MUSTARD SEEDS ACADEMY SEPTEMBER 2024

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