JA	NUARY	MUSTARD SEEDS ACADEMY						2022	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	3		4		5		6		7
		Breakfast:WG C	heese Toast, Apples	Breakfast:WG F	rench Toast Sticks,	Breakfast:WG F	Pancakes,	Breakfast:WG	Cereal, Bananas, Milk
		Milk		Blueberries, Milk		Applesauce, Milk			
CLOSED		Lunch:Fish, Pinto Beans,		Lunch:Grilled Nuggets, Green Beans		Lunch:Ham & Cheese Sandwich,		Lunch: Pizza, Salad/Ranch,	
		Pears, Milk, Roll Snack: Juice, Graham Crackers		Peaches, Milk, Bread Snack: Juice, WG Cheese Bits		Corn Chips, Apples,Milk, Pickle Snack: Juice, WG Goldfish		Pineapples, Milk Snack: Juice,WG PB Crackers	
	10		11		12		13		14
3reakfast:WG V	Vaffles,Applesauce,	Breakfast:WG C	heese Toast, Apples	Breakfast: WG I	French Toast Sticks,	Breakfast:WG F	Pancakes,	Breakfast:WG	Cereal,Bananas,
Milk		Milk		Blueberries, Milk		Applesauce, Milk		Milk	
_unch:Mac & B	eef Pasta, Green	Lunch:Corn Dogs, Baked Beans,		Lunch: Chicken Dinos, Mashed		Lunch: PB&J Sandwiches, Corn		Lunch: Pizza, Corn, Pineapples,	
Beans, Pears, N	,	Oranges, Milk, Bread		Potatoes, Peaches, Milk, Bread		Chips, Tropical Fruit, Milk, Pickle		Milk	
Snack: Juice, WG Cheese Crackers		Snack:Juice, WG Cereal, Fruit		Snack:Juice, Pretzels		Snack:Juice, WG Goldfish		Snack: Juice, Graham Crackers	
			,		-				
	17		18		19	1	20		21
Breakfast:WG V	Naffles,Applesauce,	Breakfast:WG C	heese Toast, Apples	Breakfast:WG F	rench Toast Sticks.	Breakfast:WG F		Breakfast:WG (Cereal, Bananas,Milk
Vilk	Milk		Blueberries, Milk		Applesauce,Milk		Broandourre	Soroal, Bananao, Min	
Lunch:Grilled Nuggets,Green Beans		Lunch:Hamburgers,Tater tots,		Lunch:Spaghetti, Salad/Ranch,		Lunch:Chicken Bites, Mashed		Lunch: Pizza, Corn Nuggets,	
Oranges, Milk, Bread		Peaches, Milk		Tropical Fruit, Milk, Roll		Potatoes, Pears, Milk, Bread		Pineapples, Milk	
Snack: Juice, WG Cheese Bits		Snack: Juice, WG Cereal, Fruit		Snack: Juice, Graham Crackers		Snack: Juice, Pretzels			
Shack. Suice, W	O Cheese bits	Shack. Juice, W	o Gereal, i Tult	Shack. Suice, O		Shack. Juice, I	16(26)3	Spack: Juice M	/G PB Crackers
	24		25		26		27	Shack. Suice, V	28
Brookfast:WG		Brookfost:WG C	-	Brookfact:W/C E	-	Broakfast:WC		Broakfast: W/C	
Breakfast:WG Waffles,Applesauce		Breakfast:WG Cheese Toast,Apples Milk		Breakfast:WG French Toast Sticks, Blueberries, Milk		Breakfast:WG Pancakes, Applesauce, Milk		Breakfast: WG Cereal, Bananas, Milk	
unch:Mac & Beef Pasta, Green		Lunch:Chicken Fries, Mashed		,		Lunch: Ham & Cheese Sandwiches,		Lunch: Pizza, Corn, Apples, Milk	
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Beans, Peaches, Milk, Roll Snack: Juice, WG Ritz Crackers		Potatoes,Pears,Milk, Roll Snack:Juice, WG Cereal, Fruit		Oranges, Milk, Bread Snack: Juice, Cheese Bits		Corn Chips, Pineapples, Milk, Pickle Snack: Juice, WG Goldfish		Snack: Juice, Pretzels	
Shack. Juice, w	VG RIZ CIACKEIS	Shack.Juice, WC	5 Cereal, Fruit	Shack: Juice, C	neese bils	Shack: Juice, W	/G Goldlish	Shack: Juice, P	Telzeis
	31								1
Brookfoot-M/C)	-								
Breaktast:wG v Milk	Naffles,Applesauce							_	
	ingoro Moohad								
	ingers, Mashed								
Potatoes, Pears	· ·							_	
Snack:Juice,W0	G Cheese Crackers								