

October

MUSTARD SEEDS ACADEMY

2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			1		2		3		4
		Breakfast:WG cheese toast, applesauce, milk		Breakfast:Breakfast pizza, blueberries, milk		Breakfast:WG cereal, bananas, milk		Breakfast:WG french toast bites, strawberries, milk	
		Lunch:Meatball alfredo, fresh veggies, Oranges, Milk, Bread		Lunch:Fish sandwich, salad/ranch, pears, milk		Lunch: Ham & Cheese Sandwiches, Corn Chips, Pickle, peaches, milk		Lunch: Pizza pasta, salad/ranch, pineapples, milk	
		1 Snack: Juice, chips/salsa		Snack: Juice, yogurt/mangos		Snack: Juice, Graham Crackers		Snack: Juice, WG Goldfish	
	7		8		9		10		11
Breakfast: WG waffles, apples, milk		Breakfast:WG cheese toast, applesauce, Milk		Breakfast:WG french toast sticks, blueberries, milk		Breakfast:WG cereal, bananas, Milk		Breakfast:WG pancakes, strawberries, milk	
Lunch:Mac&cheese/hotdogs, green beans, peaches,milk, roll		Lunch:Hashbrown casserole, corn, oranges, milk, bread		Lunch:Chicken/rice, black beans, Peaches, Milk, Bread		Lunch:PB&J sandwiches, corn chips, pickle, pears, milk		Lunch:Pizza, corn nuggets, pineapples, milk	
Snack: Juice, string cheese/crackers		Snack:Juice, fresh veggies/ranch		Snack:Juice, Pretzels		Snack: Juice, WG cheese its		Snack: Juice, chips/salsa	
	14		15		16		17		18
Breakfast:WG Waffles, apples, milk		Breakfast:WG cheese toast, applesauce, milk		Breakfast:Breakfast pizza, blueberries, milk		Breakfast:WG cereal, bananas, milk		Breakfast:Strawberry muffins, apples, milk	
Lunch:Chicken bites,mashed potatoes, oranges, milk, bread		Lunch:Steak fingers, mac&cheese, cucumber/ranch, pears, milk, roll		Lunch:Cheeseburgers, tatertots, peaches, milk		Lunch: Turkey & cheese sandwiches, corn chips, pickle, applesauce,milk		Lunch: Pizza, Salad/Ranch, Pineapples, Milk	
Snack: Juice, WG goldfish		Snack: Juice, yogurt/fresh fruit		Snack: Juice, WG pb crackers		Snack: Juice, Pretzels		Snack: Juice, apples/peanut butter	
	21		22		23		24		25
Breakfast:WG Waffles, apples, milk		Breakfast:WG cheese toast, applesauce, milk		Breakfast: WG french toast sticks, blueberries, milk		Breakfast:WG cereal, bananas, milk		Breakfast:WG pancakes, strawberries, milk	
Lunch:Mac & beefaroni, green beans, pears, milk, bread		Lunch:Chicken tacos, black beans, oranges, milk,		Lunch: Corn Dogs, Baked Beans, Peaches, Milk, Bread		Lunch: PB&J Sandwiches, Corn Chips, Pickle, Pears, Milk		Lunch: Pizza bake, salad/ranch, pineapples, milk	
Snack: Juice, WG chex mix		Snack:Juice, veggies/ranch		Snack: Juice, WG Cheese Its		Snack: Juice, Pretzels		Snack: Juice, Graham Crackers	
	28		29		30		31		
Breakfast: WG Waffles, Apples, Milk		Breakfast: WG cheese toast, applesauce, milk		Breakfast:Breakfast pizza, blueberries, milk		Breakfast:WG cereal, bananas, milk		Breakfast:	
Lunch:Steak fingers, mashed potatoes, pears, milk,roll		Lunch:Biscuits/gravy, eggs, tatertots, bananas, milk		Lunch:BBQ chicken, baked beans, oranges, milk, bread		Lunch:Chicken sandwich, corn chips, pickle, peaches, milk		Lunch:	
Snack:Juice, chips/salsa		Snack: Juice, apples/peanut butter		Snack: Juice, Graham Crackers		Snack:Juice, yogurt/fresh fruit		Snack:	

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