


# October 2020 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><i>Because food supplies are not certain right now, any changes to the menu are related to foods unavailable at the time. Please know that we appreciate your understanding.</i> Sincerely, Serving Seniors</p>  			<p>1 Peanut Butter String Cheese Whole Wheat Bread Oatmeal  Fresh Banana Vegetable Juice Milk, Margarine</p>	<p>2 Turkey Ham Sliced Cheese Whole Grain Biscuit Spinach Tropical Fruit Milk </p>	<p>3 Cottage Cheese Pineapple Tidbits Carrot Raisin Salad W.W. English Muffin Cranberry Cocktail Juice Milk </p>	<p>4 Breaded Chicken Patty W.W. English Muffin Hashbrowns Raisin Bran Cereal Fresh Orange Milk </p>
<p>5 Egg Patty Swiss Cheese Turkey Sausage Whole Grain Biscuit Tropical Fruit Vegetable Juice Milk, Jelly</p>	<p>6 Eggs w/ Cheese Broccoli Whole Wheat Bread Fresh Banana Milk Margarine</p>	<p>7 Breakfast Burrito Pinto Beans Hashbrowns Mixed Fruit Apple Juice Milk Taco Sauce </p>	<p>8 Scrambled Eggs w/ Peppers Shredded Cheese Whole Wheat Tortilla Applesauce Milk, Margarine Taco Sauce</p>	<p>9 Breakfast Pizza Hard Boiled Egg Hashbrowns Raisin Bran Cereal Tropical Fruit Milk </p>	<p>10 Egg Patty Swiss Cheese Sliced Turkey Breast W.W. English Muffin Hashbrowns Fresh Orange Milk, Jelly</p>	<p>11 Cottage Cheese Pineapple Tidbits Green Pea Salad Bran Muffin Apple Juice Milk  Margarine</p>
<p>12 <b>Columbus Day</b> Bean &amp; Cheese Burrito O'Brien Potatoes Fresh Banana Milk </p>	<p>13 Eggs w/ Cheese Broccoli Raisin Bran Cereal Fresh Apple Milk </p>	<p>14 Strawberry Yogurt Peanut Butter Whole Wheat Bread Carrot &amp; Raisin Salad Fresh Orange Milk  </p>	<p>15 Egg Patty Sliced Turkey Breast Fiesta Vegetables Whole Grain Pancakes Fresh Banana Milk, Margarine Pancake Syrup</p>	<p>16 Breakfast Burrito Black Beans Hashbrowns Whole Wheat Bread Fresh Orange Milk Jelly</p>	<p>17 Eggs w/ Cheese &amp; Peppers W.W. English Muffin Peaches &amp; Mandarin Oranges Milk Margarine</p>	<p>18 Peanut Butter String Cheese W.W. English Muffin Fresh Apple Vegetable Juice Milk  Jelly</p>
<p>19 Scrambled Eggs Sausage &amp; Gravy Broccoli Whole Grain Biscuit Sliced Peaches Milk </p>	<p>20 Hard Boiled Egg Peanut Butter Three Bean Salad W.W. English Muffin Fresh Orange Milk</p>	<p>21 Egg Patty Shredded Cheese Beef Hash Hashbrowns Whole Wheat Bread Tropical Fruit Milk, Margarine</p>	<p>22 Turkey Sausage Patty Swiss Cheese O'Brien Potatoes W.W. English Muffin Fruit Cocktail Cranberry Cocktail Juice Milk</p>	<p>23 Turkey Sausage Links Bagels w/ Cream Cheese Yams Applesauce Milk </p>	<p>24 Cottage Cheese Mixed Fruit California Veggies Whole Wheat Bread Bran Muffin Milk</p>	<p>25 Egg Patty Sliced Turkey Breast Swiss Cheese O'Brien Potatoes W.W. English Muffin Fresh Apple Milk, Jelly</p>
<p>26 Breakfast Burrito Black Beans Hashbrowns Whole Wheat Bread Fresh Orange Milk Jelly</p>	<p>27 Peanut Butter String Cheese Whole Wheat Bread Oatmeal  Banana Vegetable Juice Milk, Margarine</p>	<p>28 Breaded Chicken Patty W.W. English Muffin Cheesy Potato &amp; Corn Fresh Orange Milk Jelly</p>	<p>29 Hard Boiled Egg String Cheese Edamame Raisin Bran Cereal Applesauce Milk Jelly </p>	<p>30 Turkey Ham Swiss Cheese Whole Grain Biscuit Spinach Tropical Fruit Milk</p>	<p>31 <b>Halloween</b> Egg Patty Sliced Turkey Breast Swiss Cheese Hashbrowns W.W. English Muffin Mixed Fruit Milk </p>	

"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. 