



2022 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Memorial Day Sliced Turkey Breast Sliced Cheddar Lima Beans WW English Muffin Tropical Fruit Milk 	31 Scrambled Eggs O'Brien Potatoes Whole Wheat Bread Fresh Orange Milk Margarine, Jelly					1 May Day Hard Boiled Eggs Green Bean Salad Bran Muffin Applesauce Milk
2 Egg Patty Turkey Sausage Patty Green Peas WW English Muffin Fresh Orange Milk Margarine 	3 Pinto Beans Cheddar Cheese Southwest Corn Whole Wheat Tortilla Mixed Fruit Milk Taco Sauce	4 Beef Hash Garden Veggie Blend Whole Wheat Bread Fresh Banana Milk Margarine, Jelly 	5 Cinco de Mayo Scrambled Eggs Hashbrowns Oatmeal Mandarin Oranges Milk 	6 Hard Boiled Eggs Carrot Raisin Salad Multi-Grain Bread Cinnamon Applesauce Milk Margarine, Jelly 	7 Turkey Ham Pinto Beans WW English Muffin Mixed Fruit Milk Jelly 	8 Mother's Day Sliced Turkey Breast Egg Patty Peas w/ Onions and Peppers WG Blueberry Muffin Fresh Apple Milk
9 Turkey Sausage Patty Scrambled Eggs Hashbrowns Oatmeal Tropical Fruit Milk 	10 Cheese Omelet Shredded Cheese Brussels Sprouts WG Blueberry Muffin Fresh Orange Milk 	11 Hard Boiled Eggs Copper Pennies Multi-Grain Bread Applesauce Milk Margarine, Jelly 	12 Egg Patty Sliced Turkey Breast Cut Yams WW English Muffin Mixed Fruit Milk Margarine 	13 Turkey Ham Turkey Sausage Patty Broccoli WG Blueberry Muffin Fresh Banana Milk Margarine 	14 Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Mandarin Oranges Milk Taco Sauce	15 Beef Hash Lima Beans Whole Wheat Bread Fresh Apple Milk Margarine, Jelly
16 Refried Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Tropical Fruit Milk Taco Sauce 	17 Sliced Turkey Breast Glazed Baby Carrots WW English Muffin Mixed Fruit Milk Peanut Butter 	18 Scrambled Eggs Club Spinach Oatmeal Fresh Orange Milk Margarine 	19 Hard Boiled Eggs California Veggie Blend Multi-Grain Bread Fresh Pear Milk Margarine, Jelly 	20 Turkey Ham Cubed Sweet Potatoes Bran Muffin Pineapple Tidbits Milk Jelly 	21 Armed Forces Day Black Beans Cilantro Lime Brown Rice Mixed Vegetables Mandarin Oranges Milk 	22 Egg Patty Turkey Sausage Patty O'Brien Potatoes WW English Muffin Applesauce Milk
23 Hard Boiled Eggs Copper Pennies Bran Muffin Fresh Pear Milk 	24 Beef Hash Broccoli Multi-Grain Bread Tropical Fruit Milk Margarine	25 Turkey Sausage Patty Egg Patty O'Brien Potatoes WW English Muffin Applesauce Milk Jelly	26 Cheese Omelet Creole Tomatoes Whole Wheat Bread Fresh Banana Milk Jelly 	27 Hard Boiled Eggs Peanut Butter Green Bean Salad WW English Muffin Oatmeal Fresh Orange Milk	28 Black Beans Cut Yams Whole Wheat Bread Pineapple Tidbits Milk Jelly 	29 Scrambled Eggs O'Brien Potatoes Whole Wheat Tortilla Fruit Cocktail 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

