

MEALS ON WHEELS - CONTRA COSTA COUNTY BREAKFAST 323 CYCLE MENU

July 3rd-September 30th, 2023



WEEK ONE				
Scrambled Eggs (E) w/Salsa Mixed Beans WW Tortilla (S,W) c Tropical Fruit	Pork Sausage Egg Patty (E,M) w/Shredded Cheese (M) WG Pancake (E,M,S,W) w/Syrup c Applesauce <u>Scandinavian Vegetables</u>	Peanut Butter x 1 (P) Jelly WW Bread (S,W) String Cheese (M) 3-Bean Salad (S,W,F,E,M,P,SF,T) c Mandarin Oranges	Strawberry Yogurt (M) WG Granola (S,W) Cheddar Cheese (M) <u>Baby Carrots</u> c Fresh Orange	Cheese Omelet (E,M) w/Shredded Cheese (M) <u>Spinach</u> WG Blueberry Muffin (W,M,E,S,P,T) c Orange Juice
WEEK TWO				
Peanut Butter x 1 (P) Jelly WW Bread (S,W) String Cheese (M) <u>Baby Carrots</u> c Citrus Fruit	Scrambled Eggs (E) <u>Mixed Vegetables</u> WG English Muffin (M,S,W) w/Butter (M) c Applesauce	Cottage Cheese (M) c Tropical Fruit <u>Carrot Raisin Salad (E)</u> WG Bagel (W)	Scrambled Eggs (E) w/Salsa Mixed Beans WW Tortilla (S,W) c Mandarin Oranges	2 Hard Boiled Eggs (E) WG Pancake (E,M,S,W) w/Syrup Coleslaw (E,S) c Applesauce
WEEK THREE				
Pork Sausage Hard Boiled Egg (E) WG Pancake (E,M,S,W) w/Syrup c Diced Red Potatoes <u>Apricots</u>	Peanut Butter x 1 (P) Jelly WW Bread (S,W) String Cheese (M) 3-Bean Salad (S,W,F,E,M,P,SF,T) c Mandarin Oranges	Cheese Omelet (E,M) w/Shredded Cheese (M) WG English Muffin (M,S,W) w/Butter (M) c Applesauce <u>Bean Medley</u>	Scrambled Eggs (E) w/Salsa Mixed Beans WW Tortilla (S,W) c Citrus Fruit	Strawberry Yogurt (M) WG Granola (S,W) Cheddar Cheese (M) <u>Baby Carrots</u> c Tropical Fruit
WEEK FOUR				
Peanut Butter x 1(P) Jelly WW Bread (S,W) String Cheese (M) c Coleslaw (E,S) <u>Apricots</u>	Scrambled Eggs (E) w/Salsa WW Tortilla (S,W) Mixed Beans c Tropical Fruit	2 Hard Boiled Eggs (E) WG Pancake (E,M,S,W) w/Syrup Marinated Beets & Onions c Citrus Fruit	Cottage Cheese (M) c Mandarin Oranges <u>Carrot Raisin Salad (E)</u> WG Bagel (W) w/Butter (M)	Cheese Omelet (E,M) w/Shredded Cheese (M) WG English Muffin (M,S,W) <u>Spinach</u> Diced Red Potatoes c Orange Juice
WEEK FIVE				
Strawberry Yogurt (M) WG Granola (S,W) String Cheese (M) <u>Baby Carrots</u> c Orange Juice	Peanut Butter x 1 (P) Jelly String Cheese (M) WW Bread (S,W) c Marinated Broccoli Salad (F,S) Spiced Apples	Cottage Cheese (M) c Citrus Fruit <u>Carrot Raisin Salad (E)</u> WG Bagel (W) w/Butter (M)	Scrambled Eggs (E) and Salsa Mixed Beans WW Tortilla (S,W) c Applesauce	+ Cheese Omelet (E,M) w/Shredded Cheese (M) WG Blueberry Muffin (W,M,E,S,P,T) <u>Italian Vegetables</u> c Orange Juice

**All meals served
with lowfat milk.**

Vitamin A rich food
c Vitamin C rich food

WW = Whole Wheat
WG = Whole Grain

+ Higher in sodium

Top 9 Allergen Key: Milk (M), Egg (E), Wheat (W), Peanut (P), Tree Nut (T), Soy (S), Fish (F), Shellfish (SF), Sesame (SE)
Allergen Disclaimer: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain. Please inform the dining services staff if you have a food allergy or celiac disease to decrease your risk of a reaction.