

MUSTARD SEEDS ACADEMY

JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST (BLUE) LUNCH (GREEN) SNACK (RED)			1 WG sausage pancake sticks, applesauce, milk Ham & Cheese sandwich, corn chips, pears, pickle, milk Juice, pretzels	2 WG cereal, bananas, milk Pizza, corn nuggets, pineapples, milk Juice, WG cheese crackers
5 WG waffles, apples, milk Mac & beefaroni, green beans, peaches, milk, bread Juice, Klx cereal	6 WG cheese toast, tropical fruit, milk Corn dogs, baked beans, oranges, milk Juice, graham crackers	7 WG French toast bites, apples, milk Grilled nuggets, pintos, pineapples, milk, bread Juice, WG pb crackers	8 Sausage power bites, applesauce, milk PB&J sandwich, corn chips, pears, pickle, milk Juice, WG goldfish	9 WG cereal, bananas, milk Pizza, corn, pineapples, milk Juice, pretzels
12 WG waffles, apples milk Steak fingers, mashed potatoes, pears, milk, bread Juice, WG cheese its	13 WG biscuit sticks/gravy, tropical fruit, milk Fish, pintos, peaches, milk Juice, WG Chex mix	14 WG French toast bites, apples, milk Tangerine Chicken bites, sweet potato fries, oranges, milk, bread Juice, pretzels	15 Sausage pancake sticks, applesauce, milk Ham & cheese sandwich, corn chips, pears, pickle, milk Juice, graham crackers	16 WG cereal, bananas, milk Pizza, corn, pineapples, milk Juice, WG goldfish
19 WG waffles, apples, milk Grilled nuggets, pintos, peaches, milk, bread Juice, Cheese crackers	20 WG cheese toast, tropical fruit, milk Hotdogs, sweet potato fries, pineapples, milk Juice, WG cheese its	21 WG French toast bites, blueberries, milk Pot roast, green beans, tropical fruit, milk, bread Juice, Yogurt/strawberries	22 Sausage power bites, applesauce, milk PB&J sandwich, corn chips, pears, pickle, milk Juice, pretzels	23 WG cereal, bananas, milk Pizza, salad/ranch, pineapples, milk Juice, WG pb crackers
26 WG waffles, apples, milk Mac & beefaroni, green beans, peaches, milk, bread Juice, WG Chex Mix	27 WG cheese toast, tropical fruit, milk Fish, pintos, pears, milk, bread Juice, graham crackers	28 WG French toast sticks, blueberries, milk Cheese quesadilla, corn, oranges, milk Juice, WG goldfish	29 Sausage pancake sticks, applesauce, milk Ham & Cheese sandwich, corn chips, pears, pickle, milk Juice, WG pb crackers	30 WG cereal, bananas, milk Pizza logs, corn nuggets, pineapples, milk Juice, WG cheese its