SEP	IFMRFK	MUSTARD SEEDS ACADEMY 202						2021	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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Breakfast:		Breakfast:		Breakfast:WG F	rench Toast Sticks,	Breakfast:WG F	ancakes,	Breakfast:WG (	Cereal, Bananas, Milk
				Blueberries, Milk		Applesauce, Milk			
Lunch:		Lunch:		Lunch:Corn Dogs, Baked Beans,		Lunch:PB&J Sandwiches,		Lunch:Pizza, Corn Nuggets,	
				Oranges, Milk		Corn Chips, Pickle, Pineapples, Milk		Trpical Fruit, Milk	
Snack:		Snack:		Snack:Juice, Cheese Bits		Snack:Juice,WG Goldfish		Snack: Juice, Graham Crackers	
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	6		7		8		9		10
		Breakfast:WG \	Naffles, Apples	Breakfast:WG F	rench Toast Sticks	Breakfast:WG F	ancakes, Tropical	Breakfast:WG (	Cereal, Bananas,
CLOSED		Milk		Blueberries, Milk		Fruit, Milk		Milk	
LABOR DAY		Lunch:Macaroni & Beef, Roll		Lunch:Fish, Mixed Vegetables,		Lunch:Hotdogs, Tatertots,		Lunch: Pizza, Salad/Ranch	
		Green Beans, Applesauce, Milk,		Peaches, Milk		Oranges, Milk,		Pineapples, Milk	
		Snack:Juice, Pretzels		Snack: Juice,WG Goldfish		Snack: Juice, Wheat Ritz Crackers		Snack: Juice, Graham Crackers	
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	13		14		15		16		17
Breakfast:WG V	Vaffles, Applesauce,	Breakfast:WG (	Cheese Toast, Apples	Breakfast: WG	French Toast Sticks,	Breakfast:WG F	ancakes, Applesauce	Breakfast:WG 0	Cereal, Bananas, Milk
Milk		Milk		Blueberries, Milk		Milk			
Lunch:Chicken Fries, Mashed Pot.		Lunch: Spaghetti, Salad, Tropical,		Lunch:Hotdogs, Tatertots,		Lunch:Ham&Cheese Sandwiches,		Lunch: Pizza, Corn, Pineapples,	
Peaches, Milk, Bread		Fruit, Milk, Bread		Oranges, Milk		Corn Chips, Pickle, Pears, Milk		Milk	
Snack:Juice, Pretzels		Snack: Juice, Graham Crackers		Snack:Juice, Wheat Ritz Crackers		Snack: Juice, WG Cheese Crackers		Snack:Juice, WG Goldfish	
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	20		21		22		23		24
Breakfast:WG V	Vaffles, Applesauce	Breakfast:WG (	Cheese Toast, Apples	Breakfast:WG F	rench Toast Sticks,	Breakfast:WG F	Pancakes, Applesauce	Breakfast:WG 0	Cereal & Bananas, Milk
Milk		Milk		Blueberries, Milk		Milk			
Lunch:Steak Fingers,,Mashed		Lunch:Fish, Green Beans,		Lunch: Corn Dogs, Baked Beans,		Lunch:Hamburgers, Tatertots,Apples		Lunch:Pizza, Salad, Pineaplples, Milk	
Potatoes, Peaches, Milk, Bread		Tropical Fruit, Milk, Bread		Oranges, Milk		Milk			
Snack:Juice, WG Cheese Bits		Snack:Juice, Pretzels		Snack:Juice, Wheat Ritz Crackers		Snack:Juice, Graham Crackers		Snack: Juice, WG Cheese Bits	
	27		28		29		30		
Breakfast:WG V	Vaffles,Applesauce	Breakfast:WG (	Cheese toast, Apples	Breakfast:WG F	rench Toast Sticks,	Breakfast:WG F	Pancakes, Applesauce		
Milk		Milk		Blueberries, Milk		Milk			
Lunch:Mac & Beef, Green Beans,		Lunch:Ham & Cheese Sandwiches,		Lunch:Spaghetti, Salad/Ranch,		Lunch:Chicken Fries, Mashed			
Peaches, Milk, Bread		Corn Chips, Pickle, Applesauce, Milk		Apples, Milk		Potatoes, Oranges, Milk			
Snack:Juice, Pretzels		Snack:Juice, Graham Crackers		Snack:Juice, WG Goldfish		Snack:Juice, Wheat Ritz Crackers			
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