








# TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

## HEALTHY HABITS MENU

OCTOBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				<i>Morning Snack</i>
				<b>HEALTHY HABITS LUNCH</b>
				PAPA JOHNS CHIPS FRUIT SNACKS 
				<i>Afternoon Snack</i>
4	5	6	7	8
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
<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>ENTRÉE</b> Macho Nachos <b>SIDE ITEMS:</b> Shredded Lettuce & Tomato Yogurt Seasonal Fresh Fruit 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Bosco Stick with or without Sauce <b>SIDE ITEMS:</b> Cucumber Circles with Dip Seasonal Fresh Fruit 100% Fruit Juice Bar 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Popcorn Chicken <b>SIDE ITEMS:</b> French Fries Grapes & Cheese Cubes Brownie 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Italian Sub Sandwich <b>SIDE ITEMS:</b> Fritos Corn Chips Seasonal Fresh Fruit Veggie Sticks 1% Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS 
11	12	13	14	15
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
<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>ENTRÉE</b> Pancake with Syrup <b>SIDE ITEMS:</b> Turkey Sausage links Seasonal Fresh Fruit Yogurt 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Chicken Nuggets <b>SIDE ITEMS:</b> Green Beans Seasonal Fresh Fruit Mini Rice Krispies Treat 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Baked Macaroni & Cheese <b>SIDE ITEMS:</b> Cherry Tomatoes with Dip Teddy Grahams Seasonal Fresh Fruit 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Orange Chicken <b>SIDE ITEMS:</b> White Rice Steamed Broccoli Fortune Cookie 1% Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS 
18	19	20	21	22
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
<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>ENTRÉE</b> Bologna & Cheese Sandwich <b>SIDE ITEMS:</b> *Potato Chips Seasonal Fresh Fruit Oreo Cookies 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Mostaccioli with Meat Sauce <b>SIDE ITEMS:</b> Tossed Salad with Italian Dressing Seasonal Fresh Fruit Crazy Bread 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Nachos and Cheese <b>SIDE ITEMS:</b> Green Beans Churro Seasonal Fresh Fruit 1% Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS 	<b>ENTRÉE</b> Hamburger on Bun <b>SIDE ITEMS:</b> French Fries Baby Carrots with Dip Seasonal Fresh Fruit 1% Milk <i>Afternoon Snack</i>
25	26	27	28	29
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
<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>ENTRÉE</b> Toasted Ravioli <b>SIDE ITEMS:</b> Bowtie Pasta with Spaghetti Sauce Cooked Broccoli Seasonal Fresh Fruit 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Fettuccini Alfredo <b>SIDE ITEMS:</b> Steamed Broccoli Breadstick Cookie 1% Milk <i>Afternoon Snack</i>	<b>ENTRÉE</b> Italian Sub Sandwich <b>SIDE ITEMS:</b> Fritos Corn Chips Seasonal Fresh Fruit Veggie Sticks 1% Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS 	<b>ENTRÉE</b> Bosco Stick with or without Sauce <b>SIDE ITEMS:</b> Lettuce & Tomato Salad with Ranch Applesauce Oreo Cookies 1% Milk <i>Afternoon Snack</i>



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