



# JANUARY 2021 Breakfast Menu



What matters is not how long you live... but how you live.

Martin Luther King

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
  				<b>1 New Year's Day</b> Breakfast Pizza Hard Boiled Egg Hashbrowns Raisin Bran Cereal Tropical Fruit Milk 	<b>2</b> Egg Patty Swiss Cheese Sausage Hashbrowns W.W. English Muffin Fresh Orange Milk, Jelly	<b>3</b> Cottage Cheese Pineapple Tidbits Green Pea Salad Bran Muffin Apple Juice Milk Margarine 
<b>4</b>  Egg Patty Black Beans Broccoli Whole Wheat Bread Raisins Cranberry Cocktail Juice Milk, Jelly	<b>5</b> Scrambled Eggs Hashbrowns Whole Grain Biscuit Fresh Orange Milk Jelly 	<b>6</b> Hard Boiled Eggs Peanut Butter Baby Carrots Whole Wheat Bread Chocolate Chip Muffin Orange Juice Milk	<b>7</b> Cheese Omelet Yams Corn Tortillas Applesauce Milk Taco Sauce 	<b>8</b> Egg Patty Turkey Ham Hashbrowns Peanut Butter Banana Muffin Whole Wheat Bread Tropical Fruit, Milk 	<b>9</b> Egg Patty Swiss Cheese Turkey Sausage Patty Stewed Tomatoes W.W. English Muffin Fresh Orange Milk	<b>10</b> Cottage Cheese Mixed Fruit Edamame Blueberry Muffin Milk 
<b>11</b>  Strawberry Yogurt Peanut Butter Black Bean Corn Salad Whole Wheat Bread Fresh Orange Milk Jelly	<b>12</b> Egg Patty Sliced Turkey Breast Fiesta Vegetables Whole Grain Pancakes Fresh Banana Fresh Orange Milk, Margarine Pancake Syrup	<b>13</b> Hard Boiled Eggs Peanut Butter Baby Carrots Whole Wheat Bread Fresh Orange Milk Jelly 	<b>14</b> Egg Patty w/ Cheese Refried Beans O'Brien Potatoes W.W. English Muffin Fresh Banana Milk Jelly 	<b>15</b> Scrambled Eggs Beef Hash Country Vegetables Whole Grain Flatbread Fresh Orange Milk 	<b>16</b> Breaded Chicken Edamame Whole Grain Biscuit Mixed Fruit Milk Jelly 	<b>17</b> Peanut Butter String Cheese W.W. English Muffin Fresh Apple Vegetable Juice Milk Jelly
<b>18 Martin Luther King Jr.</b>  Scrambled Eggs Sausage & Gravy Broccoli Whole Grain Biscuit Sliced Peaches Milk	<b>19</b> Hard Boiled Eggs Three Bean Salad Peanut Butter W.W. English Muffin Fresh Orange Milk 	<b>20</b> Egg Patty Sliced Turkey Breast O'Brien Potatoes W.W. English Muffin Fresh Apple Milk Jelly 	<b>21</b> Cottage Cheese Mixed Fruit Baby Carrots Whole Wheat Bread Bran Muffin Milk Jelly	<b>22</b> Scrambled Eggs Turkey Sausage Links Yams Chocolate Chip Muffin Applesauce Milk 	<b>23</b> Turkey Sausage Patty Swiss Cheese O'Brien Potatoes W.W. English Muffin Fruit Cocktail Cranberry Cocktail Juice Milk	<b>24</b> Egg Patty w/ Cheese Beef Hash Hashbrowns Whole Wheat Bread Tropical Fruit Milk 
<b>25</b> Scrambled Eggs Black Beans Hashbrowns Corn Tortilla Fresh Orange Milk Taco Sauce	<b>26</b> Turkey Ham Swiss Cheese Spinach W.W. English Muffin Tropical Fruit Milk	<b>27</b> Breaded Chicken Rosemary Potatoes Whole Grain Biscuit Fresh Orange Milk Jelly 	<b>28</b> Hard Boiled Eggs String Cheese Edamame Raisin Bran Cereal Applesauce Milk	<b>29</b> Egg Patty Sliced Turkey Breast Hashbrowns W.W. English Muffin Mixed Fruit Milk Jelly 	<b>30</b> Peanut Butter String Cheese Whole Wheat Bread Baby Carrots Fresh Orange Milk Jelly	<b>31</b> Cottage Cheese Pineapple Tidbits Broccoli Raisin Salad Banana Muffin Milk 

"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.

