

# MUSTARD SEEDS ACADEMY

# OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST (BLUE)</b> <b>LUNCH (GREEN)</b> <b>SNACK (RED)</b>		<b>1</b> B-WG French toast sticks, blueberries, milk L-Mini corn dogs, baked beans, oranges, milk, bread S-Juice & apples/peanut butter	<b>2</b> B-WG cereal, bananas, milk L-Turkey/cheese sandwiches, chips, pickle, pears, milk S-Juice & yogurt/fruit	<b>3</b> B-WG pancakes, strawberries, milk L-Pizza, corn nuggets, pineapples, milk S-Juice & pretzels
<b>6</b> B-WG waffles, apples, milk L-Steak fingers, mashed potatoes, pears, milk, roll S-Juice & Chex mix	<b>7</b> B-WG cheese toast, applesauce, milk L-Chicken Alfredo, green beans, peaches, milk, roll S-Juice & WG goldfish	<b>8</b> B-WG French toast sticks, blueberries, milk L-Meatball subs, veggie pasta, oranges, milk S-Juice & yogurt/fruit	<b>9</b> B-WG cereal, bananas, milk L-Peanut butter & jelly sandwiches, chips, pickles, pears, milk S-Juice & graham crackers	<b>10</b> B-Muffins, strawberries, milk L-Pizza bake, salad/ranch, pineapples, milk S-Juice & cheese its
<b>13</b> B-WG waffles, apples, milk L-Biscuits/gravy, eggs, potatoes, bananas, milk S-Juice & pretzels	<b>14</b> B-WG cheese toast, applesauce, milk L-Chicken casserole, green beans, oranges, milk, roll S-Juice & apples/peanut butter	<b>15</b> B-WG French toast sticks, blueberries, milk L-Pizza, salad/ranch, peaches, milk, roll S-Juice & WG goldfish	<b>16</b> B-WG cereal, bananas, milk L-Turkey/cheese sandwiches, chips, pickle, pears, milk S-Juice & yogurt/fruit	<b>17</b> B-WG waffles, applesauce, milk L-Spaghetti, corn, pineapples, milk S-Juice & cheese its
<b>20</b> B-Eggs, apples, milk L-Roast/carrots, mashed potatoes, peaches, milk, roll S-Juice & Chex mix	<b>21</b> B-WG cheese toast, applesauce, milk L-Chicken Crispitos, corn, pineapples, milk S-Juice & graham crackers	<b>22</b> B-WG French toast sticks, blueberries, milk L-Fish sandwiches, green beans, oranges, milk S-Juice & yogurt/fruit	<b>23</b> B-WG cereal, bananas, milk L-Peanut butter & jelly sandwiches, chips, pickles, pears, milk S-Juice & cheese its	<b>24</b> B-WG pancakes, strawberries, milk L-Pizza bake, salad/ranch, pineapples, milk S-Juice & pretzels
<b>27</b> B-WG waffles, apples, milk L-Mac & beefaroni, green beans, oranges, milk, roll S-Juice & graham crackers	<b>28</b> B-WG cheese toast, applesauce, milk L-Chicken/rice, black beans, pineapples, milk, roll S-Juice & apples/peanut butter	<b>29</b> B-WG French toast sticks, blueberries, milk L-Mini hotdogs, baked beans, peaches, milk S-Juice & WG goldfish	<b>30</b> B-WG cereal, bananas, milk L-Turkey/cheese sandwiches, chips, pickle, pears, milk S-Juice & pretzels	<b>31</b> B-Muffins, strawberries, milk L-Pizza, corn nuggets, pineapples, milk S-Juice & Chex mix