Momentum Academy

November Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2-6	Cereal Bar Cheese Stick Applesauce 100% Fruit Juice Choice of Milk	Warm Biscuit with Jelly Yogurt Cup Pears Choice of Milk	Whole Wheat Pancakes 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 9-13	Cinnamon Roll Cheese Stick Apple Sauce Choice of Milk	Peachy King Smoothie Lemon Bread Mandarin Oranges Choice of Milk		Biscuit with Turkey Sausage Gravy Pears Choice of Milk	Cereal with Milk Chef's Choice of Fruit 100% Fruit Juice
Nov 16-20	Bagel with Cream Cheese Mixed Fruit Choice of Milk	Breakfast Pizza Hashbrown Peaches Choice of Milk	Scrambled Eggs Turkey Sausage Cheese Grits Fruit Cup Choice of Milk	French Toast Sticks with Peaches n' Cream Dip Berries Choice of Milk	Cereal with Milk Chef's Choice of Fruit 100% Fruit Juice
Nov 23-27					
Nov 30-Dec 4	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

Momentum Academy St. Louis

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November Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2-6	Black Bean Burger on Whole Wheat Bun French Fries Carrots with Ranch Apple Choice of Milk	Tuscan Smoked Turkey and Bean Soup Dinner Roll Green Peas Pears Choice of Milk	Chicken, Cheese, and Rice Burrito Tex Mex Corn Chef's Choice of Fruit 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 9-13	Salisbury Steak Mashed Potatoes with Gravy Mixed Veggies Orange Slices Choice of Milk	Chicken Tetrazzini Roasted Zucchini and Yellow Squash Apple Choice of Milk		Taco Salad Bowl over Cilantro Rice Corn Salsa Pineapple Choice of Milk	Turkey and Cheese Sliders Baked Beans Roasted Carrots Chef's Choice of Fruit Choice of Milk
Nov 16-20	Chicken Pot Pie with Biscuit Broccoli Peaches Choice of Milk	Beef Stroganoff Green Peas Mixed Fruit Choice of Milk	Grilled Cheese and Tomato Soup Broccoli Pears Choice of Milk	Sloppy Joes Italian Salad Baked Beans Apples Choice of Milk	Herb Roast Turkey Breast Green Beans Macaroni & Cheese Cornbread Stuffing Cranberry Sauce
Nov 23-27					
Nov 30-Dec 4	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 Pears Choice of Milk	Cheese Pizza Italian Salad Orange Slices Choice of Milk

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Thanksgiving Meal - Friday, Nov 20, 2026

- Herb Roast Turkey Breast
- Green Beans
- Macaroni & Cheese
- 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 2-6	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 9-13	Goldfish Orange Slices Milk	Fruited Yogurt Whole Grain Muffin Water		Whole Wheat Crackers Sunflower Butter 100% Juice	Trail Mix (Cheerios, Raisins) Milk
Nov 16-20	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 23-27					
Nov 30- Dec 4	Animal Crackers Orange Slices Milk	Celery Sunflower Butter & Raisins Water	Fresh Fruit Yogurt Granola Water	Applesauce Graham Crackers Milk	Cheese Stick Crackers 100% Fruit Juice

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November Kindergarten Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2-6	Goldfish Milk	Whole Grain Muffin Milk	Mini Bagel Juice	Whole Wheat Crackers Sunflower Butter Water	Trail Mix (Cheerios, Raisins) Water
Nov 9-13	Goldfish Milk	Whole Grain Muffin Milk		Whole Wheat Crackers Sunflower Butter Water	Trail Mix (Cheerios, Raisins) Water
Nov 16-20	Goldfish Milk	Whole Grain Muffin Milk	Mini Bagel Juice	Whole Wheat Crackers Sunflower Butter Water	Trail Mix (Cheerios, Raisins) Water
Nov 23-27					
Nov 30- Dec 4	Animal Crackers Milk	Celery Sunflower Butter Water	Fresh Fruit Yogurt Water	Graham Crackers Milk	Cheese Stick 100% Fruit Juice

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