



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

Suggested contribution is \$2.50 per meal.

No eligible person shall be denied a meal because of failure or inability to contribute.