



TOWER GROVE CHRISTIAN ACADEMY

OCTOBER 2020



*= Baked

WG=Whole Grain Ingredients

PLATE LUNCHES 3.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			ENTRÉE CHOICE 1 *Popcorn Chicken ENTRÉE CHOICE 2 Hot Dog SIDE ITEMS: *Seasoned Fries Seasonal Fresh Fruit *Homemade Brownie Milk, Fat Free	ENTRÉE CHOICE 1 PAPA JOHNS PIZZA ENTRÉE CHOICE 2 No Alternate SIDE ITEMS: Cheese Pizza Chip Fruit Snack Milk, Fat Free
5	6	7	8	9
ENTRÉE CHOICE 1 *Chicken Strips BBQ Sauce ENTRÉE CHOICE 2 Hamburger SIDE ITEMS: Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	ENTRÉE CHOICE 1 Macho Nachos, WG ENTRÉE CHOICE 2 No Alternate SIDE ITEMS: Shredded Lettuce & Tomato Seasonal Fresh Fruit Yogurt Milk, Fat Free	ENTRÉE CHOICE 1 *Chicken Patty Sandwich WG ENTRÉE CHOICE 2 Grilled Cheese SIDE ITEMS: *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free	ENTRÉE CHOICE 1 Baked Macaroni & Cheese ENTRÉE CHOICE 2 Hot Pocket SIDE ITEMS: Green Beans Seasonal Fresh Fruit Teddy Grahams Milk, Fat Free	ENTRÉE CHOICE 1 PAPA JOHNS PIZZA ENTRÉE CHOICE 2 No Alternate SIDE ITEMS: Cheese Pizza Chip Fruit Snack Milk, Fat Free
12	13	14	15	16
ENTRÉE CHOICE 1 *Bosco Stick with Spaghetti Sauce ENTRÉE CHOICE 2 Hot Dog SIDE ITEMS: Mixed Vegetables Seasonal Fresh Fruit 100% Fruit Juice Bar Milk, Fat Free	ENTRÉE CHOICE 1 *Mostaccioli ENTRÉE CHOICE 2 Chicken Rings SIDE ITEMS: Tossed Salad Lite Italian Dressing Seasonal Fresh Fruit *WG Dinner Rolls Milk, Fat Free	ENTRÉE CHOICE 1 *Chicken Strips BBQ Sauce ENTRÉE CHOICE 2 No Alternate SIDE ITEMS: Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	ENTRÉE CHOICE 1 *Pizza Stix ENTRÉE CHOICE 2 Chicken Nugget SIDE ITEMS: Lettuce & Carrot Salad Lite Ranch Dressing Seasonal Fresh Fruit Cookie Milk, Fat Free	ENTRÉE CHOICE 1 PAPA JOHNS PIZZA ENTRÉE CHOICE 2 No Alternate SIDE ITEMS: Cheese Pizza Chip Fruit Snack Milk, Fat Free
19	20	21	22	23
ENTRÉE CHOICE 1 Baked Macaroni & Cheese ENTRÉE CHOICE 2 Popcorn Chicken SIDE ITEMS: Corn Seasonal Fresh Fruit Teddy Grahams Milk, Fat Free	ENTRÉE CHOICE 1 *Toasted Ravioli ENTRÉE CHOICE 2 Corn Dog SIDE ITEMS: Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free	ENTRÉE CHOICE 1 Scrambled Eggs ENTRÉE CHOICE 2 Bagel and Cream Cheese SIDE ITEMS: *Hash Brown Triangle Seasonal Fresh Fruit Milk, Fat Free	ENTRÉE CHOICE 1 PAPA JOHNS PIZZA ENTRÉE CHOICE 2 No Alternate SIDE ITEMS: Cheese Pizza Chip Fruit Snack Milk, Fat Free	No Lunch In-Service Day
26	27	28	29	30
ENTRÉE CHOICE 1 *Popcorn Chicken ENTRÉE CHOICE 2 Toasted Ravioli SIDE ITEMS: *Seasoned Fries Seasonal Fresh Fruit *Homemade Brownie Milk, Fat Free	ENTRÉE CHOICE 1 *Chicken Patty Sandwich WG ENTRÉE CHOICE 2 Hamburger SIDE ITEMS: *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free	ENTRÉE CHOICE 1 Spaghetti with Meat Sauce ENTRÉE CHOICE 2 Hot Dog SIDE ITEMS: Green Beans *WG Dinner Roll 100% Fruit Juice Bar Milk, Fat Free	ENTRÉE CHOICE 1 PAPA JOHNS PIZZA ENTRÉE CHOICE 2 No Alternate SIDE ITEMS: Cheese Pizza Chip Fruit Snack Milk, Fat Free	11:00 Dismissal No Lunch

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"

