

MUSTARD SEEDS ACADEMY

AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Eggs/cheese, apples, milk Steak fingers, mashed potatoes, green beans, oranges, milk, WG bread Juice & watermelon, string cheese	4 WG cheese toast, applesauce, milk Mini corn dogs, baked beans, peaches, milk Juice & Chex Mix	5 WG French toast sticks, blueberries, milk Chicken/rice, salad/ranch, pineapples, milk, WG crackers Juice & graham crackers/peanut butter	6 Biscuit, sausage, bananas, milk WG PB & Jelly rollups, chips, pears, pickle, and milk Juice & yogurt/fruit	7 WG cereal, strawberries, milk Chicken nuggets, corn, pineapples, milk Juice & WG Goldfish
10 WG pancakes, sausage, apples, milk Raviolis, green beans, oranges, milk, roll Juice & pretzels, cheese	11 WG cheese toast, eggs, applesauce, milk BBQ pizza, salad/ranch, pineapples, milk Juice & Chex Mix	12 WG cereal, bananas, milk Chicken spaghetti, corn, black beans, milk, roll Juice & watermelon, string cheese	13 WG French toast sticks, blueberries, milk Chicken alfredo, green beans, pears, milk Juice & yogurt/fruit	14 WG waffles, applesauce, milk Turkey/cheese sandwich, chips, pickles, pineapples, milk Juice & Cheez-It
17 WG waffles, sausage, apples, milk Fish sandwich, baked beans, pears, milk Juice & graham crackers/peanut butter	18 WG cheese toast, eggs, applesauce, milk BBQ chicken bake, green beans, peaches, milk, and roll Juice & yogurt/fruit	19 WG French toast sticks, blueberries, milk Meatball subs, salad/ranch, oranges, and milk Juice & WG cereal, fruit salad	20 Biscuit, eggs, bananas, milk Chicken Crisпитos, corn, black beans, pineapples, milk Juice & WG cereal/fruit	21 Muffins, sausage, strawberries, milk WG PB & jelly sandwich, chips, pickles, pears, milk Juice & Chex Mix
24 WG pancakes, sausage, apples, milk Beef Nachos, lettuce/tomatoes, pineapples, milk Juice & pretzels, cheese	25 WG cheese toast, applesauce, milk Biscuit/gravy, eggs, sausage, potatoes, bananas, milk Juice & graham crackers/peanut butter	26 WG French toast sticks, blueberries, milk Chicken/waffles, corn, oranges, milk Juice & Cheez-It	27 WG cereal, bananas, milk Mini hotdogs, tater tots, peaches, milk Juice & yogurt/fruit	28 Eggs/cheese, applesauce, milk Pizza bake, salad/ranch, pineapples, milk Juice & WG goldfish
31 WG waffles, apples, milk Chicken nuggets, mashed potatoes, peaches, milk, roll Juice & watermelon/string cheese				