



Momentum Academy

September Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31 - Sep 4	Blueberry Muffin Banana Choice of Milk	Pancakes with Syrup Turkey Sausage Banana Choice of Milk	Breakfast Pita Diced Pears Choice of Milk	Warm Cinnamon Rolls Banana Choice of Milk	Cereal with Milk Chef's Choice of Fruit 100% Fruit Juice
Sep 7-11		Apple Cinnamon Muffin Fruit and Yogurt Parfait Choice of Milk	Scrambled Eggs Breakfast Potatoes Peaches Choice of Milk	Biscuit with Jelly Turkey Sausage Banana 100% Fruit Juice Choice of Milk	Cereal with Milk Chef's Choice of Fruit 100% Fruit Juice
Sep 14-18	French Toast Sticks with Syrup Peaches Choice of Milk	Breakfast Burrito Chef's Choice of Fruit 100% Fruit Juice Choice of Milk	Chunky Monkey Smoothie Cereal Bar Applesauce Choice of Milk	Egg and Sausage Breakfast Casserole Diced Pears Choice of Milk	
Sep 21-25	Blueberry Muffin Yogurt Cup Banana Choice of Milk	Scrambled Eggs Wheat Toast Orange Slices Choice of Milk	Breakfast Fruit Crisp with Vanilla Yogurt Pears Choice of Milk	Waffle with Syrup Strawberries Turkey Sausage Choice of Milk	Cereal with Milk Chef's Choice of Fruit 100% Fruit Juice
Sep 28 - Oct 2	Cereal Bar Cheese Stick Applesauce 100% Fruit Juice Choice of Milk	Turkey Sausage Biscuit Sandwich Hashbrown Diced Pears Choice of Milk	French Toast Sticks with Syrup 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

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We are an equal opportunity provider and employer.





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September Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31- Sep 4	Turkey Corn Dog Baked Beans Tomato and Cucumber Salad Chef's Choice of Fruit Choice of Milk	Chicken Strips Sweet Potato Fries Broccoli Apple Choice of Milk	Cheesy Beef and Macaroni Garden Salad Chef's Choice of Fruit Choice of Milk	Chicken Ranch Wrap Baked Beans Carrot Sticks Pineapple Choice of Milk	Spaghetti with Meat Sauce Green Beans Garlic Bread Oranges Choice of Milk
Sep 7-11		Cheese Enchiladas Southwest Pinto Beans Tex Mex Corn Peaches Choice of Milk	BBQ Chicken Sandwich Cabbage Slaw French Fries Apple Choice of Milk	Beef Teriyaki Brown Rice Stir Fry Vegetables Orange Slices Choice of Milk	Sloppy Joe Sandwich Tater Tots Green Peas Chef's Choice of Fruit Choice of Milk
Sep 14-18	Grilled Chicken Quesadillas Street Corn Pineapple Choice of Milk	Arroz Con Pollo Black Bean Salsa Romaine Salad Orange Slices Choice of Milk	Sweet Potato Enchiladas Roasted Carrots Melon Choice of Milk	Red Pozole Roasted Potatoes Cabbage Slaw Apple Choice of Milk	
Sep 21-25	Cheeseburger on a Wheat Bun French Fries Italian Salad Melon Choice of Milk	Italian Chicken Cutlet over Garlic Parmesan Pasta Broccoli Chef's Choice of Fruit Choice of Milk	Beef Fried Rice with Stir Fry Vegetables Roasted Carrots Pineapple Choice of Milk	Chicken Salad Sandwich SunChips Cucumber Slices Mixed Fruit Choice of Milk	Turkey and Cheese Pinwheels Carrots & Ranch Dip Orange Slices Choice of Milk
Sep 28 - Oct 2	Grilled Chicken Sandwich on a Wheat Bun Tater Tots Green Peas Melon Choice of Milk	Cheese Tortellini with Marinara Sauce Garden Salad Bread Stick Chef's Choice of Fruit Choice of Milk	Salisbury Steak Mashed Potatoes Dinner Roll California Mixed Veggies Grapes Choice of Milk	Southwest Chicken and Rice Bowl Black Bean Salsa Cucumber Slices Pineapple Choice of Milk	Turkey and Cheese on a Whole Grain Sub Roll Baked Chips Carrots with Ranch Dip Apple Choice of Milk

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Upper Academy Salad Bar Menu

Salad Bar Menu				
Salad Base	Vegetables	Proteins	Cold Items	Dressings
Romaine Lettuce	Cherry Tomatoes Shredded Carrots Red/Green Peppers Cucumber Black Olives	Shredded Cheese Turkey Hard Boiled Eggs	Dinner Rolls Croutons	Ranch Italian

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September Pre-K Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31 - Sep 4	Applesauce Graham Crackers Milk	Fruited Yogurt Whole Grain Muffin Water	Cucumbers Ranch Dressing Crackers 100% Juice	Mini Bagel Cream Cheese 100% Juice	String Cheese Wheat Thins Fruit Water
Sep 7-11		Fruited Yogurt Whole Grain Muffin Water	Cucumbers Ranch Dressing Crackers 100% Juice	Mini Bagel Cream Cheese 100% Juice	String Cheese Wheat Thins Fruit Water
Sep 14-18	Applesauce Graham Crackers Milk	Fruited Yogurt Whole Grain Muffin Water	Cucumbers Ranch Dressing Crackers 100% Juice	Mini Bagel Cream Cheese 100% Juice	
Sep 21-25	Applesauce Graham Crackers Milk	Fruited Yogurt Whole Grain Muffin Water	Cucumbers Ranch Dressing Crackers 100% Juice	Mini Bagel Cream Cheese 100% Juice	String Cheese Wheat Thins Fruit Water
Sep 28 - Oct 2	Applesauce Graham Crackers Milk	Fruited Yogurt Whole Grain Muffin Water	Cucumbers Ranch Dressing Crackers 100% Juice	Mini Bagel Cream Cheese 100% Juice	String Cheese Wheat Thins Fruit Water

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September Kindergarten Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31 - Sep 4	Applesauce Milk	Whole Grain Muffin Milk	Cucumbers Water	Mini Bagel 100% Juice	String Cheese Wheat Thins Water
Sep 7-11		Whole Grain Muffin Milk	Cucumbers Water	Mini Bagel 100% Juice	String Cheese Wheat Thins Water
Sep 14-18	Applesauce Milk	Whole Grain Muffin Milk	Cucumbers Water	Mini Bagel 100% Juice	
Sep 21-25	Applesauce Milk	Whole Grain Muffin Milk	Cucumbers Water	Mini Bagel 100% Juice	String Cheese Wheat Thins Water
Sep 28 - Oct 2	Applesauce Milk	Whole Grain Muffin Milk	Cucumbers Water	Mini Bagel 100% Juice	String Cheese Wheat Thins Water

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