Vegetables Whole Grain Pancakes Fresh Banana Milk, Margarine Pancake Syrup 	<b>24</b> Hard Boiled Eggs Peanut Butter Baby Carrots Whole Wheat Bread Fresh Orange Milk Jelly 	<b>25</b> Egg Patty w/ Shredded Cheese Refried Beans O'Brien Potatoes Whole Wheat Tortilla Fresh Banana Milk 	<b>26</b> Scrambled Eggs Beef Hash Country Vegetables Whole Grain Flatbread Fresh Orange Milk 	<b>27</b> Breaded Chicken Edamame Whole Grain Biscuit Mixed Fruit Milk Jelly 	<b>28</b> Peanut Butter String Cheese W.W. English Muffin Fresh Apple Vegetable Juice Milk Jelly 	

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

MENU SUBJECT TO CHANGE

No eligible person shall be denied a meal because of failure or inability to contribute.