



TOWER GROVE CHRISTIAN ACADEMY

OCTOBER 2021



*= Baked

WG=Whole Grain Ingredients



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				ENTRÉE CHOICE 1 Papa Johns Pizza  SIDE ITEMS: CHIPS FRUIT SNACKS 1% Milk
4	5	6	7	8
ENTRÉE CHOICE 1 Macho Nachos ENTRÉE CHOICE 2 No Alternate SIDE ITEMS: Shredded Lettuce & Tomato Yogurt Seasonal Fresh Fruit 1% Milk	ENTRÉE CHOICE 1 Bosco Stick with or without Sauce ENTRÉE CHOICE 2 Chicken Tornado SIDE ITEMS: Cucumber Circles with Dip Seasonal Fresh Fruit 100% Fruit Juice Bar 1% Milk	ENTRÉE CHOICE 1 Popcorn Chicken ENTRÉE CHOICE 2 Pizza Stick SIDE ITEMS: French Fries Grapes & Cheese Cubes Brownie 1% Milk	ENTRÉE CHOICE 1 Italian Sub Sandwich ENTRÉE CHOICE 2 Hot Dog SIDE ITEMS: Fritos Corn Chips Seasonal Fresh Fruit Veggie Sticks 1% Milk	ENTRÉE CHOICE 1 Papa Johns Pizza  SIDE ITEMS: CHIPS FRUIT SNACKS 1% Milk
11	12	13	14	15
ENTRÉE CHOICE 1 Pancake with Syrup ENTRÉE CHOICE 2 Bagel SIDE ITEMS: Sausage Seasonal Fresh Fruit Yogurt 1% Milk	ENTRÉE CHOICE 1 Chicken Nuggets ENTRÉE CHOICE 2 Bosco Stick SIDE ITEMS: Green Beans Seasonal Fresh Fruit Mini Rice Krispies Treat 1% Milk	ENTRÉE CHOICE 1 Baked Macaroni & Cheese ENTRÉE CHOICE 2 Spicy Popcorn Chicken SIDE ITEMS: Cherry Tomatoes with Dip Teddy Grahams Seasonal Fresh Fruit 1% Milk	ENTRÉE CHOICE 1 Orange Chicken ENTRÉE CHOICE 2 Spicy Chicken Sandwich SIDE ITEMS: White Rice Steamed Broccoli Fortune Cookie 1% Milk	ENTRÉE CHOICE 1 Papa Johns Pizza  SIDE ITEMS: CHIPS FRUIT SNACKS 1% Milk
18	19	20	21	22
ENTRÉE CHOICE 1 Bologna & Cheese Sandwich ENTRÉE CHOICE 2 Hot Dog SIDE ITEMS: *Potato Chips Seasonal Fresh Fruit Oreo Cookies 1% Milk	ENTRÉE CHOICE 1 Mostaccioli with Meat Sauce ENTRÉE CHOICE 2 Spicy Popcorn Chicken SIDE ITEMS: Tossed Salad with Italian Dressing Seasonal Fresh Fruit Crazy Bread 1% Milk	ENTRÉE CHOICE 1 Nachos and Cheese ENTRÉE CHOICE 2 No Alternate SIDE ITEMS: Green Beans Churro Seasonal Fresh Fruit 1% Milk	ENTRÉE CHOICE 1 Papa Johns Pizza  SIDE ITEMS: CHIPS FRUIT SNACKS 1% Milk	NO SCHOOL 
25	26	27	28	29
ENTRÉE CHOICE 1 Toasted Ravioli ENTRÉE CHOICE 2 Pizza Stick SIDE ITEMS: Bowtie Pasta with Spaghetti Sauce Cooked Broccoli Seasonal Fresh Fruit 1% Milk	ENTRÉE CHOICE 1 Fettuccini Alfredo ENTRÉE CHOICE 2 Chicken Tornado SIDE ITEMS: Steamed Broccoli Breadstick Cookie 1% Milk	ENTRÉE CHOICE 1 Italian Sub Sandwich ENTRÉE CHOICE 2 Hot Dog SIDE ITEMS: Fritos Corn Chips Seasonal Fresh Fruit Veggie Sticks 1% Milk	ENTRÉE CHOICE 1 Papa Johns Pizza  SIDE ITEMS: CHIPS FRUIT SNACKS 1% Milk	HALF DAY NO LUNCH 

Plate Lunch \$4.00

Extra Entrée \$1.75

Salad of the Week & Daily Special

Milk

Flavored

Menu Subject to Change



Food Service Consultants, Inc.
 "A Local Company Serving You With Pride"

