

AUGUST

MUSTARD SEEDS ACADEMY

2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Breakfast:WG Waffles,Apples, Milk		Breakfast:WG Cheese Toast, Tropical Fruit, Milk		Breakfast:WG French Toast Tornados, Blueberries/Strawberries, Milk		Breakfast:WG Pancakes, Applesauce, Milk		Breakfast:WG Cereal, Bananas, Milk	
Lunch:Chicken Bites, Mashed Potatoes, Peaches, Milk, Roll		Lunch:Corn Dogs, Baked Beans, Oranges, Milk, Bread		Lunch:Chicken Alfredo, Green Beans, Pears, Milk, Bread		Lunch: Ham & Cheese Sandwiches, Corn Chips, Pickle, Bananas, Milk		Lunch: Pizza, Salad/Ranch, Pineapples, Milk	
Snack:Juice, Vanilla Wafers Sticks		Snack: Juice, Pretzels		Snack: Juice, WG Cheese Its		Snack: Juice, Graham Crackers		Snack: Juice, WG Goldfish	
8		9		10		11		12	
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:Mac & Beef Pasta, Green Beans Pears, Milk, Roll		Lunch: Fish, Pintos Oranges, Milk, Bread		Lunch:Hamburgers, Tatertots, Peaches, Milk		Lunch:PB&J Sandwiches Corn Chips, Pickle, Bananas, Milk		Lunch: Pizza, Corn, Pineapples, Milk	
Snack: Juice, WG Cheese Crackers		Snack:Juice, WG Cereal		Snack:Juice, Pretzels		Snack: Juice, WG Goldfish		Snack: Juice, Graham Crackers	
15		16		17		18		19	
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:Grilled Nuggets,Green Beans Oranges, Milk, Bread		Lunch:Steak Fingers, Mashed Potatoes, Pears, Milk, Bread		Lunch: Corn Dogs, Baked Beans, Peaches, Milk,Bread		Lunch: Ham & Cheese Sandwiches, Corn Chips,Pickle, Tropical Fruit,Milk		Lunch: Pizza, Salad/Ranch, Pineapples, Milk	
Snack: Juice, WG Cheese Its		Snack: Juice, WG PB Crackers		Snack: Juice, Graham Crackers		Snack: Juice, Pretzels		Snack: Juice, WG Goldfish	
22		23		24		25		26	
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:Fish, Green Beans Oranges, Milk, Bread		Lunch: Corn Dogs, Baked Beans, Peaches, Milk, Bread		Lunch: PB&J Sandwiches, Corn Chips, Pickle, Pears, Milk		Lunch: Pizza, Corn, Applesauce, Milk	
Snack: Juice, WG Cheese Crackers		Snack:Juice, WG Cereal		Snack: Juice, WG Cheese Its		Snack: Juice, Pretzels		Snack: Juice, Graham Crackers	
29		30		31					
Breakfast: WG Waffles, Apples, Milk		Breakfast: WG Cheese Toast, Tropical Fruit, Milk		Breakfast: WG French Toast Sticks, Blueberries/Strawberries, Milk		Breakfast:		Breakfast:	
Lunch:Mac & Beef Pasta, Green Beans Oranges, Milk,Roll		Lunch: Steak Fingers, Mashed Potatoes, Peaches, Milk,Bread		Lunch:Hamburgers, Tatertots, Pineapples, Milk		Lunch:		Lunch:	
Snack:Juice, Vanilla Wafers Sticks		Snack: Juice, Pretzels		Snack: Juice, Graham Crackers		Snack:		Snack:	
Breakfast:		Breakfast:		Breakfast:		Breakfast:		Breakfast:	
Lunch:		Lunch:		Lunch:		Lunch:		Lunch:	
Snack:		Snack:		Snack:		Snack:		Snack:	