

MUSTARD SEEDS ACADEMY

MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST (BLUE) LUNCH (GREEN) SNACK (RED)	NOTE: March 27-31 NO OSR Spring Break	1 WG French Toast Bites, blueberries, strawberries, milk Steak fingers, creamed potatoes, peaches, bread, milk WG peanut butter crackers, juice	2 WG Pancakes, applesauce, milk Pizza, salad/ranch, pineapples, milk WG goldfish, Juice	3 WG cereal, bananas, milk Green eggs & ham, tater tots, apples, biscuits, milk Graham crackers, Juice
6 WG waffles, apples, milk Grilled nuggets, pintos, oranges, milk, roll WG cheese its, Juice	7 WG cheese toast, tropical fruit, milk Corn dogs, baked beans, peaches, bread, milk Pretzels, Juice	8 WG French toast bites, blueberries, strawberries, milk Spaghetti, salad/ranch, tropical fruit, roll, milk WG strawberry Chex mix, Juice	9 WG Pancakes, applesauce, milk Ham & cheese sandwich, corn chips, pickle, pears, milk Vanilla wafer sticks, Juice	10 WG cereal, bananas, milk Pizza, corn, pineapples, milk WG goldfish, Juice
13 WG waffles, apples, milk Steak fingers, mashed potatoes, peaches, roll, milk Cheese crackers, Juice	14 WG power bites, tropical fruit, milk Fish, pintos, oranges, roll, milk Kix Cereal, Juice	15 WG French toast bites, blueberries, milk Crisпитos, corn, pineapples, bread, milk Yogurt/strawberries, Juice	16 WG Pancakes, applesauce, milk PB & J sandwich, corn chips, pickle, pears, milk Graham crackers, Juice	17 WG cereal, bananas, milk Pizza, salad/ranch, pineapples, milk Pretzels, Juice
20 WG waffles, apples, milk Chicken nuggets, mashed potatoes, pears, roll, milk WG goldfish, Juice	21 WG cheese toast, tropical fruit, milk Hot dogs, baked beans, oranges, milk Peanut butter crackers, Juice	22 WG French toast bites, blueberries, strawberries, milk Mac & beef pasta, green beans, peaches, roll, milk Vanilla wafer sticks, Juice	23 WG Pancakes, applesauce, milk Ham & cheese sandwich, corn chips, pickle, tropical fruit, milk WG cheese its, Juice	24 WG cereal, bananas, milk Pizza, corn, pineapples, milk Graham crackers, Juice
(See note above) 27 WG waffles, apples, milk Grilled nuggets, pintos, peaches, bread, milk Pretzels, Juice	28 WG cheese toast, tropical fruit, milk Corn dogs, baked beans, oranges, milk WG strawberry Chex mix, Juice	29 WG French toast bites, blueberries, milk Crisпитos, corn, pineapple, milk Graham Crackers, Juice	30 WG Pancakes, applesauce, milk PB& J sandwich, corn chips, pickle, pears, milk WG cheese its, Juice	31 WG cereal, bananas, milk Pizza, salad, pineapples, milk WG goldfish, Juice