




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



Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
<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>
Mac and Cheese, Broccoli, Fruit, Milk	Beef nachos, beans, chips, fruit, milk	Turkey/cheese sandwich, salad, fruit, milk	Chicken w/ Gravy, mashed potato, cornbread, fruit, milk	Hot Dog, Potato, fruit, milk
11	12	13	14	15
<i>No school</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Staff Development	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>
	Beef taco platter, beans, chips, fruit, milk	Grilled Cheese, Cauliflower, Fruit, Milk	Chicken Caesar Salad, fruit, milk	Cheeseburger, lettuce and tomato, fruit, milk
18	19	20	21	22
<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	Breakfast Burrito, fruit, milk
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Pasta marinara, cauliflower, fruit, milk	Taco Chicken Salad, beans, chips, fruit, milk	Turkey/cheese sandwich, salad, fruit, milk	Beef Mac and Cheese, Cauliflower, fruit, milk	BBq Chicken Sandwiches potato, fruit, milk
25	26	27	28	29
<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>
Pesto Pasta, broccoli, fruit, milk	Turkey/cheese sandwich, salad, fruit, milk	Turkey/cheese sandwich, salad, fruit, milk	Turkey/cheese sandwich, salad, fruit, milk	Turkey/cheese sandwich, salad, fruit, milk
Adult Paid Meals	Breakfast-\$2.00	Lunch-\$5.00		