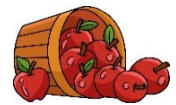




# 2023 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Pinto Beans Shredded Cheese Fiesta Veggie Blend WW Tortilla Fresh Apple Milk Taco Sauce	2 Egg Patty Sliced Turkey Ham Sweet Potato Wedges WW English Muffin Fresh Orange Milk Margarine	3 Cheese Omelet Stewed Tomatoes Whole Wheat Bread Fresh Banana Milk Margarine Jelly	4 Turkey Sausage Patties Crispy Cubed Potatoes Whole Grain Pancakes Pineapple Tidbits Milk Syrup	5 Tofu Scramble Fajita Veggie Blend Whole Grain Biscuit Tropical Fruit Milk Margarine
6 Pinto Beans Shredded Cheese Fiesta Veggie Blend WW Tortilla Mixed Fruit Milk Taco Sauce	7 Cheese Omelet Creamed Spinach Multi-Grain Bread Fresh Orange Milk Jelly	8 Scrambled Eggs Crispy Cubed Potatoes Raisin Bran Cereal Fresh Banana Milk	9 Hard Boiled Eggs WW English Muffin Fresh Pear Tomato Juice Milk Margarine Jelly	10 Turkey Ham Sweet Potato Chunks Whole Grain Pancakes Applesauce Milk Syrup	11 Scrambled Eggs Black Beans WW Tortilla Tropical Fruit Milk	12 Turkey Sausage Patties O'Brien Potatoes WW English Muffin Fresh Orange Milk Margarine Jelly
13 Turkey Sausage Links WG Pancakes Mixed Fruit Tomato Juice Milk Margarine Syrup	14 Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Milk Margarine	15 Turkey Sausage Patties Sweet Potato Chunks WW English Muffin Tropical Fruit Milk Margarine Jelly	16 Cheese Omelet Spinach Multi-Grain Bread Mixed Fruit Milk Margarine Jelly	17 Hard Boiled Eggs WW English Muffin Fresh Banana Tomato Juice Milk Margarine Jelly	18 Pinto Beans Brown Rice Fiesta Veggie Blend Peaches Milk	19 Tofu Scramble O'Brien Potatoes WW Tortilla Fresh Apple Milk
20 Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Sweet Potato Chunks WW English Muffin Fresh Orange Milk	21 Scrambled Eggs Black Beans Whole Wheat Bread Tropical Fruit Milk Margarine Jelly	22 Tofu Scramble O'Brien Potatoes WW English Muffin Fresh Pear Milk Margarine Jelly	23 <b>Thanksgiving</b> Hard Boiled Eggs Sweet Potato Chunks Whole Grain Biscuit Applesauce Milk Margarine	24 Pinto Beans Shredded Cheese Fiesta Veggie Blend WW Tortilla Fresh Banana Milk Taco Sauce	25 Turkey Sausage Patties O'Brien Potatoes Whole Grain Waffles Peaches Milk Syrup	26 Hard Boiled Eggs WG English Muffin Pineapple Tidbits Tomato Juice Milk Margarine Jelly
27 Cheese Omelet Garlic Spinach Whole Wheat Bread Fresh Orange Milk Margarine Jelly	28 Turkey Sausage Patties Sweet Potato Wedges WG Pancakes Mixed Fruit Milk Margarine Syrup	29 Hard Boiled Eggs WW English Muffin Fresh Pear Tomato Juice Milk Margarine Jelly	30 Scrambled Eggs Fiesta Veggie Blend Multi-Grain Bread Fresh Banana Milk Margarine Jelly			



"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 \$2.50 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 • Sesame

