




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Wheat Bread Diced Peaches	<b>2</b> Charro Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	<b>3</b> Country Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Raisins	<b>4</b> Omelet Creamed Spinach Whole Wheat Bread Diced Peaches	<b>5</b> Hard Boiled Eggs Kidney Bean Salad Whole Grain Blueberry Muffin Applesauce	<b>6</b> Turkey Sausage Patties Tater Tots Whole Wheat English Muffin Pineapple Tidbits	<b>7</b> Egg Patties Sweet Potato Wedges Whole Grain Banana Muffin Diced Peaches
<b>8</b> Mexican Scrambled Eggs Charro Beans Whole Wheat Tortilla Fresh Orange Taco Sauce	<b>9</b> Refried Beans Egg Patty Oven Roasted Diced Potatoes Fajita Vegetable Blend Whole Wheat Tortilla Raisins	<b>10</b> Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit	<b>11</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Blueberry Muffin Mixed Fruit	<b>12</b> Egg Patty Turkey Sausage Links Fiesta Vegetable Blend Whole Wheat English Muffin Pineapple Tidbits	<b>13</b> Hard Boiled Eggs Whole Grain Banana Muffin Diced Peaches Tomato Juice	<b>14</b> Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Wheat English Muffin Applesauce
<b>15</b> Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Mandarin Oranges	<b>16</b> Omelet Garlic Spinach Whole Wheat English Muffin Applesauce	<b>17</b> Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Pancakes Pineapple Tidbits	<b>18</b> Charro Beans Egg Patty Shredded Cheese Fajita Vegetable Blend Whole Wheat Tortilla Raisins	<b>19</b> Whole Grain Breakfast Burrito Fiesta Vegetable Blend Diced Peaches Taco Sauce	<b>20</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat English Muffin Fresh Orange	<b>21</b> Hard Boiled Eggs Mediterranean Lentil Salad Whole Grain Banana Muffin Diced Pears
<b>22</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat English Muffin Mixed Fruit	<b>23</b> Scrambled Eggs with Onions and peppers Charro Beans Whole Grain Corn Muffin Fresh Orange	<b>24</b> Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Pineapple Tidbits	<b>25</b> Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Diced Pears	<b>26</b> Omelet Creamed Spinach Whole Grain Banana Muffin Applesauce	<b>27</b> Hard Boiled Eggs Whole Wheat English Muffin Tomato Juice Mixed Fruit	<b>28</b> Turkey Sausage Links Oven Roasted Diced Potatoes Whole Grain Pancakes Diced Peaches
<b>29</b> Mexican Scrambled Eggs Charro Beans Whole Wheat English Muffin Tropical Fruit	<b>30</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Diced Pears					

**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.