

SEPTEMBER 2021 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		<p>1</p> <p>Turkey Ham Swiss Cheese Spinach W.W. English Muffin Mixed Fruit Milk</p> 	<p>2</p> <p>Hard Boiled Egg String Cheese Peanut Butter California Veg Salad Whole Wheat Bread Tropical Fruit Milk</p>	<p>3</p> <p>Egg Patty Sliced Turkey Breast O'Brien Potatoes Whole Grain Biscuit Fresh Apple Milk</p>	<p>4</p> <p>Hard Boiled Egg String Cheese Edamame Whole Wheat Bread Cinnamon Applesauce Milk Jelly</p> 	<p>5</p> <p>Cottage Cheese Carrots Banana Muffin Mixed Fruit Milk</p>	
<p>6 Labor Day</p> <p>Refried Beans w/ Cheese Fiesta Vegetables Whole Wheat Tortilla Tropical Fruit Milk Taco Sauce</p> 	<p>7</p> <p>Breaded Chicken Patty Spinach W.W. English Muffin Applesauce Milk</p> 	<p>8</p> <p>Strawberry Yogurt String Cheese Peanut Butter Broccoli Raisin Salad Whole Wheat Bread Fresh Banana Milk</p>	<p>9</p> <p>Egg Patty Sliced Turkey Breast Cut Yams Whole Grain Biscuit Fresh Orange Milk</p> 	<p>10</p> <p>Turkey Sausage Patty Swiss Cheese O'Brien Potatoes Whole Grain Flatbread Raisins Milk</p> 	<p>11 911 Remembrance</p> <p>Cottage Cheese Tomato & Bell Pepper Salad Blueberry Muffin Mixed Fruit Milk Margarine</p>	<p>12</p> <p>Hard Boiled Eggs Peanut Butter Carrots Whole Wheat Bread Orange Juice Milk</p> 	
<p>13</p> <p>Egg Patty Sliced Turkey Breast Broccoli w/ Cheese Whole Grain Flatbread Raisins Milk</p> 	<p>14</p> <p>Cottage Cheese Copper Pennies Salad Banana Muffin Pineapple Tidbits Milk</p> 	<p>15</p> <p>Scrambled Eggs Swiss Cheese O'Brien Potatoes Whole Grain Pancakes Fresh Banana Milk, Margarine Pancake Syrup</p>	<p>16</p> <p>Hard Boiled Egg String Cheese Peanut Butter Carrots Whole Wheat Bread Tropical Fruit Milk, Jelly</p>	<p>17</p> <p>Refried Beans w/ Cheese Fiesta Vegetables Whole Wheat Tortilla Raisins Milk Taco Sauce</p>	<p>18</p> <p>Hard Boiled Eggs Peanut Butter Carrot/Pineapple Salad Blueberry Muffin Fresh Orange Milk</p>	<p>19</p> <p>Breaded Chicken Patty Cut Yams Whole Grain Biscuit Fresh Orange Milk</p> 	
<p>20</p> <p>Egg Patty w/ Cheese Black Beans Fiesta Vegetables Whole Wheat Tortilla Orange Juice Milk Taco Sauce</p>	<p>21</p> <p>Hard Boiled Eggs Peanut Butter Carrots Chocolate Chip Muffin Cinnamon Applesauce Milk</p> 	<p>22 Fall Begins</p> <p>Cottage Cheese Edamame Blueberry Muffin Tropical Fruit Milk</p> 	<p>23</p> <p>Omelet w/ Cheese Cut Yams Whole Wheat Bread Orange Juice Milk Jelly</p> 	<p>24</p> <p>Breaded Chicken Patty Broccoli Raisin Salad W.W. English Muffin Fresh Banana Milk</p> 	<p>25</p> <p>Egg Patty Swiss Cheese Turkey Sausage Patty Whole Grain Flatbread Stewed Tomatoes Fresh Orange Milk</p>	<p>26</p> <p>Strawberry Yogurt String Cheese Peanut Butter Pineapple Carrots Whole Wheat Bread Applesauce Milk</p>	
<p>27</p> <p>Egg Patty Swiss Cheese Sliced Turkey Breast Fiesta Vegetables Whole Grain Pancakes Orange Juice Pancake Syrup</p>	<p>28</p> <p>Strawberry Yogurt String Cheese Peanut Butter California Veg Salad Whole Wheat Bread Fresh Orange Milk</p>	<p>29</p> <p>Hard Boiled Eggs Peanut Butter Carrots Whole Wheat Bread Tropical Fruit Milk Jelly</p> 	<p>30</p> <p>Egg Patty Shredded Cheese Black Beans O'Brien Potatoes Whole Wheat Tortilla Fresh Apple Milk</p>	 			

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

MENU SUBJECT TO CHANGE

No eligible person shall be denied a meal because of failure or inability to contribute.

