

MUSTARD SEEDS ACADEMY

JUNE 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast- WG waffles, apples, milk Lunch-Chicken Crisпитos, corn, peaches, milk Snack-Juice & Chex Mix	3 Breakfast- WG cheese toast, applesauce, milk Lunch- Biscuits, gravy, eggs, potatoes, bananas, milk Snack-Juice & graham crackers	4 Breakfast-WG French toast sticks, blueberries, milk Lunch- Chicken/rice, black beans, oranges, milk Snack- Juice & Goldfish	5 Breakfast- WG cereal, bananas, milk Lunch-PB & Jelly, chips, pickle, pears, milk Snack-Juice & yogurt/fruit	6 Breakfast- Eggs, strawberries, milk Lunch- Pizza pasta, salad/ranch, pineapples, milk Snack-Juice & pretzels
9 Breakfast-WG waffles, apples, milk Lunch-Chicken nuggets, mashed potatoes, pears, milk Snack-Juice & cheese its	10 Breakfast- Oatmeal, blueberries, milk Lunch- Fish sandwiches, green beans, pineapples, milk Snack-Juice & cheese/crackers	11 Breakfast-WG French toast sticks, strawberries, milk Lunch- Meatball subs, peas, oranges, milk Snack-Juice & graham crackers	12 Breakfast- WG cereal, bananas, milk Lunch- Turkey wraps, chips, pickle, peaches, milk Snack-Juice & yogurt/fruit	13 Breakfast-WG pancakes, apples, milk Lunch-Pizza, corn nuggets, pineapples, milk Snack-Juice & pretzels
16 Breakfast-WG waffles, apples, milk Lunch - Chicken Alfredo, green beans, peaches, milk, roll Snack-Juice & goldfish	17 Breakfast- WG cheese toast, applesauce, milk Lunch- Mini hot dogs, baked beans, oranges, milk Snack-Juice & apples/peanut butter	18 Breakfast-WG French toast sticks, blueberries, milk Lunch- BBQ chicken sandwich, potatoes, pears, milk Snack-Juice & Chex Mix	19 Breakfast- Grits, strawberries, milk Lunch- Turkey pita pocket, chips, pickle, pears, milk Snack-Juice & string cheese, watermelon	20 Breakfast- Muffins, bananas, milk Lunch- Pizza bake, salad/ranch, pineapples, milk Snack-Juice & yogurt/fruit
23 Breakfast-WG waffles, apples, milk Lunch- Mac & beefaroni, green beans, oranges, milk, roll Snack-Juice & pretzels	24 Breakfast- WG cheese toast, applesauce, milk Lunch - Hamburger, tater tots, peaches, milk Snack-Juice & graham crackers, bananas	25 Breakfast-WG French toast sticks, blueberries, milk Lunch- Chicken spaghetti, salad/ranch, oranges, milk Snack-Juice & Cheerios bars	26 Breakfast- WG cereal, bananas, milk Lunch- PB & Jelly sandwich, chips, pickle, pears, milk Snack-Juice & cheese its	27 Breakfast-WG pancakes, strawberries, milk Lunch- Pizza, corn, pineapples, milk Snack-Juice & goldfish
30 Breakfast-WG waffles, apples, milk Lunch-Beef Nachos, lettuce/tomato, pears, milk Snack-Juice & Chex Mix				BREAKFAST (BLUE) LUNCH (GREEN) SNACK (RED)