

MUSTARD SEEDS ACADEMY

JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (BLUE) Lunch (GREEN) Snack (RED)	1 WG cheese toast, applesauce, milk Fish sandwiches, green beans, pineapples, and milk Juice & apples/peanut butter	2 WG French toast sticks, blueberries, milk Turkey sandwiches, chips, pickles, peaches, and milk Juice & graham crackers/fruit	3 WG cereal, bananas, milk Pizza, corn, pineapples, and milk Juice & pretzels	4 CLOSED for INDEPENDENCE DAY
7 WG waffles, apples, milk Chicken/rice, black beans, oranges, and milk Juice & cheese its	8 Oatmeal, strawberries, milk Meatball subs, salad/ranch, peaches, and milk Juice & trail mix	9 WG French toast sticks, blueberries, milk Chicken Crisпитos, corn, pineapples, and milk Juice & watermelon/string cheese	10 WG pancakes, applesauce, milk PB & Jelly sandwich, chips, pickles, pears, and milk Juice & goldfish	11 WG cereal, bananas, milk Pizza, salad/ranch, pineapples, and milk Juice & graham crackers
14 WG waffles, apples, milk Mac & beefaroni, green beans, roll, oranges, and milk Juice & pretzels	15 WG cheese toast, applesauce, milk Mini corn dogs, baked beans, peaches, and milk Juice & yogurt/fruit	16 WG French toast sticks, blueberries, milk Chicken nuggets, mashed potatoes, pears, and milk Juice & Chex Mix	17 WG cereal, bananas. milk Turkey sandwiches, chips, pickles, apples, and milk Juice & graham crackers	18 WG pancakes, strawberries, milk Pizza, corn, pineapples, and milk Juice & goldfish
21 WG waffles, apples, milk Chicken spaghetti, salad/ranch, oranges, and milk Juice & apples/peanut butter	22 WG cheese toast, applesauce, milk Biscuits/gravy, eggs, potatoes, bananas, and milk Juice & Cheerio bars	23 WG French toast sticks, blueberries, milk Mini hot dogs, tater tots, apples, and milk Juice & Chex Mix	24 WG cereal, bananas, milk PB & jelly crab wrap, chips, pickles, strawberries, and milk Juice & yogurt/fruit	25 Eggs, apples, milk Pizza bake, salad/ranch, pineapples, and milk Juice & string cheese/watermelon
28 WG waffles, apples, milk Beef nachos, lettuce/tomatoes, pears, and milk Juice & Cheerio bars	29 WG cheese toast, applesauce, milk Chicken alfredo, green beans, roll, oranges, and milk Juice & yogurt/fruit	30 WG French toast sticks, blueberries, milk Steak fingers, mashed potatoes, roll, peaches, and milk Juice & graham crackers	31 WG cereal, bananas, milk Turkey pita pocket, chips, pickle, pears, and milk Juice & Cheese It's	Breakfast (BLUE) Lunch (GREEN) Snack (RED)