

## Meals containing more than 1000 mg of sodium 2021 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday <sub>®</sub>	Sunday
31 Memorial Day Breaded Chicken Sweet Potatoes Whole Grain Biscuit Cranberry Cocktail Juice Milk Jelly	MOM	Mother	r's Day	The only thing better than having you for a M M is my children having you for a GRANDMA	Cottage Cheese Mandarin Oranges Three Bean Salad Chocolate Chip Muffin Milk	Hard Boiled Eggs Peanut Butter Baby Carrots W.W. English Muffin Orange Juice Milk
3	4	5 Cinco de Mayo 🎳	6	7	8	9 Mother's Day
Egg Patty	Cottage Cheese	Breaded Chicken	Scrambled Eggs	Hard Boiled Eggs	Peanut Butter	Scrambled Eggs
Sliced Turkey Breast	Mixed Fruit	Whole Grain Biscuit	Beef Hash	Hashbrowns	String Cheese	Swiss Cheese
Whole Grain Flatbread	Baby Carrots	Spinach	Fiesta Vegetables	Whole Grain Pancakes	Chocolate Chip Muffin	Black Beans
Broccoli	Banana Muffin	Mixed Fruit	Corn Tortilla	Cranberry Cocktail Juice	Baby Carrots	W.W. English Muffin
Raisins	Milk	Milk	Fresh Banana	Pancake Syrup	Fresh Orange	Mixed Fruit
Milk			Milk	Milk	Milk 🛨	Milk
10	11	12	13	14	15	16
Egg Patty	Hard Boiled Eggs	Scrambled Eggs	Cheese Omelet	Strawberry Yogurt	Egg Patty	Cottage Cheese
Black Beans	Peanut Butter	Hashbrowns	Yams	Peanut Butter	Swiss Cheese	Edamame
Broccoli	Baby Carrots	Whole Grain Biscuit	Corn Tortilla	Hashbrowns	Turkey Sausage Patty	Blueberry Muffin
Whole Wheat Bread	Whole Wheat Bread	Fresh Orange	Applesauce	Whole Wheat Bread	W.W. English Muffin	Mixed Fruit
Raisins	Chocolate Chip Muffin	Milk	Milk	Tropical Fruit	Stewed Tomatoes	Milk
Milk	Cranberry Cocktail Juice	Jelly	Taco Sauce	Milk	Fresh Orange	
Jelly	Milk			Jelly	Milk	- Y
17	18	19	20	21	22	23
Strawberry Yogurt	Egg Patty	Hard Boiled Eggs	Egg Patty	Scrambled Eggs	Breaded Chicken	Peanut Butter
Peanut Butter	Sliced Turkey Breast	Peanut Butter	Shredded Cheese	Beef Hash	Edamame	String Cheese
California Salad	Fiesta Vegetables	Baby Carrots	Refried Beans	Country Vegetables	Whole Grain Biscuit	Whole Wheat Bread
Whole Wheat Bread	Whole Grain Pancakes	Whole Wheat Bread	O'Brien Potatoes	Whole Grain Flatbread	Mixed Fruit	Fresh Orange
Fresh Apple	Fresh Banana	Fresh Orange	Corn Tortilla	Fresh Orange	Milk	V8 Juice
Milk	Milk, Margarine	Milk	Cranberry Cocktail Juice	Milk Milk	Jelly	Milk
	Pancake Syrup	Jelly	Milk	<b>E</b>		Jelly 🦰
24	25	26	27	28	29	30
Scrambled Eggs	Hard Boiled Eggs	Egg Patty	Cottage Cheese	Scrambled Eggs	Turkey Sausage Patty	Beef Hash
Sausage & Gravy	Peanut Butter	Sliced Turkey Breast	Mixed Fruit	Turkey Sausage Links	Swiss Cheese	w/ Shredded Cheese
Broccoli	Three Bean Salad	O'Brien Potatoes	Baby Carrots	Yams	O'Brien Potatoes	Hashbrowns
Whole Grain Biscuit	W.W. English Muffin	Whole Wheat Bread	Whole Wheat Bread	Chocolate Chip Muffin	W.W. English Muffin	Whole Wheat Bread
Sliced Peaches	Fresh Orange	Raisins	Cereal Bar	Applesauce	Fruit Cocktail	Tropical Fruit
Milk	Milk	Milk	Milk	Milk 🥥	Milk	Milk 🥞
	s supported by Older Ame	Jelly	Jelly		<u> </u>	

"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.











