

October

MUSTARD SEEDS ACADEMY

2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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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 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:Corn Dogs, Baked Beans, Oranges, Milk, Bread		Lunch:Chicken Bites, Mashed Potatoes, Pears, Milk, Roll		Lunch:Grilled Nuggets, Pintos Beans Peaches, Milk, Bread		Lunch:Ham & Cheese Sandwiches, Corn Chips, Tropical Fruit, Milk,Pickle		Lunch:Pizza, Salad/ranch, Pineapples, Milk	
Snack:Juice, Pretzels		Snack:Juice, WG Goldfish		Snack:Juice, Graham Crackers		Snack:Juice, WG PB Crackers		Snack:Juice, WG Cheese Bits	
	11		12		13		14		15
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 Fries, Mashed Potatoes, Pears, Milk, Bread		Lunch:Fish,Mixed Veggies, Peaches, Milk, Bread		Lunch:Mac & Beefaroni, Green Beans, Oranges, Milk, Roll		Lunch:WG PB&J Sanwiches, Corn Chips,Tropical Fruit, Milk, Pickle		Lunch:Pizza, Corn Nuggets, Pineapples, Milk	
Snack:Juice, Pretzels		Snack:Juice, WG Goldfish		Snack:Juice, Graham Crackers		Snack:WG Ritz Crackers		Snack:Juice, WG Cheese Bits	
	18		19		20		21		22
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, Bread		Lunch:Hotdogs, Smiley Fries, Peaches, Milk		Lunch:Spaghetti, Salad/ranch, Oranges, Milk, Roll		Lunch:Ham & Cheese Sandwiches, Corn Chips, Tropical Fruit, Milk,Pickle		Lunch:Pizza, Corn, Pineapples, Milk	
Snack:Juice, Pretzels		Snack:Juice, WG Goldfish		Snack:Juice, Graham Crackers		Snack:Juice, WG PB Crackers		Snack:Juice, WG Cheese Bits	
	25		26		27		28		29
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:Mac & Beefaroni, Green Beans, Peaches, Milk, Roll		Lunch:Hamburgers, Tatertots, Pears, Milk		Lunch:Chicken Taquitos, Mixed Veg. Oranges, Milk, Bread		Lunch:Corndogs, Baked Beans, Tropical Fruit, Milk, Bread		Lunch:Pizza, Corn, Pineapples, Milk	
Snack:Juice, WG Cereal		Snack:Juice, WG Goldfish		Snack:Juice, Graham Crackers		Snack:Juice, WG PB Crackers		Snack:Juice, WG Cheese Bits	
Breakfast:		Breakfast:		Breakfast:		Breakfast:		Breakfast:	
Lunch:		Lunch:		Lunch:		Lunch:		Lunch:	
Snack:		Snack:		Snack:		Snack:		Snack:	