



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Spinach/Mushroom Scramble O'Brien Potatoes Oatmeal Raisins	<b>2</b> Hard Boiled Eggs WW English Muffin Pineapple Tidbits Tomato Juice Margarine & Jelly	<b>3</b> Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	<b>4</b> Turkey Ham Roasted Sweet Potatoes Whole Grain Waffles Pineapple Tidbits Margarine & Syrup	<b>5</b> Cheese Omelet Garlic Spinach Multi-Grain Bread Mixed Fruit Margarine & Jelly
<b>7</b> Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mixed Fruit	<b>8</b> Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Jelly	<b>9</b> Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Diced Pears Margarine & Jelly	<b>10</b> Spinach/Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Tropical Fruit Margarine & Jelly	<b>11</b> Hard Boiled Eggs WG Blueberry Muffin Raisins Tomato Juice	<b>12</b> Hash Brown Patty Whole Grain Pancakes Pineapple Tidbits Syrup
<b>14</b> Mexican Scrambled Eggs Black Beans WW English Muffin Fresh Orange Margarine & Jelly	<b>15</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	<b>16</b> Hard Boiled Eggs WW English Muffin Raisins Tomato Juice Margarine & Jelly	<b>17</b> Scrambled Eggs Club Spinach WG Blueberry Muffin Mixed Fruit	<b>18</b> WG Breakfast Burrito O'Brien Potatoes Raisins Milk Taco Sauce	<b>19</b> Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Fajita Vegetables WW English Muffin Diced Peaches Margarine & Jelly
<b>21</b> Scrambled Eggs O'Brien Potatoes Oatmeal Tropical Fruit	<b>22</b> Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Fresh Orange	<b>23</b> Spinach/Mushroom Scramble Potato Wedges Whole Wheat Bread Applesauce Margarine, Jelly, Ketchup	<b>24</b> Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Diced Pears	<b>25</b> Egg White Frittata Fiesta Vegetable Blend Whole Grain Biscuit Pineapple Tidbits Margarine & Jelly	<b>26</b> Turkey Sausage Links Egg Patty Fajita Vegetable Blend WW English Muffin Raisins Margarine & Jelly
<b>28</b> Cheesy Scrambled Eggs Roasted Diced Potatoes Oatmeal Diced Peaches	<b>29</b> Egg Patty Turkey Sausage Patty Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits Margarine & Jelly	<b>30</b> Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Tropical 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