



SUNDAY 1/14	MLK DAY 1/15	TUESDAY 1/16	WEDNESDAY 1/17	THURSDAY 1/18	FRIDAY 1/19	SATURDAY 1/20
CONTINENTAL BREAKFAST	BREAKFAST 6:45 - 8:45 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.
7 - 9 a.m. Chilled Juices - Fresh Fruit Assorted Hot/Cold Cereal Bagels/English/Artisan Breads <i>at the toaster</i> BRUNCH 9 a.m. Omelets/Fried Eggs to order Eggs Benedict to order Smoothie of the Day Make your own Belgian Waffles <i>Assorted Toppings</i> Buttermilk Pancakes - Warm Syrup French Toast Grilled Bacon Grilled Sausage Breakfast Potatoes	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Grits Sausage and Biscuits Croissant Breakfast Chocolate Chip Pancakes - Warm Syrup Breakfast Potatoes	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Bagel Breakfast Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - Warm Syrup Assorted Muffins	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Omelets to order Scrambled Eggs Bagel Breakfast Make your own Belgian Waffles <i>Assorted Toppings</i> Breakfast Potatoes Blueberry Pancakes - Warm Syrup	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets/Eggs to order Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - Warm Syrup Assorted Muffins	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Bagel Breakfast Breakfast Potatoes Whole Wheat Pancakes - Warm Syrup	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Omelets to order Scrambled Eggs Croissant Breakfast Make your own Belgian Waffles <i>Assorted Toppings</i> Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - Warm Syrup Assorted Muffins
CONTINUED 11 a.m.	LUNCH 11 - 1 p.m.	LUNCH 11 - 1 p.m.	LUNCH 11 - 1 p.m.	LUNCH 11 - 1 p.m.	LUNCH 11 - 1 p.m.	LUNCH 11 - 1 p.m.
Soup du Jour Fresh Fruit Bar Tossed Salad - Dressings Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Assorted Breakfast Pastries	Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Soup du Jour Chicken Pattie Sandwich Tortellini Carbonara <u>Chickpea Curry</u> Potato Puffs Sautéed Fresh Greens Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> <u>Minestrone Soup</u> Turkey Rice Soup American Chop Suey Grilled Rachel Sandwich <i>Turkey, Swiss, Cole Slaw and Russian Dressing on Rye</i> <u>Curried Sweet Tempeh</u> (v) Wild Rice Pilaf Fresh Asparagus <i>with Lemon Zest</i> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Poppyseed Cake	Salad Bar Deli Bar Hot Pretzels - salt & mustard <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Chicken Barley Soup <u>Green Velvet Soup</u> (v) Shrimp and Broccoli Stir-Fry Smoked Turkey and Boursin on Artisan Jalapeño Bread <u>Vegan Ravioli</u> - with Roasted Red Pepper Potato Chips - Pickles Quinoa Pilaf Fresh Zucchini <i>with Plum Tomatoes</i> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Chicken & Brown Rice Soup <u>Pasta & White Bean Soup</u> Fresh, Local, Sustainable Seafood Catch of the Day Hamburgers Cheeseburgers <u>Veggie Burgers</u> (v) Roasted Sweet Potatoes Hand Cut Beet and Turnip Chips Fresh Steamed Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Yellow Cake <i>with Chocolate Icing</i> SEATED MEAL 6 p.m.	Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal <u>Tomato Soup</u> Clam Chowder Grilled Cheese Bar Sweet Sausage <i>with Onions & Peppers</i> Chicken Stew <i>with Buttermilk Biscuits</i> <u>Okinawan Rice</u> <i>with Bean Sprouts & Tofu</i> Oven Roasted Potatoes Fresh Steamed Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Soup du Jour Monte Cristo Sandwich - Warm Syrup Chicken Stir-Fry <u>Edamame Stir-Fry</u> Brown Rice Pilaf Fresh Mixed Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Chef's Choice Dessert
DINNER 5:30 - 7 p.m.	DINNER 5:30 - 7 p.m.	DINNER 5:30 - 7 p.m.	DINNER 5:30 - 7 p.m.	DINNER 5:30 - 7 p.m.	FOOD COMMITTEE FRIDAY	DINNER 5:30 - 7 p.m.
Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed & Brown Rice ASIAN NOODLE BAR Lemon and Tarragon Breast of Chicken Roast Prime Rib of Beef - au jus Tofu and Broccoli (v) French Baked Potatoes Fresh Roasted Root Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Steak Tips Meat Lasagna <u>Cheese Lasagna</u> <u>Black Bean a la Olla</u> Corn & Peppers Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Apple Pie	Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Shoyu Chicken Scrambled Eggs <i>with Kielbasa, Sesame Oil, Soy Sauce, Furikake</i> <u>Red Bean Chili</u> Zippy's Chili <u>Red Bean Chili</u> Steamed White & Brown Rice Stir Fried Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Assorted Cookies	Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Pork Tandoori Telanga Chicken Curry <u>Lentil Curry</u> Vegetable Biryani Crisp Fried Okra Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar	MENU Cheese and Crackers Corn Chowder Greek Salad BBQ Glazed Chicken Breast Sweet Potato Cauliflower Casserole Macaroni and Cheese Steamed Fresh Broccoli Dinner Rolls - Butter Ice Water - Milk Peach Cobbler Fresh Fruit Bowl	5:30 - 7 p.m. Eva Carpenter <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal MYO Stir-Fry Miso Soup Pork Tonkotsu Teriyaki Tofu <i>with Green Onions</i> Yaki Soba Edamame Chicken, Shrimp and Veggie Gyoza Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Ramune Soda Matcha Ice Cream	Salad Bar Deli Bar New England Baked Beans & Franks <i>with Brown Bread</i> Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed & Brown Rice Fish Tacos Quesadilla Bar Corn and Tomato Quesadilla Spanish Rice Pilaf Sautéed Swiss Chard Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's MYO Ice Cream Sundae Bar

All menus subject to change

Underlined items indicate "Vegetarian"
(v) items indicate "Vegan"

Continued from the front

tions and agencies. Dr. King was elected to membership in several learned societies including the prestigious American Academy of Speeches. Dr. Martin Luther King, Jr. was a vital personality of the modern era. His lectures and remarks stirred the concern and sparked the conscience of a generation; the movements and marches he led brought significant changes in the fabric of American life; his courageous and selfless devotion gave direction to thirteen years of civil rights activities; his charismatic leadership inspired men and women, young and old, in the nation and abroad.

Dr. King's concept of somebodiness gave black and poor people a new sense of worth and dignity. His philosophy of nonviolent direct action, and his strategies for rational and non-destructive social change, galvanized the conscience of this nation and reordered its priorities. The Voting Rights Act of 1965, for example, went to Congress as a result of the Selma to Montgomery march. His wisdom, his words, his actions, his commitment, and his dreams for a new cast of life, are intertwined with the American experience.

Dr. King's speech at the march on Washington in 1963, his acceptance speech of the Nobel Peace Prize, his last sermon at Ebenezer Baptist Church, and his final speech in Memphis are among his most famous utterances (I've Been to the Mountaintop). The Letter from Birmingham Jail ranks among the most important American documents.

Death

Dr. King was shot while standing on the balcony of the Lorraine Motel in Memphis, Tennessee on April 4, 1968, by James Earl Ray. James Earl Ray was arrested in London, England on June 8, 1968 and returned to Memphis, Tennessee to stand trial for the assassination of Dr. King. On March 9, 1969, before coming to trial, he entered a guilty plea and was sentenced to ninety-nine years in the Tennessee State Penitentiary. Dr. King had been in Memphis to help lead sanitation workers in a protest against low wages and intolerable conditions. His funeral services were held April 9, 1968, in Atlanta at Ebenezer Church and on the campus of Morehouse College, with the President of the United States proclaiming a day of mourning and flags being flown at half-staff. The area where Dr. King was entombed is located on Freedom Plaza and surrounded by the Freedom Hall Complex of the Martin Luther King, Jr. Center for Nonviolent Social Change, Inc. The Martin Luther King, Jr. Historic Site, a 23 acre area was listed as a National Historic Landmark on May 5, 1977, and was made a National Historic Site on October 10, 1980 by the U.S. Department of the Interior.

MLK Holiday Timeline

1968

Martin Luther King, Jr. assassinated; Rep. John Conyers, D-Mich., introduces legislation for federal holiday to commemorate King

1973

Illinois is first state to adopt MLK Day as a state holiday

1983

Congress passes, President Reagan signs, legislation creating Martin Luther King, Jr. Day

1986

Federal MLK holiday goes into effect

1987

Arizona governor Evan Mecham rescinds MLK Day as his first act in office, setting off a boycott of the state.

1989

State MLK holiday adopted in 44 states

1991

The NFL moves the 1993 Super Bowl site from Phoenix, Ariz., to Pasadena, Calif., because of the MLK Day boycott.

1992

Arizona citizens vote to enact MLK Day. The Super Bowl is held in Tempe, Ariz. in 1996.

1993

For the first time, MLK Day is held in some form—sometimes under a different name, and not always as a paid state holiday—in all fifty states.

1999

New Hampshire becomes the last state to adopt MLK Day as a paid state holiday, replacing its optional Civil Rights Day.

2000

Utah becomes the last state to recognize MLK Day by name, renaming its Human Rights Day state holiday.

South Carolina becomes the last state to make MLK Day a paid holiday for all state employees. Until now, employees could choose between celebrating it or one of three Confederate-related holidays.

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"Strive mightily but eat and drink as friends"

Bon Appétit

THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

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Martin Luther King Jr.

Birth and Family

Martin Luther King, Jr. was born at noon Tuesday, January 15, 1929, at the family home, 501 Auburn Avenue, N.E., Atlanta, Georgia. Dr. Charles Johnson was the attending physician. Martin Luther King, Jr., was the first son and second child born to the Reverend Martin Luther King, Sr., and Alberta Williams King. Other children born to the Kings were Christine King Farris and the late Reverend Alfred Daniel Williams King. Martin Luther King's maternal grandparents were the Reverend Adam Daniel Williams, second pastor of Ebenezer Baptist, and Jenny Parks Williams. His paternal grandparents, James Albert and Delia King, were sharecroppers on a farm in Stockbridge, Georgia.

He married the former Coretta Scott, younger daughter of Obadiah and Bernice McMurray Scott of Marion, Alabama on June 18, 1953. The marriage ceremony took place on the lawn of the Scott's home in Marion. The Reverend King, Sr., performed the service, with Mrs. Edythe Bagley, the sister of Mrs. King, maid of honor, and the Reverend A.D. King, the brother of Martin Luther King, Jr., best man.

Four children were born to Dr. and Mrs. King:

Yolanda Denise (November 17, 1955 Montgomery, Alabama)

Martin Luther III (October 23, 1957 Montgomery, Alabama)

Dexter Scott (January 30, 1961 Atlanta, Georgia)

Bernice Albertine (March 28, 1963 Atlanta, Georgia)

Education

Martin Luther King, Jr. began his education at the Yonge Street Elementary School in Atlanta, Georgia. Following Yonge School, he was enrolled in David T. Howard Elementary School. He also attended the Atlanta University Laboratory School and Booker T.

Washington High School. Because of his high score on the college entrance examinations in his junior year of high school, he advanced to Morehouse College without formal graduation from Booker T. Washington. Having skipped both the ninth and twelfth grades, Dr. King entered Morehouse at the age of fifteen.

In 1948, he graduated from Morehouse College with a B.A. degree in Sociology. That fall, he enrolled in Crozer Theological Seminary in Chester, Pennsylvania. While attending Crozer, he also studied at the University of Pennsylvania. He was elected president of the senior class and delivered the valedictory address; he won the Pearl Plafker Award for the most outstanding student; and he received the J. Lewis Crozer fellowship for graduate study at a university of his choice. He was awarded a Bachelor of Divinity degree from Crozer in 1951.

In September of 1951, Martin Luther King began doctoral studies in Systematic Theology at Boston University. He also studied at Harvard University. His dissertation, "A Comparison of God in the Thinking of Paul Tillich and Henry Wieman," was completed in 1955, and the Ph.D. degree from Boston, a Doctorate of Philosophy in Systematic Theology, was awarded on June 5, 1955.

Dr. King was a pivotal figure in the Civil Rights Movement. He was elected president of the Montgomery Improvement Association, the organization which was responsible for the successful Montgomery Bus Boycott from 1955 to 1956 (381 days). He was arrested thirty times for his participation in civil rights activities. He was a founder and president of Southern Christian Leadership Conference from 1957 to 1968. He was also vice president of the national Sunday School and Baptist Teaching Union Congress of the National Baptist Convention. He was a member of several national and local boards of directors and served on the boards of trustees of several institu-

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