











SERVING SENIORS





Breakfast Menu APRIL 2020




🔊 Denotes Meal is High in Sodium






 	Wednesday 4/1/2020	Thursday 4/2/2020	Friday 4/3/2020	Saturday 4/4/2020
	Mexican Egg Scramble Whole Wheat Tortilla Mixed Fruit Milk Taco Sauce 	Spinach Mushroom Quiche Raisin Bran Cereal Whole Wheat Bread Tropical Fruit Milk Jelly	Cottage Cheese Diced Pineapple W.W. French Toast Vegetable Juice Milk Pancake Syrup	Eggs w/ Mushrooms & Peppers Swiss Cheese W.W. English Muffin Fresh Apple Milk 

Monday 4/6/2020	Tuesday 4/7/2020	Wednesday 4/8/2020	Thursday 4/9/2020	Friday 4/10/2020	Saturday 4/11/2020
Broccoli Egg-Cheese Bake Sausage & Gravy Whole Grain Biscuit Diced Pineapple Milk 	Peanut Butter String Cheese Whole Wheat Bread Oatmeal Fresh Apple Vegetable Juice Milk Jelly	Eggs w/ Ham & Peppers Mini Whole Grain Bagels Fresh Banana Milk 	Cottage Cheese Carrots & Celery Berry Muffin Mixed Fruit Milk 	Eggs w/ Cheese & Peppers Whole Wheat Bread Bran Flakes Cereal Fresh Apple Milk Margarine	Mexican Egg Scramble Whole Wheat Tortilla Mandarin Oranges Milk Taco Sauce 

Monday 4/13/2020	Tuesday 4/14/2020	Wednesday 4/15/2020	Thursday 4/16/2020	Friday 4/17/2020	Saturday 4/18/2020
Eggs w/ Cheese Hashbrowns Bran Flakes Cereal Fresh Orange Milk 	Mexican Egg Scramble Whole Wheat Tortilla Mixed Fruit Milk Taco Sauce 	Beef Hash O'Brien Potatoes Whole Wheat Bread Tropical Fruit Milk Jelly 	Eggs w/ Cheese & Broccoli Cinnamon Toasters Cereal Whole Wheat Bread Fresh Banana Milk Margarine	Eggs w/ Cheese & Vegetables Raisin Bran Cereal Fresh Apple Milk 	Eggs w/ Ham & Peppers Cranberry Oatmeal Multi-Grain Bread Fresh Apple Milk Jelly

Monday 4/20/2020	Tuesday 4/21/2020	Wednesday 4/22/2020	Thursday 4/23/2020	Friday 4/24/2020	Saturday 4/25/2020
Scrambled Eggs Turkey Sausage Hashbrowns Whole Wheat Tortilla Cranberry Cocktail Juice Milk Taco Sauce	Cottage Cheese Carrot Raisin Salad W.W. English Muffin Cranberry Cocktail Juice Milk Margarine 	Eggs w/ Cheese & Broccoli Grits Whole Wheat Bread Fresh Banana Milk Margarine 	Eggs w/ Cheese Turkey Sausage Sliced Tomatoes Whole Wheat Bread Mixed Fruit Milk Margarine	Eggs w/ Cheese & Peppers Whole Wheat Bread Bran Flakes Cereal Fresh Apple Milk Margarine	Peanut Butter String Cheese Whole Wheat Bread Oatmeal Fresh Orange Vegetable Juice Milk Margarine 

Monday 4/27/2020	Tuesday 4/28/2020	Wednesday 4/29/2020	Thursday 4/30/2020		
Cottage Cheese Carrot & Celery Sticks Berry Muffin Mixed Fruit Milk 	Hard Boiled Egg Peanut Butter W.W. English Muffin Fresh Apple Vegetable Juice Milk	Eggs w/ Cheese & Broccoli Whole Wheat Bread Bran Flakes Cereal Fresh Banana Milk Margarine	Eggs w/ Cheese & Peppers Whole Wheat Bread Raisin Bran Cereal Applesauce Milk Margarine 		

"This project is supported by Older American 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.

