




Sausalito Marin City School District  
 Bayside Martin Luther King, Jr Academy  
 Nevada Campus and Phillips Campus  
**Breakfast and Lunch Menu - November**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<b>Bagel with Cream Cheese, fruit, milk</b>	<b>Fresh Baked Muffin, fruit, milk</b>	<b>Cereal with milk, fruit</b>	<b>Smoothie and Breakfast bar</b>	<b>Fresh Baked Muffin, fruit, milk</b>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<b>Pesto Pasta, Broccoli, Fruit, Milk</b>	<b>Beef nachos, beans, chips, fruit, milk</b>	<b>Turkey/cheese sandwich, salad, fruit, milk</b>	<b>Chicken w/ Gravy, mashed potato, cornbread, fruit, milk</b>	<b>Cheeseburger, lettuce and tomato, fruit, milk</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<b>Bagel with Cream Cheese, fruit, milk</b>	<b>Yogurt and Granola, fruit, milk</b>	<b>Cereal with milk, fruit</b>	<b>Fresh Baked Muffin, fruit, milk</b>	<b>Breakfast Sandwich, fruit, milk</b>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<b>Mac and Cheese, Broccoli, Fruit, Milk</b>	<b>Beef taco platter, beans, chips, fruit, milk</b>	<b>Salami Sandwich, Cucumber, Fruit, Milk</b>	<b>Chicken Caesar Salad, fruit, milk</b>	<b>Hot Dog, lettuce and tomato, fruit, milk</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<b>Bagel with Cream Cheese, fruit, milk</b>	<b>Fresh Baked Muffin, fruit, milk</b>	<b>Cereal with milk, fruit</b>	<b>Waffles and Syrup, fruit, milk</b>	<b>Breakfast Burrito, fruit, milk</b>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<b>Pasta marinara, cauliflower, fruit, milk</b>	<b>Taco Chicken Salad, beans, chips, fruit, milk</b>	<b>Turkey/cheese sandwich, salad, fruit, milk</b>	<b>Beef Mac and Cheese, Cauliflower, fruit, milk</b>	<b>BBq Chicken Sandwiches potato, fruit, milk</b>
<b>29</b>	<b>30</b>			
<i>Breakfast</i>	<i>Breakfast</i>			
<b>Bagel with Cream Cheese, fruit, milk</b>	<b>Fresh Baked Muffin, fruit, milk</b>			
<i>Lunch</i>	<i>Lunch</i>			
<b>Pasta marinara, cauliflower, fruit, milk</b>	<b>Beef taco platter, beans, chips, fruit, milk</b>			