



October

2022 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Halloween! Hard Boiled Eggs CA Veggie Salad Multi-Grain Bread Fresh Pear Milk Margarine Jelly					1 Black Beans Cut Yams Multi-Grain Bread Pineapple Tidbits Milk Jelly	2 Scrambled Eggs O'Brien Potatoes Whole Wheat Tortilla Fruit Cocktail Milk
3 Turkey Ham & Swiss Broccoli WW English Muffin Fresh Banana Milk Margarine	4 Scrambled Eggs Black Beans Multi-Grain Bread Fresh Orange Milk Margarine Jelly	5 Turkey Sausage Patty Egg Patty Cut Yams Whole Grain Waffles Mixed Fruit Milk Syrup	6 Hard Boiled Eggs Oatmeal Garden Veggie Blend Tropical Fruit Milk	7 Pinto Beans Shredded Cheese Corn Salad Whole Wheat Tortilla Fresh Orange Milk Taco Sauce	8 Cheese Omelet O'Brien Potatoes Multi-Grain Bread Fresh Banana Milk Jelly	9 Hard Boiled Eggs Beet Salad WG Apple Cinnamon Muffin Tropical Fruit Milk
10 Egg Patty Beef Hash Black-eyed Pea Salad Multi-Grain Bread Fresh Apple Milk Margarine, Jelly	11 Turkey Ham Brussels Sprouts Whole Grain Pancakes Fresh Banana Milk Margarine Syrup	12 Hard Boiled Eggs Copper Pennies Whole Wheat Bread Fresh Pear Milk Margarine Jelly	13 Egg Patty Turkey Sausage Patty Black Beans WW English Muffin Tropical Fruit Milk Margarine, Jelly	14 Refried Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Pears Milk Taco Sauce	15 Turkey Sausage Patties Cut Yams WG Banana Muffin Pineapple Tidbits Milk	16 Hard Boiled Eggs Green Bean & Tomato Salad Whole Wheat Bread Mandarin Oranges Milk Margarine
17 Egg Patty Turkey Sausage Patty Green Peas WW English Muffin Fresh Orange Milk Margarine, Jelly	18 Beef & Turkey Hash Broccoli Whole Wheat Roll Fresh Banana Milk Margarine	19 Pinto Beans Shredded Cheese Cilantro Lime Brown Rice Corn O'Brien Fresh Apple Milk	20 Scrambled Eggs Hashbrown Patty Oatmeal Mandarin Oranges Milk	21 Hard Boiled Eggs Peanut Butter Carrot Raisin Salad Multi-Grain Bread Cinnamon Applesauce Milk	22 Turkey Ham Pinto Beans WW English Muffin Mixed Fruit Milk Jelly	23 Egg Patties CA Veggie Blend WG Blueberry Muffin Fresh Pear Milk Margarine
24 Turkey Sausage Patty Scrambled Eggs Hashbrown Patty Oatmeal Tropical Fruit Milk	25 Cheese Omelet Shredded Cheese Brussels Sprouts Whole Wheat Bread Peaches Milk Margarine	26 Hard Boiled Eggs Tomato Cucumber Salad WG Banana Muffin Applesauce Milk Margarine Jelly	27 Egg Patty Sliced Turkey Ham Cut Yams WW English Muffin Fresh Orange Milk Margarine	28 Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce	29 Turkey Sausage Patties Broccoli Whole Grain Pancakes Fresh Pear Milk Syrup	30 Beef Hash Black-eyed Peas Whole Wheat Roll Mandarin Oranges 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 \$1.00 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

