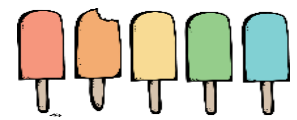




JUNE 2021 Breakfast Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1 Scrambled Eggs Black Beans Hashbrowns Corn Tortillas Fresh Orange Milk Taco Sauce	2 Turkey Ham Swiss Cheese W.W. English Muffin Spinach Tropical Fruit Milk 	3 Peanut Butter String Cheese Baby Carrots Whole Wheat Bread Fresh Orange Milk Jelly 	4 Egg Patty Sliced Turkey Breast Hashbrowns W.W. English Muffin Mixed Fruit Milk Jelly 	5 Hard Boiled Eggs String Cheese Edamame Raisin Bran Cereal Applesauce Milk 	6 Cottage Cheese Pineapple Tidbits California Salad Banana Muffin Milk 	
7 Hard Boiled Egg Refried Beans w/ Cheese Hashbrowns Corn Tortillas Tropical Fruit Milk 	8 Egg Patty Turkey Ham Sliced Carrots Blueberry Muffin Fresh Orange Milk	9 Peanut Butter String Cheese Whole Wheat Bread Fresh Banana V8 Juice Milk Jelly 	10 Scrambled Eggs Shredded Cheese Black Beans Raisin Bran Cereal Mixed Fruit Milk 	11 Strawberry Yogurt Hard Boiled Egg Peanut Butter Edamame Whole Wheat Bread Cranberry Cocktail Juice Milk	12 Cottage Cheese Mandarin Oranges Three Bean Salad Chocolate Chip Muffin Milk 	13 Hard Boiled Eggs Peanut Butter Baby Carrots W.W. English Muffin Orange Juice Milk 	
14 Egg Patty Sliced Turkey Breast Broccoli Whole Grain Flatbread Raisins Milk 	15 Cottage Cheese Mixed Fruit Baby Carrots Banana Muffin Milk 	16 Breaded Chicken Spinach Whole Grain Biscuit Mixed Fruit Milk 	17 Scrambled Eggs Beef Hash Fiesta Vegetables Corn Tortillas Fresh Banana Milk	18 Hard Boiled Egg Hashbrowns Whole Grain Pancakes Cranberry Cocktail Juice Milk Pancake Syrup	19 Peanut Butter String Cheese Baby Carrots Chocolate Chip Muffin Fresh Orange Milk 	20 Father's Day Scrambled Eggs Swiss Cheese Black Beans W.W. English Muffin Mixed Fruit Milk 	
21 Egg Patty Black Beans Broccoli Whole Wheat Bread Raisins Milk Jelly 	22 Hard Boiled Eggs Peanut Butter Baby Carrots Whole Wheat Bread Chocolate Chip Muffin Cranberry Cocktail Juice Milk	23 Scrambled Eggs Hashbrowns Whole Grain Biscuit Fresh Orange Milk Jelly 	24 Cheese Omelet Yams Corn Tortilla Applesauce Milk Taco Sauce 	25 Strawberry Yogurt Peanut Butter Hashbrowns Whole Wheat Bread Tropical Fruit Milk Jelly 	26 Egg Patty Swiss Cheese Turkey Sausage Patty Stewed Tomatoes W.W. English Muffin Fresh Orange Milk	27 Cottage Cheese Edamame Blueberry Muffin Mixed Fruit Milk 	
28 Strawberry Yogurt Peanut Butter California Salad Whole Wheat Bread Fresh Apple Milk 	29 Egg Patty Sliced Turkey Breast Fiesta Vegetables Whole Grain Pancakes Fresh Banana Milk, Margarine Pancake Syrup	30 Hard Boiled Eggs Peanut Butter Baby Carrots Whole Wheat Bread Fresh Orange 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.

