




Sausalito Marin City School District
 Bayside Martin Luther King, Jr Academy

Nevada Campus and Phillips Campus

Breakfast and Lunch Menu - January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
31	4	5	6	7
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Bagel with Cream Cheese, fruit, milk	Fresh Baked Muffin, fruit, milk	Cereal with milk, fruit	Waffles and Syrup, fruit, milk	Fresh Baked Muffin, fruit, milk
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Marinara Pasta, broccoli, fruit, milk	Beef taco platter, beans, chips, fruit, milk	Grilled Cheese sandwich(hot), salad, fruit, milk	BBq Chicken Drumstick, rice, green beans, fruit, milk	Hot Dogs, potatoes, fruit, milk
10	11	12	13	14
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Bagel with Cream Cheese, fruit, milk	Yogurt and Granola, fruit, milk	Cereal with milk, fruit	Smoothie and Breakfast bar	Breakfast Sandwich, fruit, milk
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Mac and Cheese, broccoli, fruit, milk	Beef Nacho, beans, chips, fruit, milk	Salami Sandwich(cold), cucumber, fruit, milk	Chicken Caesar Salad, fruit, milk	BBq Beef Sandwiches, potato, fruit, milk
17	18	19	20	21
<i>Milk Day</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
 No school	Fresh Baked Muffin, fruit, milk	Cereal with milk, fruit	Waffles and Syrup, fruit, milk	Breakfast Sandwich, fruit, milk
	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
	Beef taco platter, beans, chips, fruit, milk	Ham/cheese sandwich(hot), Carrot, fruit, milk	Lemon Pepper Chicken,Rice, Green Beans, fruit, milk	Cheeseburger, lettuce and tomato, fruit, milk
24	25	26	27	28
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Bagel with Cream Cheese, fruit, milk	Yogurt and Granola, fruit, milk	Cereal with milk, fruit	Smoothie and Breakfast bar	Fresh Baked Muffin, fruit, milk
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Pizza Bread, broccoli, fruit, milk	Beef Burrito, pinto beans, fruit, milk	Turkey/cheese sandwich, salad, fruit, milk	Beef Mac and Cheese, Cauliflower, fruit, milk	BBq Chicken Drumstick, rice, green beans, fruit, milk

Adult Paid Meals	Breakfast-\$2.00	Lunch-\$5.00		
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