



# TOWER GROVE CHRISTIAN ACADEMY

## HEALTHY HABITS MENU-DECEMBER 2019



\*= Baked

WG=Whole Grain Ingredients

Healthy Habits Lunch Price \$3.50

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| 2  | 3  | 4  | 5  | 6  |
| <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  |
| <b>PAPA JOHNS</b><br><b>PIZZA</b><br><br><b>NO ALTERNATE</b>   | Nachos and Cheese, WG<br>Green Beans<br>Fresh Fruit/Seasonal<br>Churro<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Spicy Chicken Bites  | Baked Macaroni & Cheese<br>Green Beans<br>Fresh Fruit/Seasonal<br>Teddy Grahams<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Pretzel & Cheese            | Bowl of Chili<br>*Cheddar Goldfish, WG<br>Fresh Fruit/Seasonal<br>Jell-O<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Bosco Stick        | *Popcorn Chicken<br>*Seasoned Fries<br>Fresh Fruit/Seasonal<br>*Homemade Brownie<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Pizza Stick              |
| 9  | 10   | 11   | 12   | 13   |
| <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  |
| Macho Nachos, WG<br>Shredded Lettuce & Tomato<br>Fresh Fruit/Seasonal<br>Yogurt<br>Milk, Fat Free<br><u>NO ALTERNATE</u>                   | Sweet N Sour Chicken<br>White Rice<br>Steamed Broccoli<br>Fortune Cookie<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Hamburger          | Trix Cereal Bar, WG<br>Hard Boiled Egg<br>Yogurt<br>Banana<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Bagel & Cream Cheese                             | *Chicken Nuggets, WG<br>*French Fries<br>Fresh Fruit/Seasonal<br>Flavorful Jell-O<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Hamburger | Italian Sub Sandwich<br>Fritos Corn Chips<br>Fresh Fruit/Seasonal<br>Veggie Sticks<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Spicy Chicken Sandwich |
| 16   | 17   | 18   | 19   | 20   |
| <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  | <b>HEALTHY HABITS LUNCH</b>  |
| Cheerios, WG with Milk<br>Banana<br>Low fat Yogurt<br>*Homemade Muffin Treat<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Bagel & Cream Cheese | All Natural Hot Dog on Bun<br>Potato Chips<br>Fresh Fruit/Seasonal<br>2 Oreos<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Chicken Rings | *Mostaccioli<br>Tossed Salad<br>Lite Italian Dressing<br>Fresh Fruit/Seasonal<br>*WG Dinner Rolls<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Hamburger | * Chicken Strips<br>BBQ Sauce<br>Corn<br>Fresh Fruit/Seasonal<br>Cookie<br>Milk, Fat Free<br><u>ALTERNATE</u><br>Chicken Tornado     | <b>PAPA JOHNS</b><br><b>PIZZA</b><br><br><b>NO ALTERNATE</b>   |
| 23   | 24   | 25   | 26   | 27   |
|  |  |  |  |  |
| 30   | 31   |  |  |  |
|  |  |  |  |  |

Plate lunch prices \$3.50 per plate

Extra Entrée \$1.25

|   |                |                  |                      |                              |
|---|----------------|------------------|----------------------|------------------------------|
| Salad of the Week & Daily Special - Daily Ala Carte items available for grades 2 thru 8 |                |                  |                      |                              |
| <u>Monday</u>   | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u>      | <u>Friday</u>                |
| Chicken Rings   | Cheeseburger   | Toasted Ravioli  | Milk<br>Macho Nachos | Flavored<br>Chicken Sandwich |
| Fries   | Fries          |                  |                      | 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.**  
 "Serving You With Pride"

