

JULY

MUSTARD SEEDS ACADEMY

2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
							1		2
Breakfast:		Breakfast:		Breakfast:		Breakfast:WG Cereal, Bananas, Milk		Breakfast:WG Pancakes, Applesauce, Milk	
Lunch:		Lunch:		Lunch:		Lunch:Mac & Beef Bake, Green Beans, Peaches, WG Bread,Milk		Lunch: Pizza, Corn Nuggets, Peaches, Milk	
Snack:		Snack:		Snack:		Snack: Juice, Cheese Bits		Snack:Juice, Goldfish	
	5		6		7		8		9
CLOSED		Breakfast:WG Waffles, Apples, Milk		Breakfast:WG French Toast Sticks, Blueberries, Milk		Breakfast:WG Pancakes, Applesauce, Milk		Breakfast: WG Cereal, Bananas, Milk	
		Lunch:Chicken Bites, Mashed Potatoes, Tropical Fruit, Milk		Lunch:Corn Dogs, Baked Beans, Peaches, Milk		Lunch:Crispitos, Green Beans, Oranges, Milk, WG Bread		Lunch:Pizza, Salad/dressing, Pineapples, Milk	
		Snack:Juice, WG Ritz Crackers		Snack:Juice, Graham Crackers		Snack:Juice, Cheeze Bits		Snack:Juice, WG Goldfish	
	12		13		14		15		16
Breakfast:WG Waffles, Applesauce, Milk		Breakfast:WG Cheese Toast, Apples Milk		Breakfast:WG French Toast Sticks, Blueberries, Milk		Breakfast:WG Pancakes, Applesauce, Milk		Breakfast:WG Cereal, Bananas,Milk	
Lunch:Steak Fingers, Mashed Potatoes, Pears, Milk, WG Bread		Lunch:Grilled Nuggets, Green Beans Oranges, Milk, WG Bread		Lunch:Hotdogs, Smiley Fries, Peaches, Milk		Lunch:Ham & Cheese Sandwiches, Corn Chips, Pickles, Pineapples,Milk		Lunch:Pizza, Corn, Applesauce, Milk	
Snack:Juice, WG Cheese Crackers		Snack:Juice, WG Cereal		Snack:Juice, Pretzels		Snack:Juice, Cheeze Bits		Snack:Juice, Graham crackers	
	19		20		21		22		23
Breakfast:WG Waffles, Applesauce, Milk		Breakfast:WG Cheese Toast, Apples Milk		Breakfast:WG French Toast Sticks, Blueberries, Milk		Breakfast:WG Pancakes, Applesauce, Milk		Breakfast:WG Cereal, Bananas,Milk	
Lunch:Chicken Dinos, Mashed Potatoes, Pears, Milk		Lunch:Mac & Beef Bake, Green Beans, Oranges, Milk, WG Roll		Lunch:Corn Dogs, Baked Beans, Peaches, Milk		Lunch: Ham & Cheese Sanwiches, Corn Chips, Pickle,Tropical Fruit, Milk		Lunch:Pizza, Corn Nuggets, Pineapples, Milk	
Snack:Juice, Pretzels		Snack:Juice, WG Cereal		Snack:Juice, WG Cheese Crackers		Snack:Juice, Cheeze Bits		Snack:Juice, WG Goldfish	
	26		27		28		29		30
Breakfast:WG Waffles, Applesauce, Milk		Breakfast:WG Cheese Toast, Apples Milk		Breakfast:WG French Toast Sticks, Blueberries, Milk		Breakfast: WG Pancakes, Applesauce, Milk		Breakfast:WG Cereal, Bananas,Milk	
Lunch:Grilled Nuggets, Green Beans Peaches, Milk, WG Bread		Lunch:Hamburgers, Smiley Fries, Oranges, Milk		Lunch:Chicken Dinos, Mashed Potatoes, Pears, Milk		Lunch:Corn Dogs, Baked Beans, Tropical Fruit, Milk		Lunch:Pizza, Corn, Applesauce, Milk	
Snack:Juice, WG Ritz Crackers		Snack: Juice, Pretzels		Snack: Juice, WG Goldfish		Snack:Juice, Cheeze Bits		Snack:Juice, Graham crackers	
Breakfast:		Breakfast:		Breakfast:		Breakfast:		Breakfast:	
Lunch:		Lunch:		Lunch:		Lunch:		Lunch:	
Snack:		Snack:		Snack:		Snack:		Snack:	