



SERVING SENIORS

Breakfast Menu

MARCH 2017

Denotes Meal is High in Sodium



Women's History Month 	Wednesday 3/1/2017 Scrambled Eggs Turkey Sausage Link Multi Grain Bread Tropical Fruit Milk Margarine Jelly	Thursday 3/2/2017 Grits Turkey Ham Biscuit Mandarin Oranges & Pineapple Milk Margarine, Jelly	Friday 3/3/2017 Egg Patty Turkey Sausage Links Oatmeal Seasonal Fruit Milk Margarine	Saturday 3/4/2017 Hard Boiled Egg Peanut Butter Bagel Seasonal Fruit Milk Jelly
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Monday 3/6/2017 Turkey Ham Sliced Cheese English Muffin Tropical Fruit Milk Margarine Jelly	Tuesday 3/7/2017 Peanut Butter Bagel String Cheese Oatmeal Seasonal Fruit Milk Margarine	Wednesday 3/8/2017 Breaded Chicken Patty Biscuit Special K Cereal Fresh Banana Milk Jelly	Thursday 3/9/2017 Egg Patty Sausage Patty English Muffin Seasonal Fruit Milk Margarine Jelly	Friday 3/10/2017 Mexican Scrambled Eggs Refried Beans Flour Tortilla Raisin Bran Cereal Seasonal Fruit Milk Taco Sauce	Saturday 3/11/2017 Breakfast Ham Casserole Crispy Cubed Potatoes Fresh Banana Milk Margarine Ketchup
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Monday 3/13/2017 Cheese Omelet Turkey Sausage Links Multi Grain Bread Seasonal Fruit Milk Margarine Jelly	Tuesday 3/14/2017 Breakfast Casserole Raisin Bran Cereal Tropical Fruit Milk Margarine	Wednesday 3/15/2017 Cottage Cheese Mixed Fruit Banana Nut Muffin Wheat Bran Cereal Milk Margarine	Thursday 3/16/2017 Scrambled Eggs Buttermilk Pancakes Tropical Fruit Milk Margarine Pancake Syrup	Friday 3/17/2017 Hard Boiled Egg Peanut Butter Bagel Oatmeal Seasonal Fruit Milk	Saturday 3/18/2017 Beef Hash Hard Boiled Egg Multi Grain Bread Tropical Fruit Milk Margarine Jelly
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Monday 3/20/2017 Peanut Butter String Cheese English Muffin Oatmeal Fresh Orange Milk	Tuesday 3/21/2017 Breaded Chicken Patty Biscuit Bran Flakes Cereal Tropical Fruit Milk Margarine Jelly	Wednesday 3/22/2017 Cheese Omelet Turkey Sausage Link Flour Tortilla Black Beans Seasonal Fruit Milk Taco Sauce	Thursday 3/23/2017 Cottage Cheese Mixed Fruit French Toast Raisin Bran Cereal Milk Margarine	Friday 3/24/2017 Breakfast Ham Casserole Cheese Grits Tropical Fruit Milk Margarine	Saturday 3/25/2017 Scrambled Eggs Crispy Cubed Potatoes Multi Grain Bread Seasonal Fruit Milk Margarine Ketchup
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Monday 3/27/2017 Egg Patty Sliced Cheese Turkey Sausage Patty English Muffin Mandarin Oranges Milk Margarine Jelly	Tuesday 3/28/2017 Breakfast Burrito O'Brien Potatoes Seasonal Fruit Milk Margarine Taco Sauce	Wednesday 3/29/2017 Turkey Sausage Links Buttermilk Pancakes Tropical Fruit Milk Margarine Pancake Syrup	Thursday 3/30/2017 Beef Hash Scrambled Eggs Biscuit Mixed Fruit Milk Margarine Jelly	Friday 3/31/2017 Breaded Chicken Patty Biscuit Raisin Bran Cereal Seasonal Fruit Milk Jelly	
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"This project is supported by Older American Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

MENU SUBJECT TO CHANGE

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

