




Momentum Academy

November Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 4-8	Cereal Bar Cheese Stick Applesauce 100% Fruit Juice Choice of Milk	Warm Biscuit with Jelly Yogurt Cup Pears Choice of Milk	French Toast Sticks Mixed Berries Choice of Milk	Egg and Cheese Breakfast Wrap Banana Choice of Milk	Cereal with Milk Chef's Choice of Fruit 100% Fruit Juice
Nov 11-15	<i>Veterans Day: Closed</i>	Cinnamon Roll Cheese Stick Mandarin Oranges Choice of Milk	Breakfast Pita Apple Sauce 100% Fruit Juice Choice of Milk	Biscuit with Turkey Sausage Gravy Pears Choice of Milk	Cereal with Milk Chef's Choice of Fruit 100% Fruit Juice
Nov 18-22	Bagel with Cream Cheese Apricots Choice of Milk	Breakfast Pizza Hashbrown Peaches Choice of Milk	Scrambled Eggs Turkey Sausage Cheese Grits Fruit Cup Choice of Milk	Pancakes Berries Choice of Milk	Cereal with Milk Chef's Choice of Fruit 100% Fruit Juice
Nov 25 - 29					


Momentum Academy St. Louis

We are an equal opportunity provider and employer.



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November Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 4-8	Cheeseburger French Fries Carrots with Ranch Apple Choice of Milk	Chicken, Bean, and Rice Burrito Tex Mex Corn Chef's Choice of Fruit Choice of Milk	Tuscan Smoked Turkey and Bean Soup Dinner Roll Green Peas Grapes Choice of Milk	Spaghetti with Meat Sauce Italian Salad Garlic Bread Orange Slices Choice of Milk	Teriyaki Chicken over Vegetable Fried Rice Broccoli Peaches Choice of Milk
Nov 11-15	<i>Veterans Day: Closed</i>	Taco Bowl over Cilantro Rice Corn Salsa Pineapple Choice of Milk	Chicken Tetrazzini Roasted Zucchini and Yellow Squash Apple Choice of Milk	Salisbury Steak Mashed Potatoes with Gravy Mixed Veggies Orange Slices Choice of Milk	Turkey Corn Dog Baked Beans Roasted Carrots Chef's Choice of Fruit Choice of Milk
Nov 18-22	BBQ Chicken Ranch Pizza Mixed Vegetables Apples Choice of Milk	Beef Stroganoff Green Peas Mixed Fruit Choice of Milk	Grilled Cheese and Tomato Soup Broccoli Pears Choice of Milk	Thanksgiving Meal	Turkey and Cheese Sliders Italian Salad Baked Beans Melon Choice of Milk
Nov 25 - 29					

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Thanksgiving Meal - Thursday, Nov 21, 2024

- Herb Roast Turkey Breast
- Green Beans
- Mashed Potatoes w/ Gravy
- Cornbread Stuffing
- Cranberry Sauce
- Pumpkin Pie (optional)

Upper Academy Salad Bar Menu

Salad Bar Menu				
Salad Base	Vegetables	Proteins	Cold Items	Dressings
Romaine Lettuce	Sweet Corn Chopped Tomatoes Sliced Jalapenos Chopped Onions	Mexican Shredded Cheese Black Beans	Dinner Rolls Fritos Whole Fruit	Chipotle Ranch Ranch


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November Pre-K Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 4-8	Goldfish Orange Slices Milk	Fruited Yogurt Whole Grain Muffin Water	Mini Bagel Cream Cheese 100% Juice	Whole Wheat Crackers Sunflower Butter 100% Juice	Trail Mix (Cheerios, Raisins) Milk
Nov 11-15	<i>Veterans Day: Closed</i>	Fruited Yogurt Whole Grain Muffin Water	Mini Bagel Cream Cheese 100% Juice	Whole Wheat Crackers Sunflower Butter 100% Juice	Trail Mix (Cheerios, Raisins) Milk
Nov 18-22	Goldfish Orange Slices Milk	Fruited Yogurt Whole Grain Muffin Water	Mini Bagel Cream Cheese 100% Juice	Whole Wheat Crackers Sunflower Butter 100% Juice	Trail Mix (Cheerios, Raisins) Milk
Nov 25 - 29	 <p>Thanksgiving Break</p>				

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November Kindergarten Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 4-8	Goldfish Milk	Whole Grain Muffin Milk	Mini Bagel Juice	Whole Wheat Crackers Sunflower Butter Water	Trail Mix (Cheerios, Raisins) Water
Nov 11-15	<i>Veterans Day: Closed</i>	Whole Grain Muffin Milk	Mini Bagel Juice	Whole Wheat Crackers Sunflower Butter Water	Trail Mix (Cheerios, Raisins) Water
Nov 18-22	Goldfish Milk	Whole Grain Muffin Milk	Mini Bagel Juice	Whole Wheat Crackers Sunflower Butter Water	Trail Mix (Cheerios, Raisins) Water
Nov 25 - 29					

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