



TOWER GROVE CHRISTIAN ACADEMY

HEALTHY HABITS LUNCH-NOVEMBER 2020



* = Baked

WG=Whole Grain Ingredients

Healthy Habits Lunch Price \$3.75 Extra Entrée \$1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
ENTRÉE CHOICE 1 Cheerios, WG with Milk ENTRÉE CHOICE 2 BAGEL W/ CR. CHEESE SIDE ITEMS: Banana Low fat Yogurt *Homemade Muffin Treat Milk, Fat Free	ENTRÉE CHOICE 1 *Bosco Stick with Spaghetti Sauce ENTRÉE CHOICE 2 CORN DOG SIDE ITEMS: Mixed Vegetables Seasonal Fresh Fruit 100% Fruit Juice Bar Milk, Fat Free	ENTRÉE CHOICE 1 *Popcorn Chicken ENTRÉE CHOICE 2 TORNADO SIDE ITEMS: *Seasoned Fries Seasonal Fresh Fruit *Homemade Brownie Milk, Fat Free	ENTRÉE CHOICE 1 Nachos and Cheese, WG ENTRÉE CHOICE 2 SIDE ITEMS: Green Beans Seasonal Fresh Fruit Churro Milk, Fat Free	 CHIPS FRUIT SNACKS
9	10	11	12	13
ENTRÉE CHOICE 1 Scrambled Eggs ENTRÉE CHOICE 2 CEREAL BAR SIDE ITEMS: *Hash Brown Triangle Seasonal Fresh Fruit *Cinnamon Streusel Milk, Fat Free	ENTRÉE CHOICE 1 Baked Macaroni & Cheese ENTRÉE CHOICE 2 SPICY CHICKEN SANDWICH SIDE ITEMS: Green Beans Seasonal Fresh Fruit Teddy Grahams Milk, Fat Free	ENTRÉE CHOICE 1 Macho Nachos, WG ENTRÉE CHOICE 2 SIDE ITEMS: Shredded Lettuce & Tomato Seasonal Fresh Fruit Yogurt Milk, Fat Free	ENTRÉE CHOICE 1 Italian Sub Sandwich ENTRÉE CHOICE 2 HOT DOG SIDE ITEMS: Fritos Corn Chips Seasonal Fresh Fruit Veggie Sticks Milk, Fat Free	 CHIPS FRUIT SNACKS
16	17	18	19	20
ENTRÉE CHOICE 1 * Chicken Strips BBQ Sauce ENTRÉE CHOICE 2 HAMBURGER SIDE ITEMS: Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	ENTRÉE CHOICE 1 *Mostaccioli ENTRÉE CHOICE 2 PRETZEL BITE WITH CHEESE SIDE ITEMS: Tossed Salad Lite Italian Dressing Seasonal Fresh Fruit *WG Dinner Rolls Milk, Fat Free	ENTRÉE CHOICE 1 *Bosco Stick with Spaghetti Sauce ENTRÉE CHOICE 2 POPCORN CHICKEN SIDE ITEMS: Mixed Vegetables Seasonal Fresh Fruit 100% Fruit Juice Bar Milk, Fat Free	ENTRÉE CHOICE 1 Trix Cereal Bar, WG ENTRÉE CHOICE 2 BAGEL WITH CREAM CHEESE SIDE ITEMS: Hard Boiled Egg Yogurt Banana Milk, Fat Free	 CHIPS FRUIT SNACKS
23	24	25	26	27
ENTRÉE CHOICE 1 *Chicken Nuggets, WG ENTRÉE CHOICE 2 HOT POCKET SIDE ITEMS: *French Fries Seasonal Fresh Fruit Flavorful Jell-O Milk, Fat Free	 CHIPS FRUIT SNACKS			
30				
ENTRÉE CHOICE 1 Nachos and Cheese, WG NO ENTRÉE CHOICE 2 SIDE ITEMS: Green Beans Seasonal Fresh Fruit Churro Milk, Fat Free				

Plate lunch prices \$3.75 per plate

Extra Entrée \$1.50

Salad of the Week & Daily Special - Daily Ala Carte items available for grades 2 thru 8

Monday
 Chicken Rings
 Fries

Tuesday
 Cheeseburger
 Fries

Wednesday
 Toasted Ravioli

Milk .13
Thursday
 Macho Nachos

Flavored .18
Friday
 Chicken Sandwich
 Baked Chips

Menu Subject to Change

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"

