```yaml
apiVersion: apps/v1
kind: Deployment
metadata:
  name: mongodb-deployment
  labels:
    app: mongodb
spec:
  replicas: 1
  selector:
    matchLabels:
      app: mongodb
  template:
    metadata:
      labels:
        app: mongodb
    spec:
      containers:
      - name: mongodb
        image: mongo
        ports:
        - containerPort: 27017
        env:
        - name: MONGO_INITDB_ROOT_USERNAME
          valueFrom:
            secretKeyRef:
              name: mongodb-secret
              key: mongodb-root-username
        - name: MONGO_INITDB_ROOT_PASSWORD
          valueFrom:
            secretKeyRef:
              name: mongodb-secret
              key: mongodb-root-password

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apiVersion: v1
kind: Service
metadata:
  name:  mongodb-service
spec:
  selector:
    app:  mongodb
  ports:
  - name:  tcp
    port:  27017
    targetPort:  27017
```

This YAML file defines a Kubernetes deployment and a service for MongoDB.

The apiVersion: apps/v1 and kind: Deployment specify that you are creating a deployment object. The metadata field specifies metadata about the deployment, including the name of the deployment, which is mongodb-deployment in this case.

The replicas field specifies that you want to create 1 replica of the MongoDB container. The selector field specifies how the replica should be selected - in this case, it selects the MongoDB container based on the app: mongodb label.

The template field specifies the specification of the pod to be created for the MongoDB container. The metadata field specifies the labels for the pod, which match the selector field in the deployment. The spec field specifies the container specification for the MongoDB container, including the image to be used, the port to be exposed, and the environment variables MONGO_INITDB_ROOT_USERNAME and MONGO_INITDB_ROOT_PASSWORD. The values of these environment variables are taken from the mongodb-secret secret object using the secretKeyRef field.

The apiVersion: v1 and kind: Service indicate that you are creating a Kubernetes service object. The metadata field specifies metadata about the service, including the name of the service, which is mongodb-service in this case.

The spec field specifies the service specification, including the selector field, which specifies the labels of the pods that the service should route traffic to. The ports field specifies the port to be exposed by the service, along with the target port on the pods. In this case, the service exposes port 27017 and routes traffic to port 27017 on the pods.