



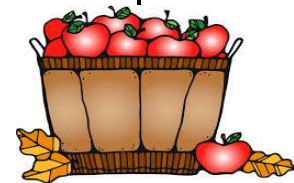
TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

HEALTHY HABITS MENU

SEPTEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Morning Snack	Morning Snack	Morning Snack	Morning Snack
	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
	* Chicken Strips BBQ Sauce Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	*Mostaccioli Tossed Salad Lite Italian Dressing Seasonal Fresh Fruit *WG Dinner Rolls Milk, Fat Free	*Toasted Ravioli Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free	PAPA JOHNS PIZZA
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	
7	8	9	10	11
NO SCHOOL 	Morning Snack	Morning Snack	Morning Snack	Morning Snack
	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
	Scrambled Eggs *Hash Brown Triangle Seasonal Fresh Fruit *Cinnamon Streusel Milk, Fat Free	*Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free	*Bosco Stick with Spaghetti Sauce Mixed Vegetables Seasonal Fresh Fruit 100% Fruit Juice Bar Milk, Fat Free	Nachos and Cheese, WG Green Beans Seasonal Fresh Fruit Churro Milk, Fat Free
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	
14	15	16	17	18
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
*Popcorn Chicken *Seasoned Fries Seasonal Fresh Fruit *Homemade Brownie Milk, Fat Free	*Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Seasonal Fresh Fruit Cookie Milk, Fat Free	Baked Macaroni & Cheese Green Beans Seasonal Fresh Fruit Teddy Grahams Milk, Fat Free	Macho Nachos, WG Shredded Lettuce & Tomato Seasonal Fresh Fruit Yogurt Milk, Fat Free	PAPA JOHNS PIZZA
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
21	22	23	24	25
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
*Chicken Nuggets, WG *French Fries Seasonal Fresh Fruit Flavorful Jell-O Milk, Fat Free	Biscuit and Gravy Scrambled Eggs Hash Brown Triangle Seasonal Fresh Fruit Milk, Fat Free	Sweet N Sour Chicken White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free	Cheerios, WG with Milk Banana Low fat Yogurt *Homemade Muffin Treat Milk, Fat Free	Italian Sub Sandwich Fritos Corn Chips Seasonal Fresh Fruit Veggie Sticks Milk, Fat Free
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
28	29	30		
Morning Snack	Morning Snack	Morning Snack		
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH		
Trix Cereal Bar, WG Hard Boiled Egg Yogurt Banana Milk, Fat Free	* Chicken Strips BBQ Sauce Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	PAPA JOHNS PIZZA 		
Afternoon Snack	Afternoon Snack	Afternoon Snack		



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"

