



## SERVING SENIORS SENIORS 2022 Breakfast Menu



Hard Boiled Eggs CA Veggie Salad Multi-Grain Bread Fresh Pear Milk Margarine Jelly  3 Turkey Ham & Swiss Broccoli WW English Murfil Hard Boiled Eggs Milk Margarine Jelly  4 Scrambled Eggs Stroccoli WH English Murfil Hard Boiled Eggs Milk Margarine Jelly  5 Turkey Ham Sport Hard Boiled Eggs Sport Milk Margarine Milk Milk Margarine Milk Milk Margarine Milk Margarine Milk Milk Marg	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Black Beans Cut Yams Multi-Grain Bread Fresh Pear Milk Margarine Jelly  Turkey Ham & Swiss Broccoil WW English Muffin Fresh Orange Milk Margarine, Jelly  Turkey Ham & Swiss Black Beans Multi-Grain Bread Fresh Banana Milk Margarine Jelly  Turkey Ham & Swiss Broccoil WW English Muffin Fresh Drange Milk Margarine Jelly  Turkey Ham & Swiss Black Beans Multi-Grain Bread Fresh Pear Milk Margarine Jelly  Turkey Ham & Swiss Black Beans Multi-Grain Bread Fresh Orange Milk Syrup  Turkey Ham Margarine Jelly  Turkey Sausage Patty Groen Peas Milk Margarine Jelly  Turkey Sausage Patty Groen Peas We English Muffin Fresh Orange Wilk Margarine Milk Milk Milk Margarine Milk Milk Milk Milk Milk Milk Milk Milk		racoday	Trouncoday	maroday	inady	1	2
CA Veggie Salad Muttl-Grain Bread Fresh Pear Milk Margarine Jelly  Turkey Ham & Swiss Broccoli WW English Muffin Fresh Banana Milk Margarine Jelly  Turkey Ham & Swiss Broccoli WHole Grain Pancakes Fresh Pear Sheef Bash Black-eyee Pea Salad Muttl-Grain Bread Fresh Apple Milk Margarine, Jelly  Turkey Sausage Patty Turkey Sausage Patty Black Beans Milk Margarine Jelly  Turkey Basage Patty Turkey Sausage Patty Green Peas WHole Grain Pancakes Fresh Apple Milk Margarine, Jelly  Turkey Sausage Patty Turkey Sausage Patty Black Beans WW English Muffin Fresh Crange Milk Margarine, Jelly  To Egg Patty Turkey Sausage Patty Syrup  Turkey Sausage Patty		(ME-10)	W > .			' Black Beans	Scrambled Foos
Multi-Grain Bread Fresh Pear Milk Margarine Jelly  3 Turkey Ham & Swiss Broccoli WW English Muffin Fresh Orange Multi-Grain Bread Milk Margarine Milk Milk Margarin		A STATE OF L	-476197				
Fresh Pear Milk Margarine Jelly  Turkey Ham & Swiss Broccoli WW English Muffin Fresh Danana Milk Margarine Jelly  Turkey Ham & Swiss Broccoli WW English Muffin Fresh Banana Milk Margarine Jelly  Turkey Ham & Swiss Black Beans Black Beans Multi-Grain Bread Fresh Apple Milk Margarine Whole Wheat Fresh Banana Fresh Apple Milk Margarine Syrup  Turkey Ham & Swiss Black Beans Black Beans Multi-Grain Bread Fresh Apple Milk Margarine Whole Wheat Fresh Banana Fresh Dara Milk Margarine Whole Wheat Bread Fresh Banana Milk Margarine Whole Wheat Fresh Banana We English Muffin Fresh Orange Milk Margarine Whole Wheat Roll Fresh Banana Milk Margarine Whole Wheat Roll Fresh Apple Milk Margarine Whole Wheat Roll Fresh Banana Milk Margarine Whole Wheat Roll Fresh Apple Milk Margarine We English Muffin Fresh Orange Milk Margarine Whole Wheat Roll Fresh Apple Milk Milk Margarine W			256				
Milk Margarine Jelly  Turkey Ham & Swiss Broccoli Wilki-Grain Bread Fresh Orange Milk Margarine Jelly  Turkey Ham & Swiss Broccoli Wilki-Grain Bread Fresh Orange Milk Margarine Whole Grain Waffles Milk Margarine Jelly  Turkey Ham & Swiss Broccoli Wilki-Grain Bread Fresh Orange Milk Margarine Whole Grain Waffles Milk Margarine Jelly  Turkey Ham & Swiss Brockeyed Pas Salad Whole Wheat Tortilla Fresh Banana Fresh Orange Milk Margarine Jelly  Turkey Ham Brussels Sprouts Whole Wheat Bread Whole Wheat Bread Fresh Banana Fresh Drange Milk Margarine Jelly  Turkey Sausage Patty Green Peas Ww English Muffin Fresh Orange Milk Margarine  Topical Fruit Milk Margarine Jelly  Turkey Sausage Patty Green Peas Ww English Muffin Fresh Orange Milk Margarine  Topical Fruit Milk Margarine  Tomato Salad Whole Wheat Tortilla Fresh Pear Shredded Cheese O'Brien Potatoes Multi-Grain Bread Court Ams Wilk Margarine  Topical Fruit Milk Margarine  Topic			and the				
Margarine Jelly  3 Turkey Ham & Swiss Broccoli WW English Mufflin Fresh Drange Milk Margarine  10 Seef Hash Black-gePe a Salad Multi-Grain Bread Fresh Banana Fresh Pear Shorded Cheese Shredded Cheese Shredd							
Turkey Ham & Swiss Broccoli WE English Muffin Fresh Banana Milk Margarine Sign Patty Bed Hash Black-eyed Pea Salad Multi-Grain Bread Fresh Apple Milk Margarine Sign Black-eyed Pea Salad Multi-Grain Bread Fresh Banana Fresh Pear Whole Grain Pancakes Fresh Banana Fresh Pear Milk Margarine Syrup Sign Patty Green Peas Whole Wheat Roil WE Aggies Hashbrown Patty Green Peas Milk Margarine Milk Margarine Syrup Sign Peaches Whole Wheat Roil We Aggies Black-eyed Pea Salad Milk Margarine Syrup Sign Peaches Whole Wheat Bread Peaches Brussels Sprouts Whole Wheat Roil We Aggies Black Swip Aggies A		1 1 m	[RiP]	(Rip)			WIIK
Turkey Ham & Swiss Broccoli WW English Muffin Fresh Drange Milk Margarine  Milk Margarine  Turkey Ham & Swiss Broccoli WW English Muffin Fresh Orange Milk Margarine  Milk Mar				The second secon	My re	Jeny 2	
Broccoli WW English Muffin Fresh Orange Milk Margarine  Black Beans Multi-Grain Bread Fresh Orange Milk Margarine  Turkey Ham Black Beans Multi-Grain Bread Fresh Orange Milk Margarine  Turkey Ham Black Beans Multi-Grain Bread Fresh Orange Milk Margarine  Turkey Ham Black Beans Multi-Grain Bread Fresh Orange Milk Margarine  Turkey Ham Black Beans Multi-Grain Bread Fresh Orange Milk Margarine  Turkey Ham Black Beans Multi-Grain Bread Fresh Apple Milk Margarine Milk Mar	Jeny 2	<b>1</b>	<u> </u>	<u>,</u>	17	Q	<u> </u>
Broccoli WW English Muffin Fresh Orange Milk Margarine  10 Egg Patty Beef Hash Black-eyed Pea Salad Multi-Grain Bread Fresh Apple Milk Margarine Milk Margar	Turkey Ham & Swiss	Scrambled Eggs	Turkey Sausage Patty	Hard Boiled Eggs	Pinto Beans	Cheese Omelet	Hard Boiled Eggs
WW English Muffin Fresh Banana Milk Margarine  10 Egg Patty Beef Hash Black-eyed Pea Salad Milk Margarine, Jelly 17 Turkey Ham Bilk Margarine, Jelly 18 Egg Patty Turkey Sausage	•		, ,				
Fresh Banana Milk Margarine  10 Egg Patty Beef Hash Black-eyed Pea Salad Multi-Grain Bread Fresh Apple Milk Margarine, Jelly  17 Egg Patty Turkey Sausage Patty Turkey Sausage Patty Turkey Sausage Patty Green Peas WW English Muffin Fresh Orange Milk Margarine Jelly  18 Beef & Turkey Hash Green Banana Milk Margarine Jelly  19 Pinto Beans Shredded Cheese Cialmto Lime Brown Rice Corn O'Brien Fresh Apple Milk Margarine Jelly  20 Scrambled Eggs Milk Margarine Milk Milk Milk Milk Milk Milk Milk Milk		I	,				
Milk Margarine  Milk Syrup  12  Hard Boiled Eggs Copper Pennies Whole Wheat Bread Fresh Banana Fresh Apple Milk Margarine Milk Marga	_						
Margarine  Margarine  Jelly  Syrup  10  Egg Patty Beef Hash Black-eyed Pea Salad Multi-Grain Bread Fresh Apple Milk Margarine, Jelly  Turkey Hash Brussels Sprouts Whole Wheat Roll Fresh Banana Fresh Apple Milk Margarine Milk Margarine Morgarine M							
Jelly Syrup  Taco Sauce  Taco Sauce  Turkey Ham Brussels Sprouts Whole Grain Pancakes Fresh Apple Milk Margarine Milk Margarine Fresh Apple Milk Margarine  Milk  Margarine  Milk  Margarine  Milk  Margarine  Milk  Margarine  Milk  Margarine			1				
Turkey Ham Brussels Sprouts Black-eyed Pea Salad Multi-Grain Bread Fresh Apple Milk Margarine, Jelly  Tegg Patty Turkey Sausage Patty Ham Brussels Sprouts Whole Wheat Roll Fresh Orange Milk Margarine Jelly  Turkey Sausage Patty Sprouts Whole Wheat Roll Fresh Apple Milk Margarine Milk Margar	The state of the s		NA .	$\langle \circ \rangle$		Comy	
Egg Patty Beef Hash Black-eyed Pea Salad Multi-Grain Bread Fresh Apple Milk Margarine, Jelly Turkey Hash Beef & Turkey Hash Green Pean Whole Wheat Roll Fresh Banana Milk Margarine Peans Milk Margarine Whole Wheat Roll Fresh Banana Milk Margarine Jelly  Turkey Sausage Patty Mole Grain Pancakes Fresh Banana Fresh Apple Milk Margarine  Milk Margarine Milk Margarine Milk Margarine  Milk	10			13		15	16
Beef Hash Black-eyed Pea Salad Multi-Grain Bread Fresh Banana Fresh Apple Milk Margarine, Jelly  17  Egg Patty Turkey Sausage Patty Green Peas Milk Margarine WWe English Muffin Fresh Orange Milk Margarine Jelly  18  Beef & Turkey Hash Broccoli Whole Wheat Roll Fresh Banana Milk Margarine Jelly  19  Pinto Beans Shredded Cheese Cilantro Lime Brown Rice Corn O'Brien Fresh Apple Milk Margarine Jelly  24  Turkey Sausage Patty Black Beans WWe English Muffin Fresh Orange Milk Margarine Jelly  25  Cheese Omelet Shredded Cheese Brussels Sprouts Whole Wheat Bread Whole Wheat Fresh Margarine Milk Margarine Mil		( FS III SA)		Egg Patty		1	Hard Boiled Eggs
Black-eyed Pea Salad Multi-Grain Bread Fresh Banana Fresh Pear Milk Margarine Milk Margarine, Jelly  17     Egg Patty Turkey Sausage Patty Green Peas WHole Wheat Roll Fresh Apple Milk Margarine Jelly  28     Turkey Sausage Patty Green Peas Wilk Margarine Milk M		,					
Fresh Apple Milk Margarine Syrup  17  Egg Patty Turkey Sausage Patty Green Peas Wilk Margarine Fresh Orange Milk Margarine Fresh Apple Milk Margarine Fresh Apple Milk Margarine Fresh Orange Milk Margarine Fresh Orange Milk Margarine Milk Syrup Margarine Milk Ma	Black-eyed Pea Salad	· -		, , ,	O'Brien Potatoes	WG Banana Muffin	Tomato Salad
Fresh Apple Milk Margarine Syrup  17  Egg Patty Turkey Sausage Patty Green Peas Wilk Margarine Fresh Orange Milk Margarine Fresh Apple Milk Margarine Fresh Apple Milk Margarine Fresh Orange Milk Margarine Fresh Orange Milk Margarine Milk Syrup Margarine Milk Ma	Multi-Grain Bread	Fresh Banana	Fresh Pear	WW English Muffin	Whole Wheat Tortilla	Pineapple Tidbits	Whole Wheat Bread
Milk Margarine, Jelly  Tegg Patty Turkey Sausage Patty Green Peas WW English Muffin Fresh Orange Milk Margarine Milk Margarine Milk Margarine, Jelly  Turkey Sausage Patty Green Peas WW English Muffin Fresh Banana Milk Margarine Milk Margarine Milk Margarine, Jelly  Scrambled Eggs Hashbrown Patty Oatmeal Turkey Sausage Patty Scrambled Eggs Hashbrown Patty Oatmeal Tropical Fruit Milk Margarine  Milk Margarine Milk Margarine Milk Margarine  Milk Margarine	Fresh Apple	Milk	Milk		Pears		Mandarin Oranges
Margarine, Jelly   Syrup   Jelly   Margarine, Jelly   Taco Sauce   Margarine		Margarine 🕡	Margarine	-	Milk		Milk
Egg Patty Turkey Sausage Patty Green Peas Whole Wheat Roll Fresh Banana Milk Margarine, Jelly  24 Turkey Sausage Patty Scrambled Eggs Hashbrown Patty Scrambled Eggs Hard Boiled Eggs Milk Margarine  21 Hard Boiled Eggs Peanut Butter Carrot Raisin Salad Multi-Grain Bread Cinnamon Applesauce Milk Margarine  22 Turkey Ham Pinto Beans WW English Muffin Milk Margarine  23 Egg Patties CA Veggie Blend WG Blueberry Muffin Fresh Pear Milk Margarine  24 Peanut Butter Carrot Raisin Salad Multi-Grain Bread Cinnamon Applesauce Milk Milk Margarine  25 Cheese Omelet Shredded Cheese Brussels Sprouts Whole Wheat Bread Peaches Milk Margarine  26 Hard Boiled Eggs Peanut Butter Carrot Raisin Salad Multi-Grain Bread Cinnamon Applesauce Milk Margarine  28 Pinto Beans Shredded Cheese Brussels Sprouts Whole Wheat Tortilla Fresh Banana Whole Wheat Tortilla Fresh Banana Milk Milk Margarine  30 Beef Hash Black-eyed Peas Whole Wheat Tortilla Fresh Pear Milk Margarine Milk Margarine  30 Multi-Grain Bread Connon Applesauce Milk Margarine  40 Multi-Grain Bread Connon Applesauce Milk Milk Margarine  40 Multi-Grain Bread Connon Applesauce Milk Milk Margarine  40 Multi-Grain Bre	Margarine, Jelly	/		Margarine, Jelly 🌄	Taco Sauce		Margarine
Turkey Sausage Patty Green Peas WW English Muffin Fresh Orange Milk Margarine, Jelly  24 Turkey Sausage Patty Scrambled Eggs Hashbrown Patty Oatmeal Tropical Fruit Milk Milk Milk Milk Milk Milk Milk Milk		18	19	20	21	22	23
Green Peas WW English Muffin Fresh Banana Milk Margarine, Jelly  24 Turkey Sausage Patty Scrambled Eggs Hashbrown Patty Oatmeal Tropical Fruit Milk Milk Milk Milk Milk Milk Milk Milk	Egg Patty	Beef & Turkey Hash	Pinto Beans	Scrambled Eggs	Hard Boiled Eggs	Turkey Ham	Egg Patties
WW English Muffin Fresh Orange Milk Margarine  Water Description Fresh Banana Fresh Banana Milk Margarine  WW English Muffin Fresh Banana Milk Margarine  Wilk Margarine  Fresh Banana Fresh Apple Milk Milk Margarine  Milk Margarine  Multi-Grain Bread Cinnamon Applesauce Milk Jelly Margarine  Milk Jelly Milk Milk Milk Milk Milk Milk Margarine  Milk Fresh Pear Milk Jelly Milk Milk Margarine  Milk Fresh Pear Milk Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Fresh Pear Milk Milk Margarine  Milk Syrup Milk Margarine	Turkey Sausage Patty	Broccoli	Shredded Cheese		Peanut Butter	Pinto Beans	CA Veggie Blend
Fresh Orange Milk Margarine Milk Milk Milk Milk Milk Milk Milk Milk	Green Peas	Whole Wheat Roll	Cilantro Lime Brown Rice	Oatmeal	Carrot Raisin Salad	WW English Muffin	WG Blueberry Muffin
Milk Margarine Milk Margarine  Milk Margarine  Milk Margarine  Milk Jelly Margarine  Margarine  Milk Jelly Margarine  Margarine  Milk Jelly Margarine  Margarine  Margarine  Milk Jelly Margarine  Margarine  Margarine  Milk Jelly Margarine  Margarine  Milk Jelly Margarine  Margarine  Margarine  Molk Jelly Margarine		Fresh Banana		Mandarin Oranges		Mixed Fruit	Fresh Pear
Margarine, Jelly  24  Turkey Sausage Patty Scrambled Eggs Hashbrown Patty Oatmeal Tropical Fruit Milk  Milk  Tropical Fruit Milk  Milk  Milk  Margarine  25  Cheese Omelet Shredded Cheese Brussels Sprouts WG Banana Muffin Applesauce Milk  Margarine  27  Egg Patty Sliced Turkey Ham Cut Yams Cut Yams WW English Muffin Fresh Orange Milk Milk  Milk  Milk  Margarine  Milk  Margarine  28  Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Fresh Banana Milk  Milk  Margarine  Milk  Margarine  Milk  Margarine	_	Milk	Fresh Apple	Milk			
24 Turkey Sausage Patty Scrambled Eggs Hashbrown Patty Oatmeal Tropical Fruit Milk  25 Cheese Omelet Shredded Cheese Brussels Sprouts Whole Wheat Bread Peaches Milk  27 Egg Patty Sliced Turkey Ham Cut Yams Cut Yams WW English Muffin Fresh Orange Milk  Milk  28 Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Fresh Banana Milk  Milk  30 Beef Hash Black-eyed Peas Whole Wheat Roll WW English Muffin Fresh Orange Milk Margarine  Milk  Margarine  Milk  Margarine	Milk	Margarine	Milk		Milk	Jelly 🌉	<b>Margarine</b>
Turkey Sausage Patty Scrambled Eggs Hashbrown Patty Oatmeal Tropical Fruit Milk  Cheese Omelet Shredded Cheese Brussels Sprouts Whole Wheat Bread Peaches Milk  Milk  Pinto Beans Shredded Cheese Country Veggie Blend WW English Muffin Fresh Orange Milk  Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Fresh Banana Milk  Milk  Margarine  Fresh Orange Milk  Margarine  Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Fresh Banana Milk  Milk  Margarine  Milk  Margarine							
Scrambled Eggs Hashbrown Patty Oatmeal Tropical Fruit Milk  Shredded Cheese Brussels Sprouts WG Banana Muffin Applesauce Milk  Sliced Turkey Ham Cut Yams Cut Yams WW English Muffin Fresh Orange Milk  Shredded Cheese Country Veggie Blend Whole Grain Pancakes Whole Grain Pancakes Whole Wheat Tortilla Fresh Banana Milk  Milk  Syrup  Black-eyed Peas Whole Wheat Roll Mandarin Oranges Milk  Margarine							
Hashbrown Patty Oatmeal Tropical Fruit Milk Milk  Hashbrown Patty Oatmeal Whole Wheat Bread Applesauce Milk  Cut Yam's WW English Muffin Fresh Orange Whole Wheat Tortilla Fresh Banana Milk  Whole Grain Pancakes Whole Wheat Roll Mandarin Oranges Milk  Milk  Margarine  Whole Grain Pancakes Mandarin Oranges Milk  Syrup  Margarine							
Oatmeal Whole Wheat Bread Applesauce WW English Muffin Tropical Fruit Peaches Milk Margarine Wilk Milk Milk Fresh Orange Milk Milk Fresh Orange Milk Milk Syrup Margarine		I					
Tropical Fruit Peaches Milk Fresh Orange Fresh Banana Milk Milk Milk Syrup Margarine							
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"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