



Sausalito Marin City School District
 Dr. Martin Luther King, Jr Academy

Nevada Campus and Phillips Campus



Breakfast and Lunch Menu - May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Bagel with Cream Cheese,	Fresh Baked Muffin, fruit,	Cereal with milk, fruit	Waffles and Syrup, fruit,	Breakfast Sandwich, fruit,
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Spaghetti Red Sauce, Broccoli, Fruit, Milk	Beef taco platter, beans, chips, fruit, milk	Salami Sandwich(cold), cucumber, fruit, milk	Lemon Pepper Chicken, rice, green beans, fruit, milk	Hot Dogs, potatoes, fruit, milk
9	10	11	12	13
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Bagel with Cream Cheese,	Yogurt and Granola, fruit,	Cereal with milk, fruit	Waffles and Syrup, fruit,	Fresh Baked Muffin, fruit,
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Pepperoni Pizza Bread, Carrots, Fruit, Milk	Beef taco platter, beans, chips, fruit, milk	Grilled Cheese, carrot, fruit, milk	Southwest Chicken Salad, fruit, milk	Cheeseburger, potatoes, fruit, milk
16	17	18	19	20
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Bagel with Cream Cheese,	Fresh Baked Muffin, fruit,	Cereal with milk, fruit	Smoothie and Breakfast bar	Breakfast Sandwich, fruit,
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Pesto Pasta, broccoli, fruit, milk	Chicken Taco Salad, beans, chips, fruit, milk	Chili con Carne, Cornbread, fruit, milk	BBq Chicken Drumstick, rice, green beans, fruit	Shepard Pie(beef and mashed potato), fruit, milk
23	24	25	26	27
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Bagel with Cream Cheese,	Fresh Baked Muffin, fruit,	Cereal with milk, fruit	Waffles and Syrup, fruit,	Fresh Baked Muffin, fruit,
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Mac and Cheese, Broccoli, Fruit, Milk	Beef Nacho, beans, fruit, milk	Sunbutter and Jelly Sandwich, carrot, fruit,	Chicken Caesar Salad, fruit, milk	Hot Dogs, potatoes, fruit, milk
30	31	1	2	3
<i>no school</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
	Granola and Milk, Fruit	Cereal with milk, fruit	Smoothie and Breakfast bar	Breakfast Sandwich, fruit,
	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
	Beef taco platter, beans, chips, fruit, milk	Turkey/Cheese Sandwich, salad/carrot, fruit, milk	Lemon Pepper Chicken, Rice, Corn, fruit, milk	BBq Beef Burger potato, fruit, milk

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