



Meals containing more than 1000 mg of sodium

# APRIL 2021 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><i>World Health Day</i></p>	<p>Healthy isn't a goal... It's a way of living.</p>		<p><b>1 April Fool's Day</b></p> <p>Cheese Omelet Yams Whole Wheat Tortilla Applesauce Milk Taco Sauce</p>	<p><b>2</b></p> <p>Egg Patty Turkey Ham Hashbrowns Peanut Butter Banana Muffin Tropical Fruit Milk</p>	<p><b>3</b></p> <p>Egg Patty Swiss Cheese Stewed Tomatoes Turkey Sausage Patty W.W. English Muffin Fresh Orange Milk</p>	<p><b>4 Easter</b></p> <p>Cottage Cheese Edamame Blueberry Muffin Mixed Fruit Milk</p>
<p><b>5</b></p> <p>Strawberry Yogurt Peanut Butter California Salad Whole Wheat Bread Fresh Apple Milk</p>	<p><b>6</b></p> <p>Egg Patty Sliced Turkey Breast Fiesta Vegetables Whole Grain Pancakes Fresh Banana Milk, Margarine Pancake Syrup</p>	<p><b>7 World Health Day</b></p> <p>Hard Boiled Eggs Baby Carrots Peanut Butter Whole Wheat Bread Fresh Orange Milk Jelly</p>	<p><b>8</b></p> <p>Egg Patty Shredded Cheese Refried Beans O'Brien Potatoes Corn Tortilla Cranberry Cocktail Juice Milk</p>	<p><b>9</b></p> <p>Scrambled Eggs Beef Hash Country Vegetables Whole Grain Flatbread Fresh Orange Milk</p>	<p><b>10</b></p> <p>Breaded Chicken Edamame Whole Grain Biscuit Mixed Fruit Milk Jelly</p>	<p><b>11</b></p> <p>Peanut Butter String Cheese Whole Wheat Bread Fresh Orange V8 Juice Milk Jelly</p>
<p><b>12</b></p> <p>Scrambled Eggs Broccoli Sausage &amp; Gravy Whole Grain Biscuit Sliced Peaches Milk</p>	<p><b>13</b></p> <p>Hard Boiled Eggs Three Bean Salad Peanut Butter W.W. English Muffin Fresh Orange Milk</p>	<p><b>14</b></p> <p>Egg Patty Sliced Turkey Breast O'Brien Potatoes Whole Wheat Bread Raisins Milk Jelly</p>	<p><b>15 Tax Day</b></p> <p>Cottage Cheese Mixed Fruit Baby Carrots Whole Wheat Bread Whole Grain Cereal Bar Milk Jelly</p>	<p><b>16</b></p> <p>Scrambled Eggs Turkey Sausage Links Yams Chocolate Chip Muffin Applesauce Milk</p>	<p><b>17</b></p> <p>Turkey Sausage Patty Swiss Cheese O'Brien Potatoes W.W. English Muffin Fruit Cocktail Milk</p>	<p><b>18</b></p> <p>Beef Hash w/ Shredded Cheese Hashbrowns Whole Wheat Bread Tropical Fruit Milk</p>
<p><b>19</b></p> <p>Breaded Chicken Sweet Potatoes Whole Grain Biscuit Cranberry Cocktail Juice Milk Jelly</p>	<p><b>20</b></p> <p>Scrambled Eggs Black Beans Hashbrowns Corn Tortilla Fresh Orange Milk Taco Sauce</p>	<p><b>21</b></p> <p>Turkey Ham Swiss Cheese Spinach W.W. English Muffin Tropical Fruit Milk</p>	<p><b>22 Earth Day</b></p> <p>Peanut Butter String Cheese Baby Carrots Whole Wheat Bread Fresh Orange Milk Jelly</p>	<p><b>23</b></p> <p>Egg Patty Sliced Turkey Breast Hashbrowns W.W. English Muffin Mixed Fruit Milk Jelly</p>	<p><b>24</b></p> <p>Hard Boiled Eggs String Cheese Edamame Raisin Bran Cereal Applesauce Milk</p>	<p><b>25</b></p> <p>Cottage Cheese Pineapple Tidbits California Salad Banana Muffin Milk</p>
<p><b>26</b></p> <p>Hard Boiled Egg Refried Beans, Cheese Hashbrowns Corn Tortilla Tropical Fruit Milk</p>	<p><b>27</b></p> <p>Egg Patty Turkey Ham Sliced Carrots Blueberry Muffin Fresh Orange Milk</p>	<p><b>28</b></p> <p>Peanut Butter String Cheese Whole Wheat Bread Fresh Banana V8 Juice Milk Jelly</p>	<p><b>29</b></p> <p>Scrambled Eggs Shredded Cheese Black Beans Raisin Bran Cereal Mixed Fruit Milk</p>	<p><b>30 Arbor Day</b></p> <p>Strawberry Yogurt Hard Boiled Egg Edamame Peanut Butter Whole Wheat Bread Cranberry Cocktail Juice Milk</p>	<p><b>EARTH DAY</b></p>	<p><b>ARBOR DAY</b></p>

"This project is supported by Older Americans 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.

