

# MUSTARD SEEDS ACADEMY

# OCTOBER 2026

| Monday                                                                                                                           | Tuesday                                                                                                                                   | Wednesday                                                                                                                                     | Thursday                                                                                                                               | Friday                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>BREAKFAST (BLUE)</b><br><b>LUNCH (GREEN)</b><br><b>SNACK (RED)</b>                                                            |                                                                                                                                           |                                                                                                                                               | <b>1</b><br>B-WG cereal, bananas, milk<br>L-Mini corn dogs, baked beans, peaches, milk<br>S-Juice & Chex mix                           | <b>2</b><br>B-WG pancakes, strawberries, milk<br>L-Turkey/cheese sandwiches, chips, pickles, pears, milk<br>S-Juice & WG goldfish |
| <b>5</b><br>B-WG waffles, apples, milk<br>L-Biscuits/gravy, sausage, eggs, potatoes, bananas, milk<br>S-Juice & pretzels         | <b>6</b><br>B-WG cheese toast, applesauce, milk<br>L-Chicken Alfredo, green beans, peaches, milk, roll<br>S-Juice & yogurt/fruit          | <b>7</b><br>B-WG French toast sticks, blueberries, milk<br>L-Spaghetti, salad/ranch, oranges, milk<br>S-Juice & apples/peanut butter          | <b>8</b><br>B-WG cereal, bananas, milk<br>L-Peanut butter & jelly sandwiches, chips, pickles, pears, milk<br>S-Juice & graham crackers | <b>9</b><br>B-Eggs, strawberries, milk<br>L-Pizza bake, corn, pineapples, milk<br>S-Juice & cheese its                            |
| <b>12</b><br>B-WG waffles, apples, milk<br>L-Steak fingers, mashed potatoes, pears, milk, roll<br>S-Juice & pretzels             | <b>13</b><br>B-WG cheese toast, applesauce, milk<br>L-Chicken nuggets, green beans, oranges, milk, roll<br>S-Juice & cheese its           | <b>14</b><br>B-WG French toast sticks, blueberries, milk<br>L-Raviolis, corn, peaches, milk<br>S-Juice & WG goldfish                          | <b>15</b><br>B-WG cereal, bananas, milk<br>L-Turkey/cheese sandwiches, chips, pickles, pears, milk<br>S-Juice & graham crackers        | <b>16</b><br>B-WG pancakes, applesauce, milk<br>L-Mini corn dogs, baked beans, oranges, milk, bread<br>S-Juice & chex mix         |
| <b>19</b><br>B-WG waffles, apples, milk<br>L-Chicken/rice, black beans, peaches, milk, roll<br>S-Juice & Chex mix                | <b>20</b><br>B-WG cheese toast, applesauce, milk<br>L-Chicken Crisпитos, corn, pineapples, milk<br>S-Juice & graham crackers              | <b>21</b><br>B-WG French toast sticks, blueberries, milk<br>L-Potato/ham soup, green beans, oranges, milk, crackers<br>S-Juice & yogurt/fruit | <b>22</b><br>B-WG cereal, bananas, milk<br>L-Peanut butter & jelly sandwiches, chips, pickle, pears, milk<br>S-Juice & cheese its      | <b>23</b><br>B-WG pancakes, strawberries, milk<br>L-BBQ pizza, salad/ranch, pineapples, milk<br>S-Juice & pretzels                |
| <b>26</b><br>B-WG waffles, apples, milk<br>L-Biscuits/gravy, sausage, eggs, potatoes, bananas, milk<br>S-Juice & graham crackers | <b>27</b><br>B-WG cheese toast, applesauce, milk<br>L-Chicken/rice, black beans, pineapples, milk, roll<br>S-Juice & apples/peanut butter | <b>28</b><br>B-WG French toast sticks, blueberries, milk<br>L-Mini hotdogs, baked beans, peaches, milk<br>S-Juice & WG goldfish               | <b>29</b><br>B-Oatmeal, bananas, milk<br>L-Turkey/cheese sandwiches, chips, pickle, pears, milk<br>S-Juice & pretzels                  | <b>30</b><br>B-Eggs, sausage, strawberries, milk<br>L-Pizza toast, corn, pineapples, milk<br>S-Juice & Chex mix                   |