




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