



BREAKFAST Menu November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Turkey Sausage Links Egg Patty Fajita Vegetable Blend Whole Wheat English Muffin Tropical Fruit Margarine	2 Omelet O'Brien Potatoes Fiesta Vegetable Blend Whole Wheat Bread Applesauce Margarine & Jelly
3 Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Milk Margarine	4 Black Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	5 Country Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Tropical Fruit	6 Hard Boiled Eggs Kidney Bean Salad Whole Grain Blueberry Muffin Fresh Orange	7 Omelet O'Brien Potatoes Creamed Spinach Whole Wheat Bread Pineapple Tidbits Margarine & Jelly	8 Turkey Sausage Patties Hashbrown Patty Whole Wheat English Muffin Diced Peaches Margarine & Jelly	9 Omelet Sweet Potato Wedges Whole Wheat Bread Mixed Fruit Margarine & Jelly
10 Mexican Scrambled Egg Pinto Beans Whole Wheat Tortilla Mandarin Oranges Milk	11 Egg Patty Turkey Sausage Links O'Brien Potatoes Whole Wheat Bread Oatmeal Raisins Margarine	12 Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit Jelly	13 Pinto Beans Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Mixed Fruit	14 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Blueberry Muffin Pineapple Tidbits Margarine	15 Hard Boiled Eggs Whole Grain Banana Muffin Diced Peaches Tomato Juice Margarine	16 Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Wheat English Muffin Applesauce Margarine & Jelly
17 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Mandarin Oranges	18 Omelet Garlic Spinach Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	19 Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Mini Waffles Pineapple Tidbits Margarine & Syrup	20 Whole Grain Breakfast Burrito Brown Spanish Rice Fiesta Vegetable Blend Applesauce	21 Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	22 Turkey Ham Roasted Sweet Potatoes Whole Wheat English Muffin Tropical Fruit Margarine	23 Hard Boiled Eggs Three Bean Salad Whole Grain Banana Muffin Mandarin Oranges
24 Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Raisins Syrup	25 Chile Relleno Casserole Black Beans Whole Grain Corn Muffin Fresh Orange	26 Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat Bread Tropical Fruit Margarine & Jelly	27 Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat English Muffin Applesauce Margarine & Jelly	28 Hard Boiled Eggs Tomato Juice Whole Wheat English Muffin Raisins Margarine & Jelly	29 Omelet Seasoned Spinach Whole Grain Banana Muffin Mixed Fruit	30 Turkey Sausage Links Oven Roasted Diced Potatoes Whole Grain Pancakes Pineapple Tidbits Syrup

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.