



2022 Breakfast Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Egg Patty Black Beans Mixed Veggies WW English Muffin Tropical Fruit Milk Margarine 	2 Refried Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Peaches Milk Taco Sauce 	3 Turkey Ham Cut Yams WG Banana Muffin Mandarin Oranges Milk 	4 Hard Boiled Eggs Green Bean & Tomato Salad Whole Wheat Bread Applesauce Milk Margarine
5 Labor Day! Egg Patty Turkey Sausage Patty Green Peas WW English Muffin Fresh Orange Milk Margarine/Assorted Jelly 	6 Pinto Beans Cheddar Cheese Southwest Corn Whole Wheat Tortilla Fresh Apple Milk Taco Sauce 	7 Beef and Turkey Hash Broccoli Whole Wheat Roll Fresh Banana Milk Margarine 	8 Scrambled Eggs Hashbrowns Oatmeal Tropical Fruit Milk 	9 Hard Boiled Eggs Sun Butter Carrot Raisin Salad Multi-Grain Bread Cinnamon Applesauce Milk 	10 Turkey Ham Pinto Beans WW English Muffin Mixed Fruit Milk Assorted Jelly 	11 Sliced Turkey Breast Egg Patty Three Bean Salad WG Blueberry Muffin Fresh Orange Milk
12 Turkey Sausage Patty Scrambled Eggs Hashbrowns Oatmeal Tropical Fruit Milk 	13 Cheese Omelet Shredded Cheese Brussels Sprouts Whole Wheat Bread Fresh Orange Milk Margarine 	14 Hard Boiled Eggs Copper Pennies Multi-Grain Bread Applesauce Milk Margarine Assorted Jelly 	15 Egg Patty Sliced Turkey Breast Cut Yams WW English Muffin Mixed Fruit Milk Margarine 	16 Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Tropical Fruit Milk Taco Sauce 	17 Turkey Sausage Patties Broccoli Whole Grain Pancakes Fresh Pear Milk Syrup 	18 Beef Hash Lima Beans Whole Wheat Bread Cinnamon Applesauce Milk Margarine
19 Refried Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Tropical Fruit Milk Taco Sauce 	20 Sliced Turkey Breast Glazed Carrots WG Blueberry Muffin Mixed Fruit Milk 	21 Scrambled Eggs Club Spinach Oatmeal Strawberry Applesauce Milk Margarine 	22 Hard Boiled Eggs CA Veggie Salad Multi-Grain Bread Fresh Pear Milk Margarine Assorted Jelly 	23 Turkey Ham Cubed Sweet Potatoes WW English Muffin Pineapple Tidbits Milk Margarine Assorted Jelly 	24 Black Beans Shredded Cheese Whole Wheat Tortilla Mixed Veggies Mandarin Oranges Milk 	25 Egg Patty Turkey Sausage Patty O'Brien Potatoes WW English Muffin Peaches Milk Margarine
26 Hard Boiled Eggs Copper Pennies Whole Wheat Bread Pineapple Tidbits Milk Margarine 	27 Beef and Turkey Hash Broccoli Multi-Grain Bread Fresh Pear Milk Margarine Assorted Jelly 	28 Turkey Sausage Patty Egg Patty O'Brien Potatoes WW English Muffin Applesauce Milk Assorted Jelly 	29 Cheese Omelet Creole Tomatoes Whole Wheat Bread Fresh Banana Milk Assorted Jelly 	30 Hard Boiled Eggs Sun Butter Green Bean Salad WW English Muffin Fresh Orange 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

