



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Turkey Sausage Links Egg Patty Fajita Vegetable Blend Whole Wheat English Muffin Tropical Fruit Margarine
3 Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Margarine & Jelly	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 Tater Tots Whole Wheat English Muffin Diced Peaches Ketchup & Jelly
10 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Mandarin Oranges	11 Egg Patty Turkey Sausage Links Fajita Vegetable Blend 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
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
24 Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Raisins Syrup	25 Scrambled Eggs with Onions & Peppers 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

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.