



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Fresh Apple	2 Egg Patty Turkey Sausage Patty Roasted Sweet Potatoes Whole Grain Biscuit Fresh Orange Jelly	3 Cheese Omelet Creamed Spinach Multi-Grain Bread Diced Peaches Jelly	4 Turkey Sausage Patties Hash Brown Patty Whole Grain Waffles Diced Peaches Syrup
6 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange	7 Crustless Spinach Mushroom Quiche O'Brien Potatoes Oatmeal Raisins	8 Hard Boiled Eggs WW English Muffin Pineapple Tidbits Tomato Juice Margarine Jelly	9 Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	10 Turkey Ham Roasted Sweet Potatoes Whole Grain Waffles Pineapple Tidbits Margarine Syrup	11 Cheese Omelet Garlic Spinach Multi-Grain Bread Mixed Fruit Margarine Jelly
13 Turkey Sausage Links  Hash Brown Patty Whole Grain Pancakes Mixed Fruit Syrup	14 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Jelly	15 Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Diced Peaches Jelly	16 Crustless Spinach Mushroom Quiche O'Brien Potatoes Whole Wheat Bread Diced Peaches Margarine Jelly	17 Hard Boiled Eggs WG Blueberry Muffin Fresh Apple Tomato Juice	18 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mandarin Oranges
20 Mexican Scrambled Eggs Black Beans Multi-Grain Bread Fresh Orange Margarine Jelly	21 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	22 Hard Boiled Eggs WW English Muffin Raisins Tomato Juice Margarine Jelly	23 Scrambled Eggs Club Spinach WG Blueberry Muffin Mixed Fruit	24 WG Breakfast Burrito O'Brien Potatoes Diced Peaches Taco Sauce	25 Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Fajita Vegetables WW English Muffin Fresh Apple Margarine Jelly
27 Hard Boiled Eggs Chick Pea Salad Whole Wheat Bread Fresh Orange Jelly	28 Turkey Sausage Patties Roasted Diced Potatoes Whole Grain Pancakes Mixed Fruit Syrup	29 Cheese Omelet Garlic Spinach Whole Wheat Bread Strawberry Applesauce Margarine Jelly	30 Mexican Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Raisins Jelly	31 Egg White Frittata Oven Roasted Potatoes Whole Grain Biscuit Diced Peaches Jelly	

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥ 1000 mg

Meals may contain these allergens: peanuts, sesame tree nuts, seafood, shellfish, soy, eggs, milk, wheat.

This project is supported by Older American's Act funds by the county of San Diego Health & Human Services Agency, Aging & Independence Services.

Suggested contribution is \$2.50 per meal.

No eligible person shall be denied a meal because of failure or inability to contribute.