




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Hard Boiled Eggs Whole Wheat English Muffin Pineapple Tidbits Cucumber Salad	2 Omelet Creamed Spinach Whole Grain Blueberry Muffin Tropical Fruit	3 Whole Grain Breakfast Burrito O'Brien Potatoes Fresh Orange	4 Egg Patty Turkey Sausage Patty Fajita Vegetable Blend Whole Wheat English Muffin Raisins	5 Spinach Mushroom Scramble Diced Potatoes Whole Grain Biscuit Diced Peaches
6 Mexican Scrambled Eggs Black Beans Whole Wheat English Muffin Fresh Orange Milk	7 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Milk	8 Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Milk	9 Scrambled Eggs Creamed Spinach Whole Grain Blueberry Muffin Mixed Fruit Milk	10 Whole Grain Breakfast Burrito O'Brien Potatoes Raisins Milk Taco Sauce	11 Egg Patty Turkey Sausage Patty Fiesta Vegetable Blend Whole Wheat English Muffin Diced Pears Milk Peanut Butter	12 Spinach & Mushroom Scramble Tater Tots Multi-Grain Bread Diced Peaches Milk
13 Egg Patty Turkey Sausage Patty Roasted Diced Potatoes Whole Wheat English Muffin Tropical Fruit	14 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Fresh Orange Milk	15 Country Sausage Gravy  Whole Grain Biscuit Sweet Potatoes Wedges Pineapple Tidbits Milk	16 Spinach & Mushroom Scramble Potato Wedges Multi-Grain Bread Diced Pears Milk	17 Scrambled Eggs Fiesta Vegetable Blend Whole Grain Banana Muffin Strawberry Applesauce Milk	18 Turkey Sausage Links Egg Patty Fajita Vegetable Blend Whole Wheat English Muffin Tropical Fruit Milk	19 Omelet Creamed Spinach Whole Wheat Bread Fresh Orange Milk
20 Mexican Scrambled Eggs Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Milk	21 Black Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits Milk	22 Scrambled Eggs Sweet Potato Wedges Whole Wheat Bread Mixed Fruit Milk	23 Egg Patty Turkey Ham Whole Wheat English Muffin O'Brien Potatoes Tropical Fruit Milk	24 Omelet Creamed Spinach Whole Wheat Bread Applesauce Milk	25 Turkey Sausage Patties Hash Brown Patty Whole Wheat English Muffin Diced Peaches Milk	26 Hard Boiled Eggs Three Bean Salad Whole Grain Blueberry Muffin Fresh Orange Milk
27 Turkey Ham Roasted Sweet Potatoes Whole Grain Blueberry Muffin Pineapple Tidbits Milk	28 Egg Patty Turkey Sausage Links O'Brien Potatoes Cheerios Raisins Milk	29 Hard Boiled Eggs Whole Grain Banana Muffin Tropical Fruit Tomato Juice Milk	30 Pinto Beans Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Mandarin Oranges Milk	31 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange Milk		

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, milk, wheat.

Menu Subject to Change

This project is supported by Older American's 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.