



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Egg Patty Turkey Sausage Links Fiesta Vegetable Blend Whole Wheat English Muffin Pineapple Tidbits	2 Hard Boiled Eggs Whole Grain Banana Muffin Diced Peaches Tomato Juice
4 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Mandarin Oranges	5 Omelet Garlic Spinach Whole Wheat English Muffin Applesauce	6 Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Pancakes Pineapple Tidbits	7 Charro Beans Egg Patty Shredded Cheese Fajita Vegetable Blend Whole Wheat Tortilla Raisins	8 Whole Grain Breakfast Burrito Fiesta Vegetable Blend Diced Peaches Taco Sauce	9 Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat English Muffin Fresh Orange
11 Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat English Muffin Mixed Fruit	12 Scrambled Eggs with Onions & Peppers Charro Beans Whole Grain Corn Muffin Fresh Orange	13 Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Pineapple Tidbits	14 Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Diced Pears	15 Omelet Creamed Spinach Whole Grain Banana Muffin Applesauce	16 Hard Boiled Eggs Whole Wheat English Muffin Tomato Juice Mixed Fruit
18 Mexican Scrambled Eggs Charro Beans Whole Wheat English Muffin Tropical Fruit	19 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Diced Pears	20 Hard Boiled Eggs Whole Wheat English Muffin Pineapple Tidbits Cucumber Salad	21 Omelet Creamed Spinach Whole Grain Blueberry Muffin Tropical Fruit	22 Whole Grain Breakfast Burrito O'Brien Potatoes Fresh Orange	23 Egg Patty Turkey Sausage Patty Fajita Vegetable Blend Whole Wheat English Muffin Raisins
25 Egg Patty Turkey Sausage Patty Oven Roasted Diced Potatoes Fajita Vegetable Blend Whole Wheat English Muffin	26 Hard Boiled Eggs Black Bean Salad Whole Grain Banana Muffin Fresh Orange	27 Spinach Mushroom Scramble Tater Tots Multi-Grain Bread Diced Pears	28 Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Pineapple Tidbits	29 Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit	30 Turkey Sausage Links Egg Patty Fiesta Vegetable Blend Whole Wheat English Muffin Mixed Fruit

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.