



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Omelet Creamed Spinach Multi-Grain Bread Diced Peaches Milk
3 Hard Boiled Eggs Black Bean Salad Whole Grain Banana Muffin Fresh Orange Milk	4 Omelet Garlic Spinach Whole Wheat English Muffin Diced Pears Milk	5 Turkey Sausage Links Roasted Diced Potatoes Whole Grain Waffles Pineapple Tidbits Milk	6 Whole Grain Breakfast Burrito Sweet Potato Wedges Applesauce Milk	7 Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches Milk	8 Turkey Ham Sliced Swiss Cheese Roasted Sweet Potatoes Whole Grain Biscuit Tropical Fruit Milk
10 Egg Patties Fajita Vegetable Blend Whole Grain Waffles Raisins Milk	11 Chile Relleno Breakfast Casserole Pinto Beans Broccoli Florets Whole Grain Corn Muffin Mandarin Oranges Milk	12 Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat English Muffin Diced Pears Milk	13 Spinach & Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Tropical Fruit Milk	14 Hard Boiled Eggs Whole Grain Blueberry Muffin Raisins Tomato Juice Milk	15 Turkey Sausage Links Roasted Diced Potatoes Whole Grain Pancakes Pineapple Tidbits Milk
17 Mexican Scrambled Eggs Black Beans Whole Wheat English Muffin Fresh Orange Milk	18 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Milk Syrup	19 Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Milk	20 Scrambled Eggs Creamed Spinach Whole Grain Blueberry Muffin Mixed Fruit Milk	21 Whole Grain Breakfast Burrito O'Brien Potatoes Raisins Milk Taco Sauce	22 Egg Patty Turkey Sausage Patty Fiesta Vegetable Blend Whole Wheat English Muffin Diced Pears Milk Peanut Butter
24 Egg Patty Turkey Sausage Patty Roasted Diced Potatoes Whole Wheat English Muffin Tropical Fruit	25 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Fresh Orange Milk	26 Country Sausage Gravy Whole Grain Biscuit  Sweet Potatoes Wedges Pineapple Tidbits Milk	27 Spinach & Mushroom Scramble Potato Wedges Multi-Grain Bread Diced Pears Milk	28 Scrambled Eggs Fiesta Vegetable Blend Whole Grain Banana Muffin Strawberry Applesauce Milk	29 Turkey Sausage Links Egg Patty Fajita Vegetable Blend Whole Wheat English Muffin Tropical Fruit Milk
31 Mexican Scrambled Eggs Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Milk					

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, 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.