



SEPTEMBER 2020 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 LABOR DAY 1 Eggs w/ Cheese Broccoli Bran Flakes Cereal 雞蛋配芝士 西蘭花 麥麩片穀物	2 Peanut Butter Bran Muffin Fresh Banana 花生醬 麩皮鬆餅 新鮮香蕉	3 Scrambled Eggs Hashbrowns Whole Wheat Bread 炒雞蛋 土豆煎餅 全麥麵包	4 Egg Patty, Turkey Ham Black Beans 蛋餅, 土雞火腿 黑豆	5 Hard Boiled Eggs W.W. English Muffin Broccoli Salad 白煮蛋 W.W. 英式鬆餅 西藍花菜沙拉	6 Cottage Cheese Beet Salad Raisin Bran Cereal 乾酪 甜菜沙拉 葡萄乾麩麥片	7 Labor Day Breaded Chicken Patty O'Brien Potatoes 麵包屑的雞肉餡餅 奧布萊恩土豆
8 Turkey Sausage Links Yams 土雞香腸鏈接 山藥	9 Eggs w/ Cheese & Vegetables Oatmeal 雞蛋配芝士 & 蔬菜 麥片	10 Cottage Cheese Mixed Fruit Vegetable Salad 乾酪 混合水果 蔬菜沙拉	11 911 Remembrance Hard Boiled Eggs W.W. English Muffin Three Bean Salad 白煮蛋 W.W. 英式鬆餅 三豆色拉	12 Scrambled Eggs Sausage & Gravy Whole Grain Biscuit 炒雞蛋 香腸和肉汁 全麥餅乾	13 Egg Patty Sliced Turkey Breast O'Brien Potatoes 蛋餅 切成薄片的火雞胸脯 奧布萊恩土豆	14 Eggs w/ Cheese Turkey Sausage Patty Waffle Sticks 雞蛋配芝士 土雞香腸肉餅 華夫餅乾
15 Oatmeal Peanut Butter Whole Wheat Bread 麥片 花生醬 全麥麵包	16 Breakfast Pizzas Fiesta Vegetable Blend 早餐披薩 嘉年華蔬菜混合	17 Eggs w/ Peppers Beef Hash Muffin 雞蛋配胡椒 牛肉哈希 鬆餅	18 Breaded Chicken Patty Spinach Whole Grain Biscuit 麵包屑的雞肉餡餅 菠菜 全麥餅乾	19 Egg Patty, Turkey Ham W.W. English Muffin Black Beans 蛋餅, 土雞火腿 W.W. 英式鬆餅 黑豆	20 Cottage Cheese Pineapple Tidbits Broccoli Raisin Salad 乾酪 菠蘿花絮 西蘭花葡萄乾沙拉	21 Egg Patty, Turkey Ham Black Beans W.W. English Muffin 蛋餅, 土雞火腿 黑豆 W.W. 英式鬆餅
22 Fall Begins Bean & Cheese Burrito O'Brien Potatoes Raisin Bran Cereal 豆和奶酪捲餅 奧布萊恩土豆 葡萄乾麩麥片	23 Egg Patty Sliced Turkey Breast Hashbrowns 蛋餅 切成薄片的火雞胸脯 土豆煎餅	24 Scrambled Eggs Broccoli Cottage Cheese 炒雞蛋 西蘭花 乾酪	25 Cheese Omelet Sliced Turkey Breast Hashbrowns 起司煎蛋捲 切成薄片的火雞胸脯 土豆煎餅	26 Bran Muffin Peanut Butter Fresh Apple 麩皮鬆餅 花生醬 新鮮蘋果	27 Egg Patty Beef Hash Whole Wheat Bread 蛋餅 牛肉哈希 全麥麵包	28 Egg Patty Sliced Turkey Breast Hashbrowns 蛋餅 切成薄片的火雞胸脯 土豆煎餅
29 Turkey Ham & Cheese Wrap Black Beans 火雞火腿 和芝士卷 黑豆	30 Hard Boiled Eggs String Cheese Raisin Bran Cereal 白煮蛋 芝士條 葡萄乾麩麥片	 NATIONAL HISPANIC HERITAGE MONTH				

“该项目得到圣地亚哥县健康与人民服务局、老齡与独立服务局的《老年美国人法案》基金的支持。”

菜单可能会改变

任何符合资格的人均不得因无法或无力补偿而被拒绝用餐。

