

MUSTARD SEEDS ACADEMY SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED LABOR DAY	3 Breakfast- WG cheese toast, applesauce, milk Lunch-Mini hot dogs, baked beans, oranges, milk, Snack-Juice, Graham crackers	4 Breakfast-WG French toast bites, blueberries, milk Lunch-Spaghetti, salad/ranch, peaches, milk, bread Snack-Juice, Yogurt/ strawberries	5 Breakfast-WG cereal, bananas, milk Lunch-Turkey/cheese sandwich, corn chips, pears, pickle, milk Snack-Juice, WG goldfish	6 Breakfast-Muffins, strawberries, milk Lunch-Pizza, corn nugget, pineapple, milk Snack-Juice, pretzels
9 Breakfast-WG waffles, apples, milk Lunch-Steak fingers, mashed potatoes, pears, milk, roll Snack-Juice, WG cheese its	10 Breakfast- WG cheese toast, strawberries, milk Lunch-Chicken alfredo, green beans, peaches, milk, roll Snack-Juice, veggies/ranch	11 Breakfast- Sausage power bites, blueberries, milk Lunch-Ham/cheese crescents, veggies, oranges, milk Snack-Juice, WG Chex mix	12 Breakfast-WG cereal, bananas, milk Lunch-PB&J sandwich, corn chips, pears, pickle, milk Snack-Juice, graham crackers	13 Breakfast-Mini pancakes, apples, milk Lunch-Pizza pasta bake, salad/ranch, pineapples, milk Snack-Juice, WG goldfish
16 Breakfast-WG waffles, apples, milk Lunch-Mac & beefaroni, green beans, peaches, milk, roll Snack-Juice, PB crackers	17 Breakfast-WG cheese toast, applesauce, milk Lunch- Biscuits/gravy, eggs, Tater tots, bananas, milk Snack-Juice, Yogurt/ strawberries	18 Breakfast-WG French toast stick, blueberries, milk Lunch-Chicken tacos, black beans, oranges, milk Snack-Juice, Pretzels	19 Breakfast-WG cereal, bananas, milk Lunch-Turkey/cheese sandwich, corn chips, pears, pickle, milk Snack-Juice, WG cheese its	20 Breakfast- Sausage powerbites, apples, milk Lunch-Pizza, corn, pineapples, milk Snack-Juice, WG goldfish
23 Breakfast- WG waffles, apples, milk Lunch-Fish, green beans, peaches, milk, roll Snack-Juice, WG Chex mix	24 Breakfast- WG cheese toast, strawberries, milk Lunch-Mini corn dogs, baked beans, oranges, milk, bread Snack-Juice, graham crackers	25 Breakfast- Pancakes, blueberries, milk Lunch-Chicken/rice, mixed veggies, pineapples, milk, roll Snack-Juice, WG cheese its	26 Breakfast-WG cereal, bananas, milk Lunch-PB&J sandwich, corn chips, pears, pickle, milk Snack-Juice, WG goldfish	27 Breakfast-Sausage power bites, applesauce, milk Lunch-Pizza, salad/ranch, pineapples, milk Snack-Juice, pretzels
30 Breakfast- WG waffles, apples, milk Lunch-Chicken bites, mashed potatoes, peaches, milk, roll Snack-Juice, WG Chex mix				BREAKFAST (BLUE) LUNCH (GREEN) SNACK (RED)