



TOWER GROVE CHRISTIAN ACADEMY

AUGUST 2021



*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		18	19	20
		ENTRÉE CHOICE 1 Chicken Nuggets ENTRÉE CHOICE 2 Hamburger SIDE ITEMS: Green Beans Seasonal Fresh Fruit Mini Rice Krispies Treat 1% Milk	ENTRÉE Italian Sub Sandwich ENTRÉE CHOICE 2 Pizza Stick 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
23	24	25	26	27
ENTRÉE CHOICE 1 Chicken Nuggets ENTRÉE CHOICE 2 Pizza Stick SIDE ITEMS: Sweet Potato Fries Cucumber Circles with Dip Rainbow Sherbet 1% Milk	ENTRÉE CHOICE 1 Spaghetti with Meat Sauce ENTRÉE CHOICE 2 Hot Dog SIDE ITEMS: Green Beans *WG Dinner Roll 100% Fruit Juice Bar 1% Milk	ENTRÉE CHOICE 1 Chicken Rings ENTRÉE CHOICE 2 Spicy Chicken Sandwich SIDE ITEMS: Seasoned Noodles Lettuce & Carrot Salad Sherbet 1% Milk	ENTRÉE CHOICE 1 Poor Boy on WG Coney Bun ENTRÉE CHOICE 2 Spicy Popcorn Chicken SIDE ITEMS: *Potato Chips Seasonal Fresh Fruit *Mini Rice Krispies Treat 1% Milk	 ENTRÉE CHOICE 1 Papa Johns Pizza SIDE ITEMS: CHIPS FRUIT SNACKS 1% Milk
30	31			
ENTRÉE CHOICE 1 Pancake with Syrup ENTRÉE CHOICE 2 Bagel with Cream Cheese SIDE ITEMS: Sausage Seasonal Fresh Fruit Yogurt 1% Milk	ENTRÉE CHOICE 1 Orange Chicken ENTRÉE CHOICE 2 Toasted Ravioli SIDE ITEMS: White Rice Steamed Broccoli Fortune Cookie 1% Milk			

Plate lunch prices \$4.00

Extra Entrée \$1.75

Salad of the Week & Daily Special - Daily Ala Carte items available for grades 2 thru 8				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Sticks Fries	Cheeseburger Fries	Toasted Ravioli	Milk Macho Nachos	Flavored Milk Chicken Sandwich Baked Chips

Menu Subject to Change

Food Service Consultants, Inc.

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"WHY FSC"

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