

**MEALS ON WHEELS - CONTRA COSTA COUNTY  
BREAKFAST CYCLE MENU  
Effective January 1 - March 31, 2023**



<b>WEEK ONE</b>				
Scrambled Eggs (E) w/Salsa Mixed Beans WW Tortilla (S,W) c Orange Juice	+ Turkey Sausage Patty (S) Egg Patty (E,M) WG Pancakes (E,M,S,W) w/Syrup c Applesauce Scandinavian Vegetables	Peanut Butter x 2 (P) Jelly WW Bread x1 (S,W) String Cheese (M) Three Bean Salad (S,W,F,E,M,P,SF,T) c Mandarin Oranges	Fruited Yogurt Light (M) WG Granola (S,W) Baby Carrots c Citrus Fruit	Scrambled Eggs (E) w/Shredded Cheese (M) Spinach Cream of Wheat (W) c Orange Juice
<b>WEEK TWO</b>				
Peanut Butter x 2 (P) Jelly WW Bread x1 (S,W) String Cheese (M) Baby Carrots c Orange Juice	Scrambled Eggs (E) Spinach WG English Muffin (M,S,W) w/Butter (M) c Orange Juice	Cottage Cheese (M) c Citrus Fruit Carrot Raisin Salad (E) WG Bagel (W)	Scrambled Eggs (E) w/Salsa Mixed Beans WW Tortilla (S,W) c Mandarin Oranges	3 Hard Boiled Eggs (E) 3 Bean Salad w/Carrots (S,W,F,E,M,P,SF,T) WG Cereal (W) c Applesauce
<b>WEEK THREE</b>				
Turkey Sausage Patty (S) Hard Boiled Eggs (E) WG Pancakes (E,M,S,W) w/Syrup Scandinavian Veg c Orange Juice	Peanut Butter x 2 (P) Jelly WW Bread x1 (S,W) String Cheese (M) c Broccoli Salad Apple Juice	Cheese Omelet (E,M) w/Shredded Cheese (M) WG English Muffin (M,S,W) w/Butter (M) c Applesauce Mixed Vegetables	Scrambled Eggs (E) w/Salsa Mixed Beans WW Tortilla (S,W) c Citrus Fruit	Fruited Yogurt Light (M) WG Granola (S,W) Baby Carrots c Tropical Fruit
<b>WEEK FOUR</b>				
Peanut Butter x 2 (P) Jelly WW Bread x1 (S,W) String Cheese (M) c Broccoli Salad Apple Juice	Scrambled Eggs (E) w/Salsa WW Tortilla (S,W) c Orange Juice Mixed Beans	3 Hard Boiled Eggs w/Cheddar Cheese (M) c 3 Bean Salad w/Carrots (S,W,F,E,M,P,SF,T) WG Cereal (W) c Applesauce	Cottage Cheese (M) Tropical Fruit Carrot Raisin Salad (E) WG Bagel (W) w/Butter (M)	Scrambled Eggs (E) w/Shredded Cheese (M) WG English Muffin (M,S,W) c Mandarin Oranges Spinach
<b>WEEK FIVE</b>				
Fruited Yogurt Light (M) WG Granola (S,W) Baby Carrots c Orange Juice	Peanut Butter x 2 (P) Jelly String Cheese (M) WW Bread x1 (S,W) c Broccoli Salad Apple Juice	Cottage Cheese (M) c Mandarin Oranges Carrot Raisin Salad (E) WG English Muffin (M,S,W) w/Butter (M)	Scrambled Eggs (E) and Salsa Black Beans WW Tortilla (S,W) c Applesauce	Cheese Omelet (E,M) w/Shredded Cheese (M) WW Bread x1 (S,W) w/Butter (M) Scandinavian Vegetables c Orange Juice

**All meals served  
with lowfat milk.**

**— Vitamin A rich food  
c Vitamin C rich food**

**WW = Whole Wheat + Higher in sodium  
WG = Whole Grain**

Top 8 Allergen Key: Milk (M), Egg (E), Wheat (W), Peanut (P), Tree Nut (T), Soy (S), Fish (F), Shellfish (SF)  
**Allergen Disclaimer:** Our production kitchen uses the following products in meals preparation - tree nuts, peanuts, soy, eggs, 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.