



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



Breakfast and Lunch Menu - October

Monday	Tuesday	Wednesday	Thursday	Friday
3/31	4	5	6	7
<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> Smoothie and Breakfast bar	<i>Breakfast</i> Breakfast Burrito, fruit, milk
<i>Lunch</i> Pasta marinara, cauliflower, fruit, milk	<i>Lunch</i> Beef taco platter, beans, chips, fruit, milk	<i>Lunch</i> Salami/cheese sandwich, carrots, fruit, milk	<i>Lunch</i> BBq Chicken Drumstick, rice, cucumber salad, fruit	<i>Lunch</i> Beef and Red Sauce Pasta, Corn, Fruit, Milk
10	11	12	13	14
<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, milk	<i>Lunch</i> Grilled cheese, Tomato Soup, fruit, milk	<i>Lunch</i> Lemon pepper chicken, corn, rice, fruit, milk	<i>Lunch</i> Hot dog, potato, fruit, milk
17	18	19	20	21
<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> SW Chicken Salad, chips, fruit, milk	<i>Lunch</i> Turkey/cheese sandwich, carrot, fruit, milk	<i>Lunch</i> Shepards Pie, Toast, fruit, milk	<i>Lunch</i> BBQ Sloppy Joe, potato, fruit, milk
24	25	26	27	28
<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> Cheeseburgers, potato, fruit, milk

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