



November 2022 Breakfast Menu

Meals containing more than 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1 Cheese Omelet Glazed Carrots WG Chocolate Chip Muffin Mixed Fruit Milk 	2 Scrambled Eggs Club Spinach Oatmeal Tropical Fruit Milk Margarine 	3 Refried Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce 	4 Turkey Ham Oven Roasted Diced Potatoes WW English Muffin Strawberry Applesauce Milk Margarine/Jelly	5 Black Beans Shredded Cheese Mixed Vegetables Whole Wheat Tortilla Mandarin Oranges Milk 	6 Egg Patty Turkey Sausage Patty O'Brien Potatoes WW English Muffin Peaches Milk Margarine 	
7 Hard Boiled Eggs Copper Pennies Whole Wheat Bread Pineapple Tidbits Milk Margarine 	8 Beef and Turkey Hash Broccoli Whole Wheat Roll Fresh Pear Milk Margarine/Jelly	9 Turkey Sausage Patty Egg Patty O'Brien Potatoes WW English Muffin Applesauce Milk Jelly 	10 Cheese Omelet Creole Tomatoes Whole Wheat Bread Fresh Banana Milk Jelly	11 Veterans Day! Hard Boiled Eggs Green Bean and Tomato Salad WG Blueberry Muffin Fresh Orange Milk  	12 String Cheese Black-eyed Peas Cut Yams Multi-Grain Bread Pineapple Tidbits Milk Jelly	13 Scrambled Eggs Crispy Cubed Potatoes Whole Wheat Tortilla Tropical Fruit Milk 	
14 Turkey Ham & Swiss Broccoli WW English Muffin Fresh Banana Milk Margarine 	15 Scrambled Eggs Black Beans Multi-Grain Bread Fresh Orange Milk Margarine/Jelly	16 Turkey Sausage Patty Egg Patty Cut Yams Whole Grain Waffles Mixed Fruit Milk Syrup 	17 Hard Boiled Eggs Oatmeal Garden Veggie Blend Tropical Fruit Milk 	18 Pinto Beans Shredded Cheese Corn Salad Whole Wheat Tortilla Fresh Orange Milk Taco Sauce 	19 Cheese Omelet O'Brien Potatoes Multi-Grain Bread Fresh Banana Milk Jelly 	20 Hard Boiled Eggs Beet Salad WG Apple Cinnamon Muffin Tropical Fruit Milk 	
21 Egg Patty Beef Hash Black-eyed Pea Salad Multi-Grain Bread Fresh Apple Milk Margarine/Jelly 	22 Turkey Ham Brussels Sprouts Whole Grain Pancakes Fresh Banana Milk Margarine/Syrup 	23 Hard Boiled Eggs Copper Pennies Whole Wheat Bread Fresh Pear Milk Margarine/Jelly	24 Thanksgiving! Egg Patty Turkey Sausage Patty Black Beans WW English Muffin Tropical Fruit Milk Margarine/Jelly   	25 Refried Beans Shredded Cheese O'Brien Potatoes Whole Wheat Tortilla Pears Milk Taco Sauce 	26 Turkey Sausage Patties Cut Yams WG Banana Muffin Pineapple Tidbits Milk 	27 Hard Boiled Eggs Green Bean and Tomato Salad Whole Wheat Bread Mandarin Oranges Milk Margarine	
28 Egg Patty Turkey Sausage Patty Green Peas WW English Muffin Fresh Orange Milk Margarine/Jelly 	29 Beef and Turkey Hash Broccoli Whole Wheat Roll Fresh Banana Milk Margarine 	30 Pinto Beans Shredded Cheese Cilantro Lime Brown Rice Corn O'Brien Fresh Apple 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

