



2023 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Egg Patty Turkey Sausage Patty Broccoli Whole Grain Pancakes Fresh Orange Milk Margarine, Syrup	2 Pinto Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Mixed Fruit Milk Taco Sauce	3 Beef & Turkey Hash Garden Veggie Blend Whole Wheat Bread Fresh Banana Milk Margarine Jelly	4 Scrambled Eggs Hashbrown Patty Raisin Bran Cereal Fresh Orange Milk	5 Hard Boiled Eggs String Cheese CA Veggie Blend Multi-Grain Bread Fresh Apple Milk Margarine, Jelly	6 Turkey Ham Pinto Beans WW English Muffin Mixed Fruit Milk Jelly	7 Scrambled Eggs O'Brien Potatoes WG Blueberry Muffin Fresh Pear Milk
8 Turkey Sausage Patty Scrambled Eggs Hashbrown Patty Oatmeal Mixed Fruit Milk Margarine	9 Cheese Omelet Brussels Sprouts WG Blueberry Muffin Fresh Orange Milk	10 Hard Boiled Eggs Garden Veggie Blend WW English Muffin Fresh Banana Milk Margarine	11 Egg Patty Sliced Turkey Breast Sweet Potato Casserole Whole Wheat Bread Fresh Pear Milk Margarine	12 Turkey Sausage Patties Broccoli Whole Grain Pancakes Fresh Apple Milk Margarine Syrup	13 Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Mandarin Oranges Milk Taco Sauce	14 Mother's Day Beef Hash Collard Greens Whole Wheat Bread Diced Peaches Milk Margarine Jelly
15 Refried Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Pineapple Tidbits Milk Taco Sauce	16 Sliced Turkey Breast Glazed Carrots WW English Muffin Mixed Fruit Milk Peanut Butter	17 Scrambled Eggs Club Spinach Oatmeal Fresh Orange Milk Margarine	18 Hard Boiled Eggs CA Veggie Salad Multi-Grain Bread Fresh Pear Milk Margarine Jelly	19 Turkey Ham Candied Spiced Yams WG Corn Muffin Fresh Banana Milk Jelly	20 Black Beans Shredded Cheese Cilantro Lime Brown Rice Country Veggie Blend Mandarin Oranges Milk	21 Egg Patty Turkey Sausage Patty O'Brien Potatoes WW English Muffin Fresh Apple Milk Jelly
22 Hard Boiled Eggs Spring Veggie Blend WG Banana Muffin Fresh Pear Milk	23 Beef & Turkey Hash Club Spinach Whole Wheat Bread Mandarin Oranges Milk Margarine	24 Turkey Sausage Patty Egg Patty O'Brien Potatoes WW English Muffin Fresh Apple Milk Jelly	25 Cheese Omelet Creole Tomatoes Whole Wheat Bread Fresh Banana Milk Jelly	26 Hard Boiled Eggs Green Bean & Tomato Salad WW English Muffin Fresh Orange Milk Peanut Butter	27 Black Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Pineapple Tidbits Milk Taco Sauce	28 Scrambled Eggs O'Brien Potatoes Whole Wheat Bread Fruit Cocktail Milk Margarine
29 Memorial Day Sliced Turkey Breast Sliced Cheddar Cheese Sliced Carrots WW English Muffin Mixed Fruit Milk	30 Scrambled Eggs O'Brien Potatoes Whole Wheat Bread Diced Peaches Milk Margarine Jelly	31 Turkey Sausage Patty Egg Patty Sweet Potato Casserole Multi-Grain Bread Fresh Apple Milk Margarine				

"This project is supported by Older Americans 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.

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS: Peanuts • Tree nuts • Seafood • Shellfish • Soy • Eggs • Milk • Wheat • Sesame