

# MUSTARD SEEDS ACADEMY

# JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast (BLUE)</b> <b>Lunch (GREEN)</b> <b>Snack (RED)</b></p>		<p><b>1</b> B-WG French toast sticks, blueberries, milk L-Turkey/cheese sandwiches, chips, pickle, peaches, milk S-Juice &amp; graham crackers</p>	<p><b>2</b> B-WG cereal, bananas, milk L-Pizza, corn, pineapples, milk S-Juice &amp; pretzels</p>	<p><b>3</b> <b>CLOSED FOR INDEPENDENCE DAY</b></p>
<p><b>6</b> <b>CLOSED FOR INDEPENDENCE DAY</b></p>	<p><b>7</b> B-WG cheese toast, applesauce, milk L-Meatball subs, salad/ranch, peaches, milk S-Juice &amp; Chex mix</p>	<p><b>8</b> B-WG French toast sticks, blueberries, milk L-Chicken Crispitos, corn, pineapples, milk S-Juice &amp; watermelon/string cheese</p>	<p><b>9</b> B-WG cereal, bananas, milk L-Pizza bake, salad/ranch, pineapples, milk S-Juice &amp; goldfish</p>	<p><b>10</b> B-WG pancakes, strawberries, milk L-PB &amp; Jelly sandwich, chips, pickle, pears, milk S- Juice &amp; graham crackers</p>
<p><b>13</b> B-WG waffles, apples, milk L-Mac &amp; beefaroni, green beans, oranges, milk, roll S-Juice &amp; pretzels</p>	<p><b>14</b> B-WG cheese toast, applesauce, milk L-Mini corn dogs, baked beans, peaches, milk S- Juice &amp; yogurt/fruit</p>	<p><b>15</b> B-WG French toast sticks, blueberries, milk L-Chicken nuggets, mashed potatoes, pears, milk S-Juice &amp; Chex mix</p>	<p><b>16</b> B-WG cereal, bananas, milk L-Taco pasta, corn, pineapples, milk S-Juice &amp; graham crackers</p>	<p><b>17</b> B-WG pancakes, strawberries, milk L-Turkey/cheese sandwiches, chips, pickle, pears, milk S-Juice &amp; goldfish</p>
<p><b>20</b> B-WG waffles, apples, milk L-Chicken spaghetti, salad/ranch, oranges, milk S-Juice &amp; Cheez-Its</p>	<p><b>21</b> B-WG cheese toast, applesauce, milk L-Biscuits/gravy, eggs, potatoes, bananas, milk S-Juice &amp; yogurt/fruit</p>	<p><b>22</b> B-WG French toast sticks, blueberries, milk L-Mini hot dogs, tater tots, apples, milk S-Juice &amp; Chex mix</p>	<p><b>23</b> B-WG cereal, bananas, milk L-BBQ pizza, corn, pineapples, milk S-Juice &amp; apples/peanut butter</p>	<p><b>24</b> B-Eggs, strawberries, , milk L-PB &amp; Jelly sandwiches, chips, pickle, pears, milk S-Juice &amp; string cheese/watermelon</p>
<p><b>27</b> B-WG waffles, apples, milk L-Beef nachos, lettuce/tomatoes, pears, milk S-Juice &amp; pretzels</p>	<p><b>28</b> B-WG cheese toast, applesauce, milk L-Chicken alfredo, green beans, oranges, milk, roll S-Juice &amp; yogurt/fruit</p>	<p><b>29</b> B-WG French toast sticks, blueberries, milk L-Steak fingers, mashed potatoes, peaches, milk, roll S-Juice &amp; graham crackers</p>	<p><b>30</b> B-WG cereal, bananas, milk L-Pizza bake, salad/ranch, pineapples, milk S-Juice &amp; Cheez-Its</p>	<p><b>31</b> B-WG pancakes, strawberries, milk L-Turkey/cheese sandwiches, chips, pickle, pears, milk S-Juice &amp; goldfish</p>