



# JULY 2020 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><i>The Declaration of Independence</i>  <small>Second Continental Congress July 4, 1776  The unanimous Declaration of the thirteen united States of America</small>  When in the course of human events, it becomes necessary for one people to dissolve the political bonds which have connected them... We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are Life, Liberty and the Pursuit of Happiness...</p>	<p>1  <b>Egg Patty</b>  <b>Mini Bagels</b>  <b>Whole Wheat Bread</b>  <b>Fresh Banana</b>  <b>Milk</b>  <b>Vegetable Juice</b></p>	<p>2  <b>Cottage Cheese</b>  <b>Pineapple Tidbits</b>  <b>Berry Muffin</b>  <b>Milk</b>  <b>Vegetable Juice</b></p>	<p>3  <b>Egg Patty</b>  <b>String Cheese</b>  <b>Hashbrowns</b>  <b>Bran Cereal Flakes</b>  <b>Mandarin Oranges</b>  <b>Milk</b>  <b>Margarine</b></p>	<p>4 <b>Independence Day</b>  <b>Bean &amp; Cheese Burrito</b>  <b>Hashbrowns</b>  <b>Applesauce</b>  <b>Milk</b>  <b>Taco Sauce</b></p>	<p>5  <b>Hard Boiled Eggs</b>  <b>String Cheese</b>  <b>W.W. English Muffin</b>  <b>Tropical Fruit</b>  <b>Vegetable Juice</b>  <b>Milk</b>  <b>Margarine</b></p>
<p>6  <b>Egg Patty</b>  <b>Sliced Turkey Breast</b>  <b>Swiss Cheese</b>  <b>W.W. English Muffin</b>  <b>Hashbrowns</b>  <b>Mixed Fruit</b>  <b>Milk</b></p>	<p>7  <b>Breakfast Burrito</b>  <b>Black Beans</b>  <b>Hashbrowns</b>  <b>Whole Wheat Bread</b>  <b>Fresh Orange</b>  <b>Milk</b>  <b>Jelly</b></p>	<p>8  <b>Hard Boiled Eggs</b>  <b>String Cheese</b>  <b>Raisin Bran Cereal</b>  <b>Whole Wheat Bread</b>  <b>Fresh Apple</b>  <b>Vegetable Juice</b>  <b>Milk, Margarine</b></p>	<p>9  <b>Peanut Butter</b>  <b>String Cheese</b>  <b>Whole Wheat Bread</b>  <b>Oatmeal</b>  <b>Vegetable Juice</b>  <b>Fresh Banana</b>  <b>Milk, Margarine</b></p>	<p>10  <b>Turkey Ham</b>  <b>Sliced Cheese</b>  <b>Whole Grain Biscuit</b>  <b>Whole Wheat Bread</b>  <b>Spinach</b>  <b>Tropical Fruit</b>  <b>Cranberry Cocktail Juice</b></p>	<p>11  <b>Breaded Chicken Patty</b>  <b>W.W. English Muffin</b>  <b>Hashbrowns</b>  <b>Bran Flakes Cereal</b>  <b>Fresh Orange</b>  <b>Milk</b></p>	<p>12  <b>Cottage Cheese</b>  <b>Pineapple Tidbits</b>  <b>Carrot &amp; Raisin Salad</b>  <b>Cinnamon Toaster Cereal</b>  <b>Cranberry Cocktail Juice</b>  <b>Milk</b></p>
<p>13  <b>Turkey Ham &amp; Cheese Wrap</b>  <b>Pinto Beans</b>  <b>Hashbrowns</b>  <b>Whole Wheat Bread</b>  <b>Fresh Orange</b>  <b>Milk</b>  <b>Taco Sauce</b></p>	<p>14  <b>Egg Patty</b>  <b>Turkey Sausage Link</b>  <b>Fiesta Vegetable Blend</b>  <b>Whole Grain Pancakes</b>  <b>Fresh Banana</b>  <b>Milk, Margarine</b>  <b>Pancake Syrup</b></p>	<p>15  <b>Eggs w/ Cheese</b>  <b>Broccoli</b>  <b>Raisin Bran Cereal</b>  <b>Fresh Apple</b>  <b>Milk</b></p>	<p>16  <b>Bean &amp; Cheese Burrito</b>  <b>O'Brien Potatoes</b>  <b>Fresh Banana</b>  <b>Milk</b></p>	<p>17  <b>Eggs w/ Cheese &amp; Peppers</b>  <b>W.W. English Muffin</b>  <b>Peaches &amp; Mandarin Oranges</b>  <b>Milk</b>  <b>Margarine</b></p>	<p>18  <b>Strawberry Yogurt</b>  <b>Peanut Butter</b>  <b>Whole Wheat Bread</b>  <b>Carrot &amp; Raisin Salad</b>  <b>Fresh Orange</b>  <b>Milk</b></p>	<p>19  <b>Peanut Butter</b>  <b>String Cheese</b>  <b>W.W. English Muffin</b>  <b>Fresh Apple</b>  <b>Vegetable Juice</b>  <b>Milk</b>  <b>Jelly</b></p>
<p>20  <b>Breakfast Pizza</b>  <b>Hard Boiled Egg</b>  <b>Hashbrowns</b>  <b>Pineapple Tidbits</b>  <b>Cranberry Cocktail Juice</b>  <b>Milk</b></p>	<p>21  <b>Eggs w/ Cheese</b>  <b>Broccoli</b>  <b>Bran Flakes Cereal</b>  <b>Whole Wheat Bread</b>  <b>Tropical Fruit</b>  <b>Milk</b>  <b>Margarine</b></p>	<p>22  <b>Peanut Butter</b>  <b>String Cheese</b>  <b>Bran Muffin</b>  <b>Whole Wheat Bread</b>  <b>Fresh Banana</b>  <b>Vegetable Juice</b>  <b>Milk, Margarine</b></p>	<p>23  <b>Scrambled Eggs</b>  <b>Swiss Cheese</b>  <b>Hashbrowns</b>  <b>Whole Wheat Bread</b>  <b>Mixed Fruit</b>  <b>Milk</b>  <b>Margarine</b></p>	<p>24  <b>Egg Patty</b>  <b>Turkey Ham</b>  <b>Black Beans</b>  <b>Mini Bagels</b>  <b>Fresh Orange</b>  <b>Milk</b></p>	<p>25  <b>Hard Boiled Eggs</b>  <b>Peanut Butter</b>  <b>Broccoli Salad</b>  <b>W.W. English Muffin</b>  <b>Apple Juice</b>  <b>Milk</b>  <b>Margarine</b></p>	<p>26  <b>Cottage Cheese</b>  <b>Beet Salad</b>  <b>Raisin Bran Cereal</b>  <b>Texas Bread</b>  <b>Fresh Orange</b>  <b>Milk</b>  <b>Margarine</b></p>
<p>27  <b>Breaded Chicken Patty</b>  <b>O'Brien Potatoes</b>  <b>W.W. English Muffin</b>  <b>Fruit Cocktail</b>  <b>Milk</b></p>	<p>28  <b>Turkey Sausage Links</b>  <b>Yams</b>  <b>Mini Bagels</b>  <b>Applesauce</b>  <b>Milk</b></p>	<p>29  <b>Eggs w/ Cheese &amp; Vegetables</b>  <b>Oatmeal</b>  <b>Whole Wheat Bread</b>  <b>Fresh Banana</b>  <b>Milk</b></p>	<p>30  <b>Cottage Cheese</b>  <b>Mixed Fruit</b>  <b>Vegetable Salad</b>  <b>Whole Wheat Bread</b>  <b>Bran Muffin</b>  <b>Milk</b></p>	<p>31  <b>Hard Boiled Eggs</b>  <b>Peanut Butter</b>  <b>Three Bean Salad</b>  <b>W.W. English Muffin</b>  <b>Fresh Orange</b>  <b>Milk</b></p>	<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.  Sincerely, Serving Seniors</i></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. ☆☆☆☆☆☆☆☆☆☆

