

AUGUST 2016

Monday	Tuesday	Wednesday	Thursday	Friday					
1	2	3	4	5					
8	9	10	11	12					
15	16	17	Breakfast Zucchini Muffins Fresh Fruit, Milk Lunch Pasta Bolognese, Pasta Marinara Salad Fresh Fruit	18	Breakfast Yogurt Parfait, Fresh Fruit Granola, Milk Lunch Lemon Pepper Chicken, Lemon Pepper Tofu Brown Jasmine Rice, Roasted Zucchini Salad, Fresh Fruit	19			
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk Lunch Tomato Soup with G. Cheese Fresh Fruit	22	Breakfast Yogurt Parfait, Fresh Fruit Granola, Milk Lunch Nachos, Corn Chips Salad Fresh Fruit	23	Breakfast Zucchini Muffins Fresh Fruit, Milk Lunch Shepards Pie, Veggie Pie Mashed Potato Fresh Fruit	24	Breakfast Cereal, Fresh Fruit Milk Lunch Teriyaki Chicken Drum, Teriyaki Tofu Brown Jasmine Rice, Roasted Corn Fresh Fruit	25	Breakfast Scrambled Eggs, Fresh Fruit Toast, Milk Lunch Hot Dogs, Veggie Burger Carrot Sticks Fresh Fruit	26
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk Lunch Mac and Cheese Broccoli Fresh Fruit	29	Breakfast Yogurt Parfait, Fresh Fruit Granola, Milk Lunch Bean and Cheese Burrito Salad Fresh Fruit	30	Breakfast Oatmeal, Fresh Fruit Milk Lunch Chicken Tikka, Tofu Tikka Brown Jasmine Rice, Cauliflowe Salad, Fresh Fruit	31				

BAYSIDE MLK SCHOOL

Meals will be prepared with fresh local organic seasonal sustainable and non gmo ingredients as best we can.
 Substitutions may occur based on availability of ingredients.



SEPTEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			Breakfast Pancakes, Fresh Fruit Milk 1 Lunch Sloppy Joes, Veggie Joes Fresh Fruit	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 2 Lunch Pasta Marinara, Salad Fresh Fruit
Labor Day 5	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 6 Lunch Kale Garbanzo Soup Garlic Bread Fresh Fruit	Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 7 Lunch Taco Beef Platter, Veggie Taco Platter Brown Jasmine Rice, Salad Fresh Fruit	Breakfast Oatmeal, Fresh Fruit Milk 8 Lunch BBQ Chicken, BBQ Tofu Farro Pilaf Corn, Fresh Fruit	Breakfast Cereal, Fresh Fruit Milk 9 Lunch Scrambled Eggs, Potato, Toast Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 12 Lunch Veg Chili with Cheese Corn Bread, Assorted Vegetables Fresh Fruit	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 13 Lunch Nachos, Corn Chips Salad Fresh Fruit	Breakfast Pancakes, Fresh Fruit Milk 14 Lunch Korean Beef Bowl, Korean Veggie Bowl Brown Jasmine Rice, Roasted Zucchini Fresh Fruit	Breakfast Cereal, Fresh Fruit Milk 15 Lunch Shepard's Pie, Veggie Pie Mashed Potato Fresh Fruit	Breakfast Veg Frittata, Toast Fresh Fruit, Milk 16 Lunch Vegetable Pasta Casserole Assorted Vegetables Fresh Fruit
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 19 Lunch Black Eyed Peas and Collards Polenta Fresh Fruit	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 20 Lunch Beef Burrito, Veggie Burrito Roasted Squash Fresh Fruit	Breakfast Oatmeal, Fresh Fruit Milk 21 Lunch Sloppy Joes, Veggie Joes Carrot Sticks Fresh Fruit	Breakfast Cereal, Fresh Fruit Milk 22 Lunch Scrambled Eggs, Potato, Toast Fresh Fruit, Milk	Breakfast Fresh Fruit Smoothie Zucchini Bread, Milk 23 Lunch Chicken Teriyaki, Teriyaki Tofu Brown Jasmine Rice, Roasted Zucchini Fresh Fruit
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 26 Lunch Lentil Soup Garlic Bread, Assorted Vegetables Fresh Fruit	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 27 Lunch Chicken Enchiladas Casserole Veggie Enchiladas, Brown Jasmine Rice Salad, Fresh Fruit	Breakfast Frittata Veg, Toast Fresh Fruit, Milk 28 Lunch Quinoa Mac & Cheese Salad Fresh Fruit	Breakfast Cereal, Fresh Fruit Milk 29 Lunch Chicken Teriyaki, Teriyaki Tofu Brown Jasmine Rice, Baby Bok Choy Fresh Fruit	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 30 Lunch Buffalo Chicken Drumsticks, Buffalo Tofu Cilantro Pesto Pasta, Roasted Corn Fresh Fruit



BAYSIDE MLK ACADEMY

Meals will be prepared with fresh local organic seasonal sustainable and non gmo ingredients as best we can.

Substitutions may occur based on availability of ingredients.


consciouskitchen
 fresh local organic seasonal non-gmo school meals

OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 3	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 4	Breakfast Oatmeal, Fresh Fruit Milk 5	Breakfast Pancakes, Fresh Fruit Milk 6	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 7
Lunch Veg Chili with Cheese Corn Chips, Assorted Vegetables Fresh Fruit	Lunch Nachos, Corn Chips Salad Fresh Fruit	Lunch Korean Chicken Bowl, Korean Veggie Bowl Brown Jasmine Rice, Roasted Zucchini Fresh Fruit	Lunch Shepard's Pie, Veggie Pie Mashed Potato Fresh Fruit	Lunch Pasta Marinara, Salad Fresh Fruit
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 10	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 11	Breakfast Zucchini Muffins Fresh Fruit, Milk 12	Breakfast Cereal, Fresh Fruit Milk 13	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 14
Lunch Vegetable Curry, Brown Jasmine Rice Assorted Vegetables Fresh Fruit	Lunch Bean and Cheese Burrito Salad Fresh Fruit	Lunch Ham and Cheese Sandwiches Grilled Cheese Sandwiches Roasted Potato Chip, Fresh Fruit	Lunch Shepard's Pie, Veggie Pie Mashed Potato Fresh Fruit	Lunch Sloppy Joes, Veggie Joes Carrot Sticks Fresh Fruit
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 17	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 18	Breakfast Oatmeal, Fresh Fruit Milk 19	Breakfast Cereal, Fresh Fruit Milk 20	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 21
Lunch Butternut Squash Soup w G. Cheese Fresh Fruit	Lunch Beef Enchilada Casserole Veggie Enchiladas Salad, Fresh Fruit	Lunch BBQ Chicken, BBQ Tofu Brown Jasmine Rice Roasted Corn, Fresh Fruit	Lunch Ham and Cheese Sandwiches Grilled Cheese Sandwiches Roasted Potato Chip, Fresh Fruit	Lunch Hot Dogs, Veggie Burger Carrot Sticks Fresh Fruit
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 24	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 25	Breakfast Oatmeal, Fresh Fruit Milk 26	Breakfast Cereal, Fresh Fruit Milk 27	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 28
Lunch Black Eyed Peas and Collards Brown Jasmine Rice Fresh Fruit	Lunch Beef Burrito, Veggie Burrito Salad Fresh Fruit	Lunch Sloppy Joes, Veggie Joes Cauliflower Fresh Fruit	Lunch Scrambled Eggs, Potato, Toast Fresh Fruit, Milk	Lunch Chicken Teriyaki, Teriyaki Tofu Brown Jasmine Rice, Baby Bok Choy Fresh Fruit
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 31				
Lunch Butternut Squash Mac and Cheese Broccoli Fresh Fruit				



BAYSIDE MLK ACADEMY

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NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 1	Breakfast Oatmeal Fresh Fruit, Milk 2	Breakfast Pumpkin Muffins Fresh Fruit, Milk 3	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 4
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 7	Breakfast Zucchini Muffins Fresh Fruit, Milk 8	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 9	Breakfast Cereal, Fresh Fruit Milk 10	Veterans Day 11
Lunch Tomato Soup Grilled Cheese Sandwich Fresh Fruit, Milk	Lunch Chicken Taco Platter, Veggie Taco Platter Tortilla Chips, Salad Fresh Fruit, Milk	Lunch Ham and Cheese Sandwiches Grilled Cheese Sandwiches Roasted Squash, Fresh Fruit, Milk	Lunch Hot Dogs, Veggie Burger Salad Fresh Fruit, Milk	
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 14	Breakfast Oatmeal Fresh Fruit, Milk 15	Breakfast Banana Bread Fresh Fruit, Milk 16	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 17	Breakfast Pancakes Fresh Fruit, Milk 18
Lunch Vegetarian Chili Cornbread Fresh Fruit, Milk	Lunch Beef Nachos, Vegie Nachos Tortilla Chips, Salad Fresh Fruit, Milk	Lunch Pasta and Meat Sauce Cauliflower Fresh Fruit, Milk	Lunch Chicken Teriyaki, Teriyaki Tofu Rice, Broccoli Fresh Fruit, Milk	Lunch Thanksgiving Dinner, Turkey Cornbread Stuffing, Mashed Potatoes Fresh Fruit, Milk
21	22	Thanksgiving Break 23		25
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 28	Breakfast Pumpkin Muffins Fresh Fruit, Milk 29	Breakfast Oatmeal, Fresh Fruit Milk 30		
Lunch Macaroni & Cheese Broccoli Fresh Fruit, Milk	Lunch Beef Burrito, Veggie Burrito Salad Fresh Fruit, Milk	Lunch Chicken Curry Cauliflower Fresh Fruit, Milk		



BAYSIDE MLK ACADEMY

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DECEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			Breakfast Cereal Fresh Fruit, Milk 1	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 2 Lunch Hot Dogs, Veggie Burger Salad Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 5 Lunch Vegetable Barley Soup Grilled Cheese Sandwich Fresh Fruit, Milk	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 6 Lunch Beef Taco Platter, Veggie Taco Platter Rice Fresh Fruit, Milk	Breakfast Pancakes Fresh Fruit, Milk 7 Lunch Butter Pasta, Chicken, Veggie Pasta Butternut Squash Fresh Fruit, Milk	Breakfast Cereal, Fresh Fruit Milk 8 Lunch Shepard's Pie, Veggie Pie Mashed Potatoes Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 9 Lunch Sloppy Joe's, Veggie Joe's Cauliflower Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 12 Lunch Macaroni & Cheese Broccoli Fresh Fruit, Milk	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 13 Lunch Chicken Burritos, Veggie Burritos Fresh Fruit, Milk	Breakfast Oatmeal Fresh Fruit, Milk 14 Lunch Ham & Cheese Sandwiches Salad Fresh Fruit, Milk	Breakfast Seasonal Muffins Fresh Fruit, Milk 15 Lunch Lemon Pepper Chicken Lemon Pepper Tofu, Squash Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 16 Lunch Hot Dogs, Veggie Burger Roasted Sweet Potato Fries Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 19 Lunch Pasta with Marinara and Cheese Broccoli Fresh Fruit, Milk	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 20 Lunch Beef Taco Platter, Veggie Taco Platter Fresh Fruit, Milk	Breakfast Oatmeal Fresh Fruit, Milk 21 Lunch Korean Beef Bowl Cauliflower Fresh Fruit, Milk	Breakfast Cereal, Fresh Fruit Milk 22 Lunch Peanut Butter and Jelly Sandwiches Carrot Sticks Fresh Fruit, Milk	23
26	27	28 HOLIDAY BREAK	29	30



BAYSIDE MLK ACADEMY

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Substitutions may occur based on availability of ingredients.



JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk Lunch Lentil Soup Grilled Cheese Sandwich Fresh Fruit, Milk	Breakfast Zucchini Muffins Fresh Fruit, Milk Lunch Chicken Taco Platter, Pinto Bean Platter Brown Rice Fresh Fruit, Milk	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk Lunch Lemon Pepper Chicken, Lemon Pepper Tofu Pasta, Roasted Squash Fresh Fruit, Milk	Breakfast Cereal Fresh Fruit, Milk Lunch Shepard's Pie, Lentil Shepard's Pie Garlic Bread, Mashed Potatoes Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk Lunch Sloppy Joe's, Lentil Joe's Cauliflower Fresh Fruit, Milk
16 Martin Luther King Day	Breakfast Banana Bread Fresh Fruit, Milk Lunch Taco Tuesday Nachos, Bean Nachos Chips, Salad Fresh Fruit, Milk	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk Lunch Beef Chili, Veggie Chili Cornbread Fresh Fruit, Milk	Breakfast Pancakes Fresh Fruit, Milk Lunch Teriyaki Chicken, Teriyaki Tofu Rice, Bok Choy Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk Lunch Hot Dogs, Veggie Burger Salad Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk Lunch Veggie Chili Cornbread Fresh Fruit, Milk	Breakfast Oatmeal Fresh Fruit, Milk Lunch Beef Taco Platter, Pinto Bean Platter Brown Rice Fresh Fruit, Milk	Breakfast Cereal Fresh Fruit, Milk Lunch Ham & Cheese Sandwiches Grilled Cheese Sandwiches Salad, Fresh Fruit, Milk	Breakfast Pancakes Milk Lunch Pasta Bolognese, Pasta Marinara Salad Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk Lunch BBQ Chicken Drumstick, BBQ Tofu Rice, Cauliflower Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk Lunch Macaroni & Cheese Broccoli Fresh Fruit, Milk	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk Lunch Chicken Burritos, Bean Burrito Salad Fresh Fruit, Milk			
30	31			



BAYSIDE MLK ACADEMY

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FEBRUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 1	Breakfast Oatmeal Fresh Fruit, Milk 2	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 3
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 6	Breakfast Cereal Fresh Fruit, Milk 7	Breakfast Apple Muffin Fresh Fruit, Milk 8	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 9	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 10
Lunch Lentil Soup Grilled Cheese Sandwich Fresh Fruit, Milk	Lunch Nacho Taco Chips Fresh Fruit, Milk	Lunch Lemon Pepper Chicken, Lemon Pepper Tofu Brown Rice, Cauliflower Fresh Fruit, Milk	Lunch Sloppy Joe's, Lentil Joe Roasted Potato Fresh Fruit, Milk	Lunch Hot Dogs, Veggie Burger Winter Squash Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 13	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 14	Breakfast Banana Bread Fresh Fruit, Milk 15	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk 16	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk 17
Lunch Mac & Cheese Pasta, Broccoli Fresh Fruit, Milk	Lunch Chicken Burrito, Bean Burrito Fresh Fruit, Milk	Lunch Shepard's Pie, Lentil Pie Mashed Potato Fresh Fruit, Milk	Lunch Korean Beef Bowl, Korean Tofu Rice, Bok Choy Fresh Fruit, Milk	Lunch BBQ Chicken, BBQ Tofu Rice, Salad Fresh Fruit, Milk
20	21	22	23	24
Vacation				
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk 27	Breakfast Oatmeal Fresh Fruit, Milk 28			
Lunch Veg Chili Cornbread Fresh Fruit, Milk	Lunch Beef Taco Platter Bean Taco Platter Fresh Fruit, Milk			



BAYSIDE MLK ACADEMY

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MARCH 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast Cereal Fresh Fruit, Milk Lunch Pasta Bolognese Salad Fresh Fruit, Milk	Breakfast Muffins Fresh Fruit, Milk Lunch Chicken Teriyaki Rice, Bok Choy Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk Lunch Sloppy Joe's, Lentil Joe Salad Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk Lunch Mac & Cheese Broccoli Fresh Fruit, Milk	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk Lunch Chicken Nachos Tortilla Chips, Fresh Fruit, Milk	Breakfast Cereal Fresh Fruit, Milk Lunch Ham & Cheese Sandwiches Roasted Potatoes Fresh Fruit, Milk	Breakfast Oatmeal Fresh Fruit, Milk Lunch Shepard's Pie Mashed Potatoes Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk Lunch Korean Beef Bowl Rice, Cauliflower Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk Lunch Tomato Soup Grilled Cheese Fresh Fruit, Milk	Breakfast Cereal Fresh Fruit, Milk Lunch Beef Taco Platter Tortilla Chips Fresh Fruit, Milk	Breakfast Muffins Fresh Fruit, Milk Lunch Shepards Pie Garlic Bread, Mashed Potato Fresh Fruit, Milk	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk Lunch Lemon Pepper Chicken Broccoli Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk Lunch Sloppy Joe's Roasted Potatoes Fresh Fruit, Milk
Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk Lunch Cheese Pizza Salad Fresh Fruit, Milk	Breakfast Cereal Fresh Fruit, Milk Lunch Chicken Taco Platter Tortilla Chips, Salad Fresh Fruit, Milk	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk Lunch Pasta Bolognese Cauliflower Fresh Fruit, Milk	Breakfast Oatmeal Fresh Fruit, Milk Lunch Chicken Tikka Masala Bok Choy Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk NO LUNCH EARLY DISMISSAL
	Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk Lunch Beef Burritos Rice Fresh Fruit, Milk	Breakfast Oatmeal Fresh Fruit, Milk Lunch Shepard's Pie Mashed Potatoes Fresh Fruit, Milk	Breakfast Muffins Fresh Fruit, Milk Lunch Chicken w/Butter Pasta Broccoli Fresh Fruit, Milk	Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk Lunch BBQ Chicken Rice, Salad Fresh Fruit, Milk



BAYSIDE MLK ACADEMY

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 Substitutions may occur based on availability of ingredients.



APRIL 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk</p> <p>Lunch Vegetarian Chili Tortilla Chips Fresh Fruit, Milk</p>	<p style="text-align: right;">4</p> <p>Breakfast Cereal Fresh Fruit, Milk</p> <p>Lunch Chicken Taco Platter Tortilla Chips, Salad Fresh Fruit, Milk</p>	<p style="text-align: right;">5</p> <p>Breakfast Seasonal Muffins Fresh Fruit, Milk</p> <p>Lunch Korean Beef Rice, Broccoli Fresh Fruit, Milk</p>	<p style="text-align: right;">6</p> <p>Breakfast Oatmeal Fresh Fruit, Milk</p> <p>Lunch Chicken Tikka Masala Rice, Cauliflower Fresh Fruit, Milk</p>	<p style="text-align: right;">7</p> <p>Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk</p> <p>Lunch "Hamburger Helper" Pasta, Salad Fresh Fruit, Milk</p>
<p style="text-align: right;">10</p> <p>Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk</p> <p>Lunch Macaroni & Cheese Broccoli Fresh Fruit, Milk</p>	<p style="text-align: right;">11</p> <p>Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk</p> <p>Lunch Beef Nachos Tortilla Chips Fresh Fruit, Milk</p>	<p style="text-align: right;">12</p> <p>Breakfast Oatmeal Fresh Fruit, Milk</p> <p>Lunch Lemon Pepper Chicken Pasta, Roasted Potatoes Fresh Fruit, Milk</p>	<p style="text-align: right;">13</p> <p>Breakfast Seasonal Muffins Fresh Fruit, Milk</p> <p>Lunch Sloppy Joe's Carrot Sticks Fresh Fruit, Milk</p>	<p style="text-align: right;">14</p> <p>Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk</p> <p>Lunch Chicken Teriyaki Rice, Bok Choy Fresh Fruit, Milk</p>
17	18	19 VACATION		20
<p style="text-align: right;">24</p> <p>Breakfast Hard Boiled Egg, Toast Fresh Fruit, Milk</p> <p>Lunch Vegetarian Chili Cornbread Muffins Fresh Fruit, Milk</p>	<p style="text-align: right;">25</p> <p>Breakfast Oatmeal Fresh Fruit, Milk</p> <p>Lunch Beef Burritos Salad Fresh Fruit, Milk</p>	<p style="text-align: right;">26</p> <p>Breakfast Seasonal Muffins Fresh Fruit, Milk</p> <p>Lunch Shepard's Pie Garlic Bread, Mashed Potatoes Fresh Fruit, Milk</p>	<p style="text-align: right;">27</p> <p>Breakfast Yogurt Parfait, Granola Fresh Fruit, Milk</p> <p>Lunch Chicken Pesto Salad Fresh Fruit, Milk</p>	<p style="text-align: right;">28</p> <p>Breakfast Scrambled Eggs, Toast Fresh Fruit, Milk</p> <p>Lunch Hot Dogs Broccoli Fresh Fruit, Milk</p>



BAYSIDE MLK ACADEMY

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