Meals on Wheels San Diego County

Breakfast Menu

November 2026

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