



TOWER GROVE CHRISTIAN ACADEMY

HEALTHY HABITS MENU-SEPTEMBER 2020



*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	1	2	3	4



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"

