October		MUSTARD SEEDS ACADI				EMY		2021	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	1
Breakfast:		Breakfast:		Breakfast:		Breakfast:		Breakfast:WG Cereal, Bananas,	
								Milk	
Lunch:		Lunch:		Lunch:		Lunch:		Lunch:Pizza, Corn, Pears, Milk	
Snack:		Snack:		Snack:		Snack:		Snack:Juice, WG Cheese Bits	
	4		5		6		7		8
Breakfast:WG V	Vaffles, Applesauce,	Breakfast:WG C	-	Breakfast:WG F	rench Toast Sticks,	Breakfast:WG P	ancakes.	Breakfast:WG 0	Cereal, Bananas,
Milk		Apples, Milk		Blueberries,Milk		Applesauce, Milk		Milk	
Lunch:Corn Dogs, Baked Beans,		Lunch:Chicken Bites, Mashed		Lunch:Grilled Nuggets, Pintos Beans		Lunch:Ham & Cheese Sandwiches,		Lunch:Pizza, Salad/ranch,	
Oranges, Milk, Bread		Potatoes, Pears, Milk, Roll		Peaches, Milk, Bread		Corn Chips, Tropical Fruit, Milk, Pickle		Pineapples, Milk	
Snack:Juice, Pretzels		Snack:Juice, WG Goldfish		Snack:Juice, Graham Crackers		Snack:Juice, WG PB Crackers		Snack:Juice, WG Cheese Bits	
JIGOR. JUICE, FI		Chack.Juice, W	Column	Chaok.Juice, Gl		Chack.Juice, W		Chack.Juice, W	C Oncose Dita
	11		12		13		14		15
Breakfast:WG V	Vaffles, Applesauce,	Breakfast:WG C		Breakfast:WG F	rench Toast Sticks,	Breakfast:WG P		Breakfast:WG (Cereal, Bananas,
Milk		Apples, Milk		Blueberries,Milk		Applesauce, Milk		Milk	
unch:Chicken Fries, Mashed		Lunch:Fish,Mixed Veggies, Peaches,		Lunch:Mac & Beefaroni, Green		Lunch:WG PB&J Sanwiches, Corn		Lunch:Pizza, Corn Nuggets,	
Potatoes, Pears, Milk, Bread		Milk, Bread		Beans, Oranges, Milk, Roll		Chips,Tropical Fruit, Milk, Pickle		Pineapples, Milk	
Snack:Juice, Pretzels		Snack:Juice, WG Goldfish		Snack:Juice, Graham Crackers		Snack:WG Ritz Crackers		Snack:Juice, WG Cheese Bits	
Shack.Juice, Fi	612615	Shack.Juice, W	Golulish	Shack.Juice, Gi		SHACK.WG RILZ	CIACKEIS	Shack.Juice, W	G Cheese bits
	18		19		20		21		22
Breakfast:WG V	Vaffles, Applesauce,	Breakfast:WG C	-	Breakfast:WG F	rench Toast Sticks,	Breakfast:WG P		Breakfast:WG (Cereal, Bananas,
/ilk		Apples, Milk		Blueberries, Milk				Milk	
Lunch:Steak Fingers, Mashed		Lunch:Hotdogs, Smiley Fries,		Lunch:Spaghetti, Salad/ranch,		Lunch:Ham & Cheese Sandwiches,		Lunch:Pizza, Corn, Pineapples,	
Potatoes, Pears, Milk, Bread		Peaches, Milk		Oranges, Milk, Roll		Corn Chips, Tropical Fruit, Milk,Pickle		Milk	
Snack:Juice, Pretzels		Snack:Juice, WG Goldfish		Snack:Juice, Graham Crackers		Snack:Juice, WG PB Crackers		Snack:Juice, WG Cheese Bits	
	012010		Column						e enecce bits
	25		26		27		28		29
Breakfast WG V	Vaffles, Applesauce,	Breakfast:WG C		Breakfast WG F	rench Toast Sticks,	Breakfast:WG P		Breakfast:WG (Cereal, Bananas,
Ailk		Apples, Milk		Blueberries,Milk		Applesauce, Milk		Milk	
_unch:Mac & Beefaroni. Green		Lunch:Hamburgers, Tatertots,		Lunch:Chicken Taguitos, Mixed Veg.		Lunch:Corndogs, Baked Beans,		Lunch:Pizza, Corn, Pineapples,	
Beans, Peaches, Milk, Roll		Pears, Milk		Oranges, Milk, Bread		Tropical Fruit, Milk, Bread		Milk	
Snack:Juice, WG Cereal		Snack:Juice, WG Goldfish		Snack:Juice, Graham Crackers		Snack:Juice, WG PB Crackers		Snack:Juice, WG Cheese Bits	
		Chack.Juice, W	Column	Chaok.Juice, Gr		Chack.Juice, W		Chack.Juice, W	C Oncese Dits
Breakfast:		Breakfast:		Breakfast:		Breakfast:		Breakfast:	
Lunch:		Lunch:		Lunch:		Lunch:		Lunch:	