

Meals on Wheels San Diego County

Breakfast Menu

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 Egg Bites (Three Cheese) Cauliflower Whole Grain French Toast Sticks (3 ea) Mandarin Oranges Syrup	29 Omelet Collard Greens Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	30 Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Mini Waffles Pineapple Tidbits Margarine & Syrup	1 Whole Grain Breakfast Burrito (Egg, Turkey Sausage, & Cheese) Brown Spanish Rice Fiesta Vegetable Blend Raisins	2 Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	3 Turkey Ham Sweet Potato Wedges Whole Wheat English Muffin Tropical Fruit Margarine	4 Hard Boiled Eggs Tomato Juice Whole Grain Banana Muffin Mandarin Oranges
5 Egg Patties Fajita Vegetable Blend Whole Grain Mini Waffles Raisins Syrup	6 Scrambled Eggs with Onions & Peppers Black Beans Whole Grain Corn Muffin Fresh Orange	7 Turkey Sausage Patties Roasted Sweet Potatoes Whole Wheat Bread (2 sl) Tropical Fruit Margarine & Jelly	8 Spinach Mushroom Scramble O'Brien Potatoes <i>New!</i> San Francisco Vegetables Whole Wheat English Muffin Applesauce Margarine & Jelly	9 Hard Boiled Eggs Tomato Juice Whole Grain Banana Muffin Raisins	10 Omelet Seasoned Spinach Whole Wheat English Muffin Mixed Fruit Margarine & Jelly	11 Turkey Sausage Links Oven Roasted Diced Potatoes Whole Grain Pancakes Pineapple Tidbits Syrup
12 Mexican Scrambled Eggs Pinto Beans Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	13 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	14  Egg Patties Whole Wheat English Muffin Raisins Tomato Juice Margarine & Jelly	15 Omelet Broccoli w/Cheese Whole Grain Blueberry Muffin Mixed Fruit	16 Whole Grain Breakfast Burrito (Egg, Turkey Sausage, & Cheese) Sweet Potato Wedges Tropical Fruit Taco Sauce	17 Egg Patty Turkey Sausage Patty Fajita Vegetable Blend Whole Wheat English Muffin Raisins Margarine & Jelly	18 Spinach Mushroom Scramble Tater Tots Whole Wheat Bread (2 sl) Diced Peaches Ketchup & Jelly
19 Egg Patty Turkey Sausage Patty Oven Roasted Diced Potatoes Whole Wheat English Muffin Tropical Fruit Jelly	20 Hard Boiled Eggs Tomato Juice Whole Grain Blueberry Muffin Fresh Orange	21 Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Grain French Toast Sticks (3 ea) Diced Pears Syrup	22 Country Turkey Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Pineapple Tidbits	23 Omelet Creamed Spinach Whole Wheat Bread Fresh Orange Margarine & Jelly	24 Black Beans Shredded Cheese Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Tropical Fruit	25 Egg Patties O'Brien Potatoes Fiesta Vegetable Blend Whole Wheat Bread (2 sl) Applesauce Margarine & Jelly
26 Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Margarine & Jelly	27 Black Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	28 Country Turkey Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Tropical Fruit	29 Hard Boiled Eggs Tomato Juice Whole Grain Blueberry Muffin Fresh Orange	30 Omelet O'Brien Potatoes Garlic Spinach Whole Wheat Bread Pineapple Tidbits Margarine & Jelly	31 Turkey Sausage Patties Tater Tots Whole Wheat English Muffin Diced Peaches Ketchup & Jelly	Menu Subject to Change  Denotes Sodium ≥ 1000 mg All meals include 8 oz of milk