

BREAKFAST MENU

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6 (Men's Health-Movember)
Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)		Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup		Scrambled Eggs w/ Red Peppers & Onions Pancakes Whole Wheat Bread Turkey Breakfast Sausage Patty Orange 1% Low Fat Milk Pancake Syrup
9	10 (Diabetes Awareness)	11	12	13 (Brain Health)
Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup		CENTER CLOSED IN OBSERVANCE OF VETERANS DAY 		Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)
16	17	18 (BIRTHDAY PARTY)	19 (Intergenerational Day) (RSS/Horace Mann)	20
Scrambled Eggs w/ Red Peppers & Onions Pancakes Whole Wheat Bread Turkey Breakfast Sausage Patty Orange 1% Low Fat Milk Pancake Syrup		Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)		Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup
23	24	25	26	27
Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)		Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup	CENTER CLOSED IN OBSERVANCE OF THANKSGIVING 	CENTER CLOSED IN OBSERVANCE OF THANKSGIVING 
30	1	2	3	4
Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup		Scrambled Eggs w/ Red Peppers & Onions Pancakes Whole Wheat Bread Turkey Breakfast Sausage Patty Orange 1% Low Fat Milk Pancake Syrup		Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)

MENU SUBJECT TO CHANGE

RSS is a Congregate Meal Site. Meals are intended to be consumed on-site. If a participant chooses to take home an uneaten portion of their meal in their own container, they assume responsibility for the safe handling, storage, and consumption of that food. RSS is not responsible for food taken from the premises.