

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b> Whole Grain Breakfast Burrito Brown Spanish Rice Fiesta Vegetable Blend Applesauce	<b>2</b> Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	<b>3</b> Turkey Ham Roasted Sweet Potatoes Whole Wheat English Muffin Tropical Fruit Margarine	<b>4</b> Hard Boiled Eggs Three Bean Salad Whole Grain Banana Muffin Mandarin Oranges
<b>5</b> Turkey Sausage Patties Roasted Sweet Potatoes Oatmeal Mixed Fruit Margarine	<b>6</b> Scrambled Eggs with Onions & Peppers Charro Beans Whole Grain Corn Muffin Fresh Orange	<b>7</b> Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Tropical Fruit Syrup	<b>8</b> Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Applesauce Margarine & Jelly	<b>9</b> Hard Boiled Eggs Tomato Juice Whole Wheat English Muffin Raisins Margarine & Jelly	<b>10</b> Three Cheese Egg Bites Seasoned Spinach Whole Grain Banana Muffin Mixed Fruit	<b>11</b> Turkey Sausage Links Oven Roasted Diced Potatoes Whole Grain Pancakes Diced Peaches Syrup
<b>12</b> Mexican Scrambled Eggs Charro Beans Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	<b>13</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Diced Pears Syrup	<b>14</b> Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Margarine & Jelly	<b>15</b> Omelet Creamed Spinach Whole Grain Blueberry Muffin Tropical Fruit	<b>16</b> Whole Grain Breakfast Burrito O'Brien Potatoes Fresh Orange	<b>17</b> Egg Patty Turkey Sausage Patty Fajita Vegetable Blend Whole Wheat English Muffin Raisins Margarine & Jelly	<b>18</b> Spinach Mushroom Scramble Tater Tots  Whole Grain Biscuit Diced Peaches Ketchup & Jelly
<b>19 ~ Martin Luther King, Jr. Day ~</b> Egg Patty Turkey Sausage Patty Oven Roasted Diced Potatoes Whole Wheat English Muffin Tropical Fruit Jelly	<b>20</b> Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Fresh Orange	<b>21</b> Spinach Mushroom Scramble Tater Tots  Multi-Grain Bread Diced Pears Ketchup Margarine & Jelly	<b>22</b> Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Pineapple Tidbits	<b>23</b> Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit Margarine & Jelly	<b>24</b> Turkey Sausage Links Egg Patty Fajita Vegetable Blend Whole Wheat English Muffin Mixed Fruit Jelly	<b>25</b> Egg Patties O'Brien Potatoes Whole Grain Banana Muffin Applesauce
<b>26</b> Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Jelly	<b>27</b> Charro Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	<b>28</b> Country Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Tropical Fruit	<b>29</b> Hard Boiled Eggs Kidney Bean Salad Whole Grain Blueberry Muffin Fresh Orange	<b>30</b> Three Cheese Egg Bites O'Brien Potatoes Seasoned Spinach Whole Wheat Bread Raisins Jelly	<b>31</b> Turkey Sausage Patties Tater Tots Whole Wheat English Muffin Pineapple Tidbits Ketchup & Jelly	

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.