



# November 2021 Breakfast Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Egg Patty Sliced Turkey Breast Mixed Vegetables Whole Grain Biscuit Fresh Orange Milk 	<b>2</b> Hard Boiled Eggs Peanut Butter Hashbrowns Raisin Bran Cereal Cinnamon Applesauce Milk 	<b>3</b> Egg Patty Turkey Ham Broccoli & Carrots Whole Wheat Bread Fresh Banana Milk Margarine 	<b>4</b> Egg Patty Sliced Turkey Breast Swiss Cheese O'Brien Potatoes Whole Grain Pancake Fresh Apple Milk, Margarine, Syrup 	<b>5</b> Breaded Chicken Patty Spinach W.W. English Muffin Mixed Fruit Milk Jelly 	<b>6</b> Refried Beans Mozzarella Cheese Fiesta Vegetables Whole Wheat Tortilla Mandarin Oranges Milk Taco Sauce 	<b>7</b> <b>Set Clocks Back</b> Cottage Cheese Edamame Bran Muffin Tropical Fruit Milk, Margarine 
<b>8</b> Egg Patty Sliced Swiss Cheese Turkey Ham Hashbrowns Multi-Grain Bread Fresh Orange Milk 	<b>9</b> Cottage Cheese Pineapple Tidbits Orange Carrots Bran Muffin Orange Juice Milk Margarine	<b>10</b> Bean/Cheese Burrito Shredded Cheese Hashbrowns Mixed Fruit Milk Taco Sauce 	<b>11 Veterans Day</b> String Cheese Hard Boiled Eggs Carrots W.W. English Muffin Applesauce Milk Jelly 	<b>12</b> Turkey Ham Black Beans Broccoli & Carrots Whole Wheat Tortilla Fresh Banana Milk Taco Sauce	<b>13</b> Egg Patty Sliced Cheddar Cheese Turkey Sausage Link Raisin Bran Cereal Pineapple Tidbits V-8 Juice Milk 	<b>14</b> Egg Patty Sliced Turkey Breast Copper Penny Carrot Salad Whole Wheat Bread Tropical Fruit Milk Margarine 
<b>15</b> Refried Beans Mozzarella Cheese Fiesta Vegetables Whole Wheat Tortilla Mixed Fruit Milk Taco Sauce 	<b>16</b> Egg Patty Sliced Turkey Breast Spinach W.W. English Muffin Tropical Fruit Milk 	<b>17</b> Greek Yogurt Peanut Butter String Cheese Edamame Whole Wheat Bread Applesauce Milk, Jelly 	<b>18</b> Hard Boiled Eggs Sliced Turkey Breast Green Pea Salad Multi-Grain Bread Fresh Banana Milk Margarine	<b>19</b> Egg Patty Mozzarella Cheese Turkey Sausage Patty Carrot Raisin Salad Whole Grain Pancake Fresh Orange Milk, Margarine, Syrup	<b>20</b> Egg White Frittata Shredded Cheese Broccoli Whole Wheat Bread Mixed Fruit Milk Jelly 	<b>21</b> Turkey Ham Hard Boiled Eggs Carrots & Lima Beans W.W. English Muffin Fresh Tangerines Milk Jelly
<b>22</b> Hard Boiled Eggs Peanut Butter Carrots Multi-Grain Bread Fresh Orange Milk Jelly 	<b>23</b> Sliced Turkey Breast Pinto Beans Egg Patty O'Brien Potatoes Whole Wheat Tortilla Fresh Apple Milk	<b>24</b> Hard Boiled Eggs Sausage Gravy Broccoli & Carrots Whole Grain Biscuit Grape Juice Milk 	<b>25 Thanksgiving</b> Cottage Cheese Yams Whole Wheat Bread Tropical Fruit Milk Jelly 	<b>26</b> Turkey Sausage Link Hard Boiled Eggs Edamame Bran Muffin Applesauce Milk Margarine 	<b>27</b> Egg Patty Shredded Cheese Beef Hash Tomato Spoon Relish Whole Wheat Bread Tropical Fruit Milk, Margarine	<b>28</b> Cheese Omelet Black Beans Capri Vegetables W.W. English Muffin Fresh Orange Milk Jelly 
<b>29</b> Bean/Cheese Burrito Shredded Cheese Sliced Carrots Spanish Rice Fresh Orange Milk	<b>30</b> Peanut Butter Hard Boiled Eggs Raisin Bran Cereal California Veggie Salad Fresh Banana Milk 					

"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

