



TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

HEALTHY HABITS MENU

October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<i>Morning Snack</i>	<i>Morning Snack</i>
			HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
			*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free	PAPA JOHNS PIZZA Cheese Pizza Chips Fruit Snacks Milk, Fat Free
			<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
5	6	7	8	9
<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	Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Yogurt Milk, Fat Free	Trix Cereal Bar, WG Hard Boiled Egg Yogurt Banana Milk, Fat Free	Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free	PAPA JOHNS PIZZA Cheese Pizza Chips Fruit Snacks Milk, Fat Free
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
12	13	14	15	16
<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
*Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free	*Mostaccioli Tossed Salad Lite Italian Dressing Fresh Fruit/Seasonal *WG Dinner Rolls Milk, Fat Free	Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free	*Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Cookie Milk, Fat Free	PAPA JOHNS PIZZA Cheese Pizza Chips Fruit Snacks Milk, Fat Free
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
19	20	21	22	23
<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	*Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free	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	PAPA JOHNS PIZZA Cheese Pizza Chips Fruit Snacks Milk, Fat Free
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
26	27	28	29	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
*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free	*Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free	PASTA DAY Spaghetti with Meat Sauce Green Beans *WG Dinner Roll 100% Fruit Juice Bar Milk, Fat Free	Trix Cereal Bar, WG Hard Boiled Egg Yogurt Banana Milk, Fat Free	PAPA JOHNS PIZZA Cheese Pizza Chips Fruit Snacks Milk, Fat Free
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<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"

