




Momentum Academy

December 2024 Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Dec 2-6	Blueberry Muffin Yogurt Cup Banana Choice of Milk	Scrambled Eggs Hash Brown Casserole Orange Slices Choice of Milk	Banana Bread Apricots 100% Fruit Juice Choice of Milk	Waffle with Syrup Strawberries Turkey Sausage Choice of Milk	Cereal with Milk Chef's Choice of Fruit 100% Fruit Juice
Dec 9-12	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
Dec 16-20	Egg and Cheese Breakfast Sliders Breakfast Potatoes Fruit Cup Choice of Milk	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
Dec 23-27					

Momentum Academy St. Louis

We are an equal opportunity provider and employer.



Momentum Academy

December 2024 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Dec 2-6	Grilled Chicken Sandwich Seasoned Potato Wedges Broccoli Peaches Choice of Milk	Beef Stew over Brown Rice Mixed Veggies Apple Choice of Milk	Chicken Gyro on Pita Bread Green Beans Chef's Choice of Fruit Choice of Milk	Beef and Bean Chili Corn Bread Roasted Carrots Melon Choice of Milk	Cheese Pizza Italian Salad Orange Slices Choice of Milk
Dec 9-12	Cheeseburger Sweet Potato Fries Corn Apple Choice of Milk	Spaghetti with Turkey Meatballs Broccoli Garlic Bread Orange Slices Choice of Milk	Grilled Cheese and Tomato Soup Green Salad Grapes Choice of Milk	Meatloaf Mashed Potatoes Dinner Roll Italian Salad Chef's Choice of Fruit Choice of Milk	Toasted Turkey and Cheese Sandwich Cucumber Salad Peaches Choice of Milk
Dec 16-20	Cheesy Baked Mostaccioli Garlic Bread California Veggies Grapes Choice of Milk	Taco Salad Bowl over Cilantro Rice Corn Salsa Apricots Choice of Milk	Chili Mac Corn Bread Green Peas Peaches Choice of Milk	Jollof Rice with Chicken Green Salad Banana Choice of Milk	Chicken Noodle Soup Biscuit Roasted Carrots Chef's Choice of Fruit Choice of Milk
Dec 23-27					

Momentum Academy St. Louis

We are an equal opportunity provider and employer.




Momentum Academy

Upper Academy Salad Bar Menu

Salad Bar Menu				
Salad Base	Vegetables	Proteins	Cold Items	Dressings
Baby Spinach	Broccoli Florets Matchstick Carrots Sliced Red Onion Shredded Cabbage Red/Green Peppers	Edamame Grilled Chicken	Dinner Roll Wonton Strips Whole Fruit	Asian Citrus Italian

December 2024 PreK Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Dec 2-6	Goldfish Orange Slices Milk	Celery Sunflower Butter & Raisins Water	Fresh Fruit Yogurt Granola Water	Applesauce Graham Crackers Milk	Cheese Stick Crackers 100% Fruit Juice
Dec 9-12	Goldfish Orange Slices Milk	Celery Sunflower Butter & Raisins Water	Fresh Fruit Yogurt Granola Water	Applesauce Graham Crackers Milk	Cheese Stick Crackers 100% Fruit Juice
Dec 16-20	Goldfish Orange Slices Milk	Celery Sunflower Butter & Raisins Water	Fresh Fruit Yogurt Granola Water	Applesauce Graham Crackers Milk	Cheese Stick Crackers 100% Fruit Juice
Dec 23-27					

Momentum Academy St. Louis

We are an equal opportunity provider and employer.



Momentum Academy

December 2024 Kindergarten Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Dec 2-6	Goldfish Milk	Celery Sunflower Butter & Raisins Water	Fresh Fruit Yogurt Water	Graham Crackers Milk	Cheese Stick 100% Fruit Juice
Dec 9-12	Goldfish Milk	Celery Sunflower Butter & Raisins Water	Fresh Fruit Yogurt Water	Graham Crackers Milk	Cheese Stick 100% Fruit Juice
Dec 16-20	Goldfish Milk	Celery Sunflower Butter & Raisins Water	Fresh Fruit Yogurt Water	Graham Crackers Milk	Cheese Stick 100% Fruit Juice
Dec 23-27					

Momentum Academy St. Louis

We are an equal opportunity provider and employer.