




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30</p> <p>Hard Boiled Eggs Copper Pennies Raisin Bran Cereal Pineapple Tidbits Milk</p> 	<p>31</p> <p>Beef and Turkey Hash Broccoli Whole Wheat Roll Fresh Orange Milk Margarine Jelly</p>				 <p>Happy New Year!</p>	<p>1 New Year's Day!</p> <p>Hard Boiled Eggs Beet Salad WG Apple Cinnamon Muffin Tropical Fruit Milk</p> 
<p>2</p> <p>Egg Patty Sliced Turkey Breast Black-eyed Pea Salad Multi-Grain Bread Fresh Orange Milk Margarine/Jelly</p> 	<p>3</p> <p>Turkey Ham Brussels Sprouts Whole Grain Pancakes Fresh Banana Milk Margarine Syrup</p> 	<p>4</p> <p>Hard Boiled Eggs Lemon Dijon Carrot Salad WG Strawberry Muffin Applesauce Milk</p> 	<p>5</p> <p>Egg Patty Turkey Sausage Patty Black Beans WW English Muffin Tropical Fruit Milk Margarine/Jelly</p>	<p>6</p> <p>Refried Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Diced Pears Milk Taco Sauce</p> 	<p>7</p> <p>Turkey Sausage Patties Cut Yams WG Banana Muffin Applesauce Milk</p> 	<p>8</p> <p>Hard Boiled Eggs Green Bean and Tomato Salad Raisin Bran Cereal Mandarin Oranges Milk</p> 
<p>9</p> <p>Egg Patty Turkey Sausage Patty Green Peas WW English Muffin Fresh Orange Milk Margarine/Jelly</p>	<p>10</p> <p>Beef and Turkey Hash Broccoli WG Corn Muffin Fresh Banana Milk Margarine</p> 	<p>11</p> <p>Hard Boiled Eggs Peanut Butter Carrot Raisin Salad Multi-Grain Bread Cinnamon Applesauce Milk</p>	<p>12</p> <p>Scrambled Eggs Hashbrown Patty Raisin Bran Cereal Mandarin Oranges Milk</p> 	<p>13</p> <p>Pinto Beans Shredded Cheese Cilantro Lime Brown Rice Corn O'Brien Fresh Apple Milk</p> 	<p>14</p> <p>Turkey Ham Black Beans WW English Muffin Mixed Fruit Milk Jelly</p> 	<p>15</p> <p>Sliced Turkey Breast Egg Patty CA Veggie Salad WG Blueberry Muffin Fresh Pear Milk Margarine</p>
<p>16 MLK Day!</p> <p>Turkey Sausage Patty Scrambled Eggs Hashbrown Patty WW English Muffin Fresh Orange Milk Margarine</p> 	<p>17</p> <p>Cheese Omelet Shredded Cheese Brussels Sprouts Whole Wheat Bread Diced Peaches Milk Margarine</p> 	<p>18</p> <p>Egg Patty Turkey Ham Cut Yams WW English Muffin Fresh Orange Milk Margarine</p>	<p>19</p> <p>Hard Boiled Eggs Corn Salad WG Banana Muffin Applesauce Milk Margarine Jelly</p> 	<p>20</p> <p>Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce</p> 	<p>21</p> <p>Beef Hash Sweet Potato Cubes WG Corn Muffin Mandarin Oranges Milk Margarine</p> 	<p>22</p> <p>Turkey Sausage Patties Broccoli Whole Grain Pancakes Fresh Pear Milk Syrup</p>
<p>23</p> <p>Hard Boiled Eggs CA Veggie Salad Multi-Grain Bread Fresh Pear Milk Margarine Jelly</p>	<p>24</p> <p>Cheese Omelet Glazed Carrots WG Chocolate Chip Muffin Mixed Fruit Milk</p> 	<p>25</p> <p>Scrambled Eggs Club Spinach Oatmeal Tropical Fruit Milk Margarine</p>	<p>26</p> <p>Turkey Ham Oven Roasted Diced Potatoes WW English Muffin Cranapplesauce Milk Margarine/Jelly</p> 	<p>27</p> <p>Refried Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce</p>	<p>28</p> <p>Egg Patty Turkey Sausage Patty O'Brien Potatoes WW English Muffin Diced Peaches Milk Margarine</p>	<p>29</p> <p>Black Beans Shredded Cheese Mixed Vegetables Whole Wheat Tortilla Mandarin Oranges Milk</p> 

"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

