



# SEPTEMBER 2020 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>HAPPY LABOR DAY</b></p>	<p>1 Eggs w/ Cheese Broccoli Bran Flakes Cereal Whole Wheat Bread Tropical Fruit Milk Margarine</p>	<p>2 Peanut Butter String Cheese Bran Muffin Whole Wheat Bread Fresh Banana Vegetable Juice Milk, Margarine</p>	<p>3 Scrambled Eggs Swiss Cheese Hashbrowns Whole Wheat Bread Mixed Fruit Milk Margarine</p>	<p>4 Egg Patty Turkey Ham Black Beans Mini Bagels Fresh Orange Milk</p>	<p>5 Hard Boiled Eggs Peanut Butter Broccoli Salad W.W. English Muffin Apple Juice Milk Margarine</p>	<p>6 Cottage Cheese Beet Salad Raisin Bran Cereal Texas Bread Fresh Orange Milk Margarine</p>
<p>7 <b>Labor Day</b></p> <p>Breaded Chicken Patty O'Brien Potatoes W.W. English Muffin Fruit Cocktail Milk</p>	<p>8 Turkey Sausage Links Yams Mini Bagels Applesauce Milk</p>	<p>9 Eggs w/ Cheese &amp; Vegetables Oatmeal Whole Wheat Bread Fresh Banana Milk</p>	<p>10 Cottage Cheese Mixed Fruit Vegetable Salad Whole Wheat Bread Bran Muffin Milk</p>	<p>11 <b>911 Remembrance</b></p> <p>Hard Boiled Eggs Peanut Butter Three Bean Salad W.W. English Muffin Fresh Orange Milk</p>	<p>12 Scrambled Eggs Sausage &amp; Gravy Broccoli Whole Grain Biscuit Peaches Milk</p>	<p>13 Egg Patty Sliced Turkey Breast Swiss Cheese O'Brien Potatoes W.W. English Muffin Fresh Apple Milk, Jelly</p>
<p>14 Eggs w/ Cheese Turkey Sausage Patty Hashbrowns Waffle Sticks Fresh Orange Milk, Margarine Pancake Syrup</p>	<p>15 String Cheese Peanut Butter Whole Wheat Bread Oatmeal Mixed Fruit Vegetable Juice Milk</p>	<p>16 Breakfast Pizzas Fiesta Vegetable Blend Fresh Orange Milk</p>	<p>17 Eggs w/ Peppers Beef Hash Whole Wheat Bread Muffin Fresh Banana Milk Margarine</p>	<p>18 Breaded Chicken Patty Spinach Whole Grain Biscuit Mixed Fruit Milk Jelly</p>	<p>19 Egg Patty Turkey Ham Black Beans W.W. English Muffin Peaches, Pears &amp; Mandarin Oranges Milk</p>	<p>20 Cottage Cheese Pineapple Tidbits Broccoli Raisin Salad Whole Wheat Bread Cinnamon Bar Milk Jelly</p>
<p>21  Egg Patty Turkey Ham Swiss Cheese Black Beans W.W. English Muffin Mixed Fruit Milk, Margarine</p>	<p>22 <b>Fall Begins</b></p> <p>Bean &amp; Cheese Burrito O'Brien Potatoes Raisin Bran Cereal Fresh Banana Milk</p>	<p>23 Egg Patty Sliced Turkey Breast Hashbrowns Applesauce W.W. English Muffin Milk Jelly</p>	<p>24 Scrambled Eggs Broccoli Cottage Cheese Pineapple Tidbits W.W. English Muffin Milk Margarine</p>	<p>25 Cheese Omelet Sliced Turkey Breast Hashbrowns Raisin Bran Cereal Fresh Orange Milk</p>	<p>26 Peanut Butter String Cheese Bran Muffin Fresh Apple Vegetable Juice Milk</p>	<p>27 Egg Patty Shredded Cheese Beef Hash Hashbrowns Whole Wheat Bread Tropical Fruit Milk, Margarine</p>
<p>28 Egg Patty Sliced Turkey Breast Swiss Cheese Hashbrowns W.W. English Muffin Mixed Fruit Milk</p>	<p>29 Turkey Ham &amp; Cheese Wrap Black Beans Hashbrowns Whole Wheat Bread Fresh Orange Milk, Jelly</p>	<p>30 Hard Boiled Eggs String Cheese Raisin Bran Cereal Whole Wheat Bread Fresh Apple Vegetable Juice Milk, Margarine</p>	<p style="text-align: center;"><b>NATIONAL HISPANIC HERITAGE MONTH</b></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.

