

MUSTARD SEEDS ACADEMY

JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
B = Breakfast (BLUE) L = Lunch (GREEN) S = Snack (RED)				2 B: WG cereal, bananas, milk L: Peanut butter & jelly sandwich, chips, pickle, pears, milk S: Juice, goldfish
5 B: WG waffles, apples, milk L: Biscuits/gravy, eggs, potatoes, bananas, milk S: Juice, cheese Its EARLY CLOSURE 3:00 PM	6 B: WG cheese toast, applesauce, milk L: Mini corndogs, baked beans, oranges, milk S: Juice, yogurt/fruit	7 B: WG French toast sticks, blueberries, milk L: Vegetable soup, corn, peaches, milk, crackers S: Juice, pretzels	8 B: WG cereal, bananas, milk L: Pizza bake, salad/ranch, pineapples, milk S: Juice, apples/peanut butter	9 B: Eggs, strawberries, milk L: Turkey/cheese, sandwiches, chips, pickle, pears, milk S: Juice, goldfish
12 B: WG waffles, apples, milk L: Mini hotdogs, chips, pickle, pears, milk S: Juice, Chex mix	13 B: WG cheese toast, applesauce, milk L: Chicken alfredo, peas, pineapples, milk S: Juice, graham crackers	14 B: Oatmeal, blueberries, milk L: Steak fingers, mashed potatoes, oranges, milk, roll S: Juice, apples/peanut butter	15 Breakfast: WG cereal, bananas, milk L: Pizza, corn, pineapples, milk S: Juice, yogurt/fruit	16 B : Grits, strawberries, milk L: Fish sandwich, salad/ranch, peaches, milk S: Juice, cheese Its
19 CLOSED MLK Jr. Day	20 B: WG cheese toast, applesauce, milk L: Chicken nuggets, mashed potatoes, peaches, milk, roll S: Juice, goldfish	21 B: WG French toast sticks, blueberries, milk L: Tacos, black beans, oranges, milk S: Juice, pretzels	22 B: WG cereal, bananas, milk L: Pizza bake, salad/ranch, pineapples, milk S: Juice, graham crackers	23 B: Muffins, strawberries, milk L: PB & J & jelly sandwich, chips, pickle, pears, milk S: Juice, Chex mix
26 B: WG waffles, apples, milk L: Mac & beefaroni, green beans, peaches, milk, roll S: Juice, Cheese Its	27 B: WG cheese toast, applesauce, milk L: Chicken noodle soup, crackers, corn, oranges, milk S: Juice, pretzels	28 B: Oatmeal, blueberries, milk L: Pot roast/carrots, mashed potatoes, pears, milk, roll S: Juice, peanut butter crackers	29 B: WG cereal, bananas, milk L: Pizza, corn nuggets, pineapples, milk S: Juice, yogurt/fruit	30 B: Grits, strawberries, milk L: Turkey pita pockets, veggies, pears, milk S: Juice, goldfish