



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/31 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange					1 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mandarin Oranges
3 Mexican Scrambled Eggs Black Beans Multi-Grain Bread Fresh Orange Margarine Jelly	4 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	5 Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Margarine Jelly	6 Scrambled Eggs Club Spinach WG Blueberry Muffin Mixed Fruit	7 WG Breakfast Burrito O'Brien Potatoes Diced Peaches Taco Sauce	8 Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Fajita Vegetables WW English Muffin Fresh Apple Margarine Jelly
10 Hard Boiled Eggs Chick Pea Salad Whole Wheat Bread Fresh Orange Jelly	11 Turkey Sausage Patties Roasted Diced Potatoes Whole Grain Pancakes Mixed Fruit Syrup	12 Cheese Omelet Garlic Spinach Whole Wheat Bread Strawberry Applesauce Margarine Jelly	13 Mexican Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Raisins Jelly	14 Egg White Frittata Oven Roasted Potatoes Whole Grain Biscuit Diced Pears Jelly	15 Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits
17 Scrambled Eggs O'Brien Potatoes Oatmeal Fresh Apple	18 Hard Boiled Eggs Chick Pea Salad Whole Grain Blueberry Muffin Diced Peaches	19 Crustless Spinach Mushroom Quiche Potato Wedges Whole Wheat Bread Fresh Orange Margarine Jelly Ketchup	20 Whole Grain Biscuit Roasted Sweet Potatoes Diced Pears	21 Egg White Frittata Fiesta Vegetable Blend Whole Grain Biscuit Mixed Fruit Jelly	22 Turkey Sausage Links Egg Patty Fajita Vegetable Blend WW English Muffin Pineapple Tidbits Margarine Jelly
24 Cheesy Scrambled Eggs Oven Roasted Diced Potatoes Cheerios Diced Peaches	25 Hard Boiled Eggs Chick Pea Salad Whole Grain Blueberry Muffin Mixed Fruit	26 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Fresh Apple	27 Egg Patty Turkey Sausage Patty Roasted Sweet Potatoes Whole Grain Biscuit Fresh Orange Jelly	28 Cheese Omelet Creamed Spinach Multi-Grain Bread Diced Pears Jelly	29 Turkey Sausage Patties Hash Brown Patty Whole Grain Waffles Diced Peaches Syrup

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.