

JUNE

MUSTARD SEEDS ACADEMY

2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
					1		2		3
				Breakfast: WG French Toast Sticks, Blueberries, Strawberries, Milk		Breakfast: WG Pancakes, Applesauce, Milk		Breakfast: WG Cereal, Bananas, Milk	
				Lunch: Grilled Nuggets, Green Beans, Oranges, Milk, Bread		Lunch: Pb&J Sandwiches, Corn Chips, Pickle, Tropical Fruit, Milk		Lunch: Pizza, Salad/Ranch, Pineapples, Milk	
				Snack: Juice, Pretzels		Snack: Juice, WG Cheese Its		Snack: Juice, WG Graham Crackers	
	6		7		8		9		10
Breakfast: WG Waffles, Apples, Milk		Breakfast: WG Cheese Toast, Tropical Fruit, Milk		Breakfast: WG French Toast Sticks, Blueberries, Strawberries, Milk		Breakfast: WG Pancakes, Applesauce, Milk		Breakfast: WG Cereal, Bananas, Milk	
Lunch: Chicken Bites, Mashed Potatoes, Pears, Milk, Bread		Lunch: Mac & Beef, Green Beans, Oranges, Milk, Roll		Lunch: Corn Dogs, Baked Beans, Peaches, Milk, Bread		Lunch: Pb&J Sandwiches, Corn Chips, Tropical Fruit, Milk, Pickle		Lunch: Pizza, Corn, Pineapples, Milk	
Snack: Juice, WG PB Crackers		Snack: Juice, Graham Crackers		Snack: Juice, WG Goldfish		Snack: Juice, WG Pretzels		Snack: Juice, WG PB Crackers	
	13		14		15		16		17
Breakfast: WG Waffles, Apples, Milk		Breakfast: Sausage Powerbites, Tropical Fruit, Milk		Breakfast: WG French Toast Tornados, Blueberries, Strawberries, Milk		Breakfast: WG Pancakes, Applesauce, Milk		Breakfast: WG Cereal, Bananas, Milk	
Lunch: Steak Fingers, Mashed Potatoes, Oranges, Milk, Roll		Lunch: Grilled Nuggets, Mixed Veg. Peaches, Milk, Bread		Lunch: Fish, Green Beans, Tropical Fruit, Milk, Bread		Lunch: Pb&J Sandwiches, Corn Chips, Pickle, Milk		Lunch: Pizza, Salad/Ranch, Pineapples, Milk	
Snack: Juice, WG Cheese Crackers		Snack: Juice, Graham Crackers		Snack: Juice, Pretzels		Snack: Juice, WG Goldfish		Snack: Juice, WG PB Crackers	
	20		21		22		23		24
Breakfast: WG Waffles, Apples, Milk		Breakfast: WG Cheese Toast, Tropical Fruit, Milk		Breakfast: WG French Toast Sticks, Blueberries, Strawberries, Milk		Breakfast: WG Pancakes, Applesauce, Milk		Breakfast: WG Cereal, Bananas, Milk	
Lunch: Chicken Bites, Mashed Potatoes, Pears Milk, Roll		Lunch: Mac & Beef, Green Beans, Oranges, Milk, Roll		Lunch: Hotdogs, Tatertots Peaches, Milk		Lunch: Pb&J Sandwiches, Corn Chips, Pickle, Tropical Fruit, Milk		Lunch: Pizza, Corn, Pineapples, Milk	
Snack: Juice, WG PB Crackers		Snack: Juice, Graham Crackers		Snack: Juice, Pretzels		Snack: Juice, WG Goldfish		Snack: Juice, WG Cheese Its	
	27		28		29		30		
Breakfast: WG Waffles, Apples, Milk		Breakfast: WG Sausage Powerbites, Tropical Fruit, Milk		Breakfast: WG French Toast Tornados, Blueberries, Strawberries, Milk		Breakfast: WG Pancakes, Applesauce, Milk		Breakfast:	
Lunch: Steak Fingers, Mashed Potatoes, Pears Milk, Roll		Lunch: Grilled Nuggets, Green Beans Oranges, Milk, Roll		Lunch: Corn Dogs, Baked Beans, Peaches, Milk, Bread		Lunch: Pb&J Sandwiches, Corn Chips, Pickle, Tropical Fruit, Milk		Lunch:	
Snack: Juice, WG Cheese Crackers		Snack: Juice, Graham Crackers		Snack: Juice, Pretzels		Snack: Juice, WG Goldfish		Snack:	
Breakfast:		Breakfast:		Breakfast:		Breakfast:		Breakfast:	
Lunch:		Lunch:		Lunch:		Lunch:		Lunch:	
Snack:		Snack:		Snack:		Snack:		Snack:	