



TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

HEALTHY HABITS MENU

NOVEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
Cheerios, WG with Milk Banana Low fat Yogurt *Homemade Muffin Treat Milk, Fat Free	*Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free	*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free	Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free	PAPA JOHNS PIZZA CHIPS FRUIT SNACKS
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
9	10	11	12	13
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
BREAKFAST FOR LUNCH! Scrambled Eggs *Hash Brown Triangle Fresh Fruit/Seasonal *Cinnamon Streusel Milk, Fat Free	Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free	Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Yogurt Milk, Fat Free	Italian Sub Sandwich Fritos Corn Chips Fresh Fruit/Seasonal Veggie Sticks Milk, Fat Free	PAPA JOHNS PIZZA CHIPS FRUIT SNACKS
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
16	17	18	19	20
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
* Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Cookie Milk, Fat Free	*Mostaccioli Tossed Salad Lite Italian Dressing Fresh Fruit/Seasonal *WG Dinner Rolls Milk, Fat Free	*Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free	Trix Cereal Bar, WG Hard Boiled Egg Yogurt Banana Milk, Fat Free	PAPA JOHNS PIZZA CHIPS FRUIT SNACKS
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
23	24	25	26	27
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
*Chicken Nuggets, WG *French Fries Fresh Fruit/Seasonal Flavorful Jell-O Milk, Fat Free	PAPA JOHNS PIZZA CHIPS FRUIT SNACKS	*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free	<p>HAPPY THANKSGIVING</p>	
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
30				
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free			<p>November</p>	
<i>Afternoon Snack</i>				

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).



Food Service Consultants, Inc.

"A Local Company Serving You With Pride"

