

MUSTARD SEEDS ACADEMY

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast-WG waffles, apples, milk Lunch-Fish, green beans, peaches, bread, milk Snack-Juice, PB crackers	2 Breakfast-WG cheese toast, tropical fruit, milk Lunch-Chicken n Rice, veggies, pears, bread, milk Snack-Juice, WG cheese its	3 Breakfast-WG French toast bites, blueberries, milk Lunch-Pizza, corn, pineapples, milk Snack-Juice, Pretzels	4 CLOSED for INDEPENDENCE DAY	5 CLOSED for INDEPENDENCE DAY
8 Breakfast-WG waffles, apples, milk Lunch-Steak fingers, mashed potatoes, pears, roll, milk Snack-Juice, WG goldfish	9 Breakfast-WG cheese toast, tropical fruit, milk Lunch-Chicken Alfredo, pintos, pineapples, bread, milk Snack-Juice, graham crackers	10 Breakfast-Sausage powerbites, blueberries, milk Lunch-Cheeseburgers, Tater tots, oranges, milk Snack-Juice, veggies/ranch	11 Breakfast-WG cereal, bananas, milk Lunch-Turkey/cheese sandwich, corn chips, peaches, pickle, milk Snack-Juice, cheese crackers	12 Breakfast-WG muffins, apples, milk Lunch-Pizza pasta bake, salad/ranch, pineapples, milk Snack-Juice, Pretzels
15 Breakfast-WG waffles, apples, milk Lunch-Biscuit/gravy, eggs, Tater tots, bananas, milk Snack-Juice, Yogurt/fruit	16 Breakfast-WG cheese toast, tropical fruit, milk Lunch-Meatloaf, potatoes, pears, roll, milk Snack-Juice, Peanut butter/bananas	17 Breakfast-WG French toast bites, blueberries, milk Lunch-Chicken tacos, corn, oranges, milk Snack-Juice, veggies/ranch	18 Breakfast-WG cereal, bananas, milk Lunch-PB & J sandwich, corn chips, pears, pickle, milk Snack-Juice, Pretzels	19 Breakfast-Pigs in blanket, strawberries, milk Lunch-Pizza, corn nuggets, pineapples, milk Snack-Juice, graham crackers
22 Breakfast-WG waffles, apples, milk Lunch-Mac & beefaroni, green beans, peaches, roll, milk Snack-Juice, WG Chex mix	23 Breakfast-WG cheese toast, tropical fruit, milk Lunch-Mini corn dogs, baked beans, oranges, bread, milk Snack-Juice, WG goldfish	24 Breakfast-WG French toast bites, blueberries, milk Lunch-Chicken bites, mashed potatoes, pears, bread, milk Snack-Juice, PB crackers	25 Breakfast-WG cereal, bananas, milk Lunch-Turkey/Cheese sandwich, corn chips, tropical fruit, milk Snack-Juice, Yogurt/fruit	26 Breakfast-Sausage powerbites, apples, milk Lunch-Pizza, corn, pineapples, milk Snack-Juice, cheese crackers
29 Breakfast-WG waffles, apples, milk Lunch-Steak fingers, mashed potatoes, pears, milk, roll Snack-Juice, pretzels	30 Breakfast-WG cheese toast, tropical fruit, milk Lunch-Fish, pintos, peaches, milk, bread Snack-Juice, WG cheese its	31 Breakfast-WG French toast bites, blueberries, milk Lunch-Grilled nuggets, green beans, oranges, milk, bread Snack-Juice, WG goldfish		Breakfast (BLUE) Lunch (GREEN) Snack (RED)