



# MARCH

**SERVING SENIORS**

**BREAKFAST MENU MARCH 2026**

Gary and Mary West Senior Wellness Center

Breakfast: Mon-Fri, 7-8 a.m./ Sat, 8-9 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> Egg Patty Turkey Sausage Patty Oven Roasted Diced Potatoes Whole Wheat English Muffin Tropical Fruit/Jelly	<b>3</b> Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Fresh Orange	<b>4</b> Spinach Mushroom Scramble Tater Tots  Multi-Grain Bread Diced Pears Ketchup/Margarine/Jelly	<b>5</b> Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Pineapple Tidbits	<b>6</b> Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit Margarine & Jelly	<b>7</b> Turkey Sausage Links Egg Patty Fajita Vegetable Blend Whole Wheat English Muffin Mixed Fruit/Jelly
<b>9</b> Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Jelly	<b>10</b> Charro Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	<b>11</b> Country Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Tropical Fruit	<b>12</b> Hard Boiled Eggs Kidney Bean Salad Whole Grain Blueberry Muffin Fresh Orange	<b>13</b> Three Cheese Egg Bites O'Brien Potatoes Seasoned Spinach Whole Wheat Bread Raisins Jelly	<b>14</b> Turkey Sausage Patties Tater Tots Whole Wheat English Muffin Pineapple Tidbits Ketchup & Jelly
<b>16</b> Mexican Scrambled Eggs Charro Beans Whole Wheat Tortilla Fresh Orange Taco Sauce	<b>17</b> Egg Patty Turkey Sausage Links Fajita Vegetable Blend Whole Wheat English Muffin Raisins Margarine & Jelly	<b>18</b> Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit Margarine & Jelly	<b>19</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Blueberry Muffin Mixed Fruit Margarine	<b>20</b> Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	<b>21</b> Hard Boiled Eggs Whole Grain Banana Muffin Diced Peaches Tomato Juice Margarine & Jelly
<b>23</b> Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Mandarin Oranges	<b>24</b> Three Cheese Egg Bites Garlic Spinach Whole Wheat English Muffin Applesauce Jelly	<b>25</b> Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Mini Waffles Pineapple Tidbits Margarine & Syrup	<b>26</b> Charro Beans Egg Patty Shredded Cheese Fajita Vegetable Blend Whole Wheat Tortilla Raisins	<b>27</b> Whole Grain Breakfast Burrito Brown Spanish Rice Fiesta Vegetable Blend Diced Peaches Taco Sauce	<b>28</b> Turkey Ham Roasted Sweet Potatoes Whole Wheat English Muffin Tropical Fruit Margarine
<b>30</b> Turkey Sausage Patties Roasted Sweet Potatoes Oatmeal Mixed Fruit Margarine	<b>31</b> Scrambled Eggs with Onions & Peppers Charro Beans Whole Grain Corn Muffin Fresh Orange				

**MENU NOTES**

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, milk, wheat.

**Menu Subject to Change**

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.