

MUSTARD SEEDS ACADEMY

NOVEMBER 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| | | 1 | 2 | 3 |
| | | WG French toast sticks, blueberries, milk Corn Dogs, baked beans, tropical fruit, milk, bread Juice, Pretzels | Sausage powerbites, applesauce, milk Ham & Cheese sandwiches, corn chips, pears, pickle, milk Juice, WG graham crackers | WG Cereal, bananas, milk Pizza, Corn nuggets, pineapples, milk Juice, WG Chex mix |
| 6 | 7 | 8 | 9 | 10 |
| WG Waffles, apples, milk Mac & beefaroni, green beans, oranges, milk, roll Juice, WG cheese its | WG, Cheese toast, tropical fruit, milk Fish, pintos, peaches, milk,roll Juice, WG goldfish | WG French toast sticks, blueberries, milk Cheeseburger sliders, tater tots, apples, milk, Juice, Cheese crackers | WG sausage pancakes sticks, applesauce, milk Peanut Butter & jelly sandwich, corn chips, pears, pickle, milk Juice, Graham crackers | CLOSED FOR VETERAN'S DAY |
| 13 | 14 | 15 | 16 | 17 |
| WG Waffles, apples, milk Chicken bites , mashed potatoes pears, milk, roll Juice, WG goldfish | WG Cheese toast, tropical fruit, milk Grilled nuggets, Pintos, oranges, milk, bread Juice, Peanut butter crackers | WG French toast sticks,, blueberries, milk Spaghetti, salad/ranch, peaches, milk, bread Juice, Pretzels | WG sausage powerbites, applesauce, milk Ham & Cheese sandwich, corn chips, pears, pickle, milk Juice, WG Kix Cereal | WG Cereal, bananas, milk Ham, chicken & dressing, green beans, peaches, roll, cranberry sauce, milk Juice, Graham crackers |
| 20 | 21 | 22 | 23 | 24 |
| WG Waffles, apples, milk Steak fingers, mashed potatoes, pears, milk, roll Juice, WG chex mix <i>Thanksgiving Break For OSR</i> | WG Biscuit sticks/gravy, tropical fruit, milk Corn dogs, baked beans, oranges, milk, bread Juice, Pretzels <i>Thanksgiving Break For OSR</i> | WG French toast bites,, blueberries, milk Chicken bites, tater tots, peaches, milk, bread Juice, WG goldfish <i>Thanksgiving Break For OSR</i> | CLOSED Thanksgiving Break For OSR and MSA | CLOSED Thanksgiving Break For OSR and MSA |
| 27 | 28 | 29 | 30 | |
| WG Waffles, apples, milk Mac & beefaroni, green beans oranges, milk, roll Juice, Cheese crackers | WG Cheese toast, tropical fruit, milk Hot dogs, baked beans, peaches, milk Juice, WG kix cereal, raisins | WG French toast sticks, blueberries, strawberries, milk Fish, pintos, pears, milk, bread Juice, Pretzels | WG sausage pancakes sticks, applesauce, milk Peanut Butter & jelly sandwich, corn chips, pears, pickle, milk Juice, Graham crackers | BREAKFAST (BLUE) LUNCH (GREEN) SNACK (RED) |