



Sausalito Marin City School District  
 Dr. Martin Luther King, Jr Academy  
 Nevada Campus and Phillips Campus



**Breakfast and Lunch Menu - January**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/30</b>	<b>3/31</b>	<b>4</b>	<b>5</b>	<b>6</b>
<i>Breakfast</i> Bagel with Cream Cheese, fruit, milk	<i>Breakfast</i> Fresh Baked Muffin, fruit, milk	<i>Breakfast</i> Cereal with milk, fruit	<i>Breakfast</i> Smoothie and Breakfast bar	<i>Breakfast</i> Fresh Baked Muffin, fruit, milk
<i>Lunch</i> Pasta marinara, cauliflower, fruit, milk	<i>Lunch</i> Beef taco platter, beans, rice, fruit, milk	<i>Lunch</i> Turkey/cheese sandwich, carrot, fruit, milk	<i>Lunch</i> BBq Chicken Drumstick, rice, cucumber salad, fruit	<i>Lunch</i> Hot dog, potato, fruit, milk
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<i>Breakfast</i> Bagel with Cream Cheese, fruit, milk	<i>Breakfast</i> Fresh Baked Muffin, fruit, milk	<i>Breakfast</i> Cereal with milk, fruit	<i>Breakfast</i> Waffle and Sausage, fruit, milk	<i>Breakfast</i> Fresh Baked Muffin, fruit, milk
<i>Lunch</i> Pizza Bread, fruit, milk	<i>Lunch</i> Beef nachos, beans, chips, fruit,	<i>Lunch</i> Grilled cheese, Tomato Soup, fruit, milk	<i>Lunch</i> Lemon pepper chicken, corn, rice, fruit, milk	<i>Lunch</i> Cheeseburgers, potato, fruit, milk
<b>16</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>20</b>
<i>Breakfast</i> Bagel with Cream Cheese, fruit, milk	<i>Breakfast</i> Fresh Baked Muffin, fruit, milk	<i>Breakfast</i> Cereal with milk, fruit	<i>Breakfast</i> Smoothie and Breakfast bar	<i>Breakfast</i> Breakfast Sandwich, fruit, milk
<i>Lunch</i> Pasta marinara, cauliflower, fruit, milk	<i>Lunch</i> Beef Burrito, beans, fruit, milk	<i>Lunch</i> Turkey/cheese sandwich, carrot, fruit, milk	<i>Lunch</i> Shepards Pie, Toast, fruit, milk	<i>Lunch</i> BBq Chicken Drumstick, rice, cucumber salad, fruit
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<i>Breakfast</i> Bagel with Cream Cheese, fruit, milk	<i>Breakfast</i> Yogurt Granola, fruit, milk	<i>Breakfast</i> Cereal with milk, fruit	<i>Breakfast</i> Waffle and Sausage, fruit, milk	<i>Breakfast</i> Fresh Baked Muffin, fruit, milk
<i>Lunch</i> Mac and Cheese, broccoli, fruit, milk	<i>Lunch</i> Caesar Chicken Salad, chips, fruit, milk	<i>Lunch</i> Grilled cheese, Tomato Soup, fruit, milk	<i>Lunch</i> Chicken Tenders, carrots, fruit, milk	<i>Lunch</i> Hot dog, potato, fruit, milk



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