

MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Hard Boiled Egg, Toast Apple, Milk 2 Lunch Collard and Black Eyed Peas Cheese, Corn Bread, Collards Banana, Milk	Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk 3 Lunch Nachos with Beans Nacho Cheese Sauce, Corn Chips Pinto Bean, Apple, Milk	Breakfast Seasonal Baked Good Orange, Milk 4 Lunch Orange Chicken, Korean Veggie Bowl Chicken, Asian Noodles, Broccoli Orange, Milk	Breakfast Cereal Apple, Milk 5 Lunch Shepards Pie, Veggie Pie Ground Beef, Toast, Carrot Sticks Orange, Milk	Breakfast Scrambled Eggs, Toast CK Fruit Salad, Milk 6 Lunch CheeseBurger, Veggie Burger Ground Beef, Hamburger Bun Cauliflower, Apple, Milk
Breakfast Hard Boiled Egg, Toast CK Fruit Salad, Milk 9 Lunch Mac and Cheese Cheese, Pasta, Broccoli Orange, Milk	Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk 10 Lunch Beef Burrito, Bean Burrito Ground Beef, Tortilla, Pinto Bean Banana, Milk	Breakfast Oatmeal Cinnamon Apple, Milk 11 Lunch Sloppy Joes, Veggie Joes Ground Beef, Hamburger Bun Carrots and Ranch Orange, Milk	Breakfast Cereal Orange, Milk 12 Lunch Ham and Cheese Sandwiches Ham, Bread, Potato Apple, Milk	Breakfast Scrambled Eggs, Toast Apple, Milk 13 Lunch Beefy Mac and Cheese Mac and Cheese Ground Beef, Pasta, Cauliflower Apple, Milk
Breakfast Hard Boiled Egg, Toast Orange, Milk 16 Lunch Pasta Marinara with Cheese Cheese, Pasta, Broccoli Kiwi, Milk	Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk 17 Lunch Beef Taco Platter, Bean Enchiladas Ground Beef, Brown Jasmine Rice Pinto Bean, Orange, Milk	Breakfast Oatmeal, Cinnamon Apple, Milk 18 Lunch Grilled Cheese Cheese, Bread, Tomato Soup Apple, Milk	Breakfast Cereal Orange, Milk 19 Lunch BBQ Chicken Drumsticks, BBQ Tofu Chicken, Pasta, Carrot Sticks Orange, Milk	20 <p style="text-align: center;">Staff Day</p>
23 <p style="text-align: center;">Staff Day</p>	Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk 24 Lunch Beef Nacho, Bean Taco Platter Ground Beef, Corn Chips, Pinto Bean Orange, Milk	Breakfast Oatmeal, Cinnamon Apple, Milk 25 Lunch Pesto Pasta, Veggie Joes Cheese, Pasta, Carrot Sticks Kiwi, Milk	Breakfast Cereal Orange, Milk 26 Lunch Chicken Alfredo, Mac and Cheese Chicken Breast, Pasta, Broccoli Orange, Milk	Breakfast Scrambled Eggs, Toast Apple, Milk 27 Lunch Beef Bologanise, Veggie Burger Ground Beef, Pasta, Carrot Sticks Apple, Milk
Breakfast Hard Boiled Egg, Toast Apple, Milk 30 Lunch Mac and Cheese Cheese, Pasta, Broccoli Orange, Milk	Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk 31 Lunch Beef Taco Platter, Bean Taco Platter, Ground Beef, Rice, Pinto Bean Orange, Milk	Breakfast Oatmeal, Cinnamon Apple, Milk 1 Lunch Beef Bolognaise Pasta, Marinara Ground Beef, Hamburger Bun CK Romaine Slaw Orange, Milk	Breakfast Cereal CK Fruit Salad, Milk 2 Lunch Lemon Pepper Chicken Lemon Pepper Tofu Chicken Thigh, Brown Jasmine Rice Zucchini, Kiwi, Milk	Breakfast Scrambled Eggs, Toast Orange, Milk 3 Lunch Hot Dogs Hot Dog, HD Bun, Sweet Potato Fries Apple, Milk



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.

