



# TOWER GROVE CHRISTIAN ACADEMY

## HEALTHY HABITS MENU-MAY 2021



\*= Baked

WG=Whole Grain Ingredients

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free	*Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Applesauce Oreo Cookies Milk, Fat Free	Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Yogurt Milk, Fat Free	*Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free	PAPA JOHNS PIZZA DAY CHIPS FRUIT SNACK MILK, FAT FREE
10	11	12	13	14
<u>BREAKFAST FOR LUNCH!</u> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free	*Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Cookie Milk, Fat Free	*Chicken Nuggets Green Beans Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free	Italian Sub Sandwich Fritos Corn Chips Fresh Fruit/Seasonal Veggie Sticks Milk, Fat Free	PAPA JOHNS PIZZA DAY CHIPS FRUIT SNACK MILK, FAT FREE
17	18	19	20	21
Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free	*Chicken Nuggets, WG *French Fries Fresh Fruit/Seasonal Flavorful Jell-O Milk, Fat Free	Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free	Bologna & Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free	PAPA JOHNS PIZZA DAY CHIPS FRUIT SNACK MILK, FAT FREE
24	25	26	27	28
*Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Cookie Milk, Fat Free	<u>BREAKFAST FOR LUNCH!</u> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free	* Chicken Rings BBQ Sauce Corn Fresh Fruit/Seasonal Cookie Milk, Fat Free	*Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Applesauce Oreo Cookies Milk, Fat Free	PAPA JOHNS PIZZA DAY CHIPS FRUIT SNACK MILK, FAT FREE
31				
MEMORIAL DAY NO SCHOOL				

**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				
<u>Monday</u> Chicken Rings Fries	<u>Tuesday</u> Cheeseburger Fries	<u>Wednesday</u> Toasted Ravioli	<u>Thursday</u> Macho Nachos	<u>Friday</u> 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"**

