

# MUSTARD SEEDS ACADEMY JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Breakfast-WG waffles, apples, milk Lunch-Grilled Nuggets, green beans, peaches, milk, roll Snack- Juice, cheese crackers	<b>4</b> Breakfast- WG cheese toast, tropical fruit, milk Lunch-Fish, mixed veggies, oranges, milk, roll Snack-Juice, PB crackers	<b>5</b> Breakfast-WG French toast sticks, blueberries, milk Lunch-Spaghetti, salad/ranch, applesauce, milk, bread Snack-Juice, Yogurt & strawberries	<b>6</b> Breakfast-WG cereal, bananas, milk Lunch-Turkey/cheese sandwich, corn chips, pears, pickle, milk Snack-Juice, WG goldfish	<b>7</b> Breakfast-Muffins, strawberries, milk Lunch-Pizza, corn nugget, pineapple, milk Snack-Juice, pretzels
<b>10</b> Breakfast-WG waffles, apples, milk Lunch-Steak fingers, mashed potatoes, pears, milk, roll Snack-Juice, WG cheese its	<b>11</b> Breakfast- WG cheese toast, tropical fruit, milk Lunch-Chicken Alfredo, green beans, peaches, milk, roll Snack-Juice, veggies/ranch	<b>12</b> Breakfast- Sausage power bites, blueberries, milk Lunch-Ham/cheese crescents, veggies, oranges, milk Snack-Juice, WG Chex mix	<b>13</b> Breakfast-WG cereal, bananas, milk Lunch-PB&J sandwich, corn chips, pears, pickle, milk Snack-Juice, graham crackers	<b>14</b> Breakfast-WG pancakes, apples, milk Lunch-Pizza pasta bake, salad/ranch, pineapples, milk Snack-Juice, WG goldfish
<b>17</b> Breakfast-WG waffles, apples, milk Lunch-Meatloaf, mashed potatoes, peaches, milk, roll Snack-Juice, PB crackers	<b>18</b> Breakfast-WG cheese toast, tropical fruit, milk Lunch- Biscuits/gravy, eggs, Tater tots, bananas, milk Snack-Juice, Yogurt & strawberries	<b>19</b> Breakfast-WG French toast stick, blueberries, milk Lunch-Chicken tacos, corn, oranges, milk Snack-Juice, Pretzels	<b>20</b> Breakfast-WG cereal, bananas, milk Lunch-Ham/cheese sandwich, corn chips, pears, pickle, milk Snack-Juice, WG cheese its	<b>21</b> Breakfast-WG muffins, apples, milk Lunch-Pizza, corn nuggets, pineapples, milk Snack-Juice, WG goldfish
<b>24</b> Breakfast- WG waffles, apples, milk Lunch-Mac & beefaroni, green beans, peaches, milk, roll Snack-Juice, WG Chex mix	<b>25</b> Breakfast- WG cheese toast, tropical fruit, milk Lunch-Mini corn dogs, baked beans, oranges, milk, bread Snack-Juice, graham crackers	<b>26</b> Breakfast-WG pancakes, blueberries, milk Lunch-Chicken bites, mashed potatoes, pineapples, milk, roll Snack-Juice, WG cheese its	<b>27</b> Breakfast-WG cereal, bananas, milk Lunch-PB&J sandwich, corn chips, pears, pickle, milk Snack-Juice, WG goldfish	<b>28</b> Breakfast-Sausage power bites, applesauce, milk Lunch-Pizza, corn, pineapples, milk Snack-Juice, pretzels
				<b>BREAKFAST (BLUE)</b> <b>LUNCH (GREEN)</b> <b>SNACK (RED)</b>