



TOWER GROVE CHRISTIAN ACADEMY







HEALTHY HABITS MENU-JANUARY 2021



*= Baked

WG=Whole Grain Ingredients

Healthy Habits Lunch Price \$3.75 Extra Entrée \$1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4	5	6	7	8
ENTRÉE CHOICE 1 Cheerios, WG with Milk ENTRÉE CHOICE 2 Bagel SIDE ITEMS: Banana Low fat Yogurt *Homemade Muffin Treat Milk, Fat Free	ENTRÉE CHOICE 1 * Chicken Rings with BBQ Sauce ENTRÉE CHOICE 2 Hot Pocket SIDE ITEMS: Corn Seasonal Fresh Fruit Cookie Milk, Fat Free	ENTRÉE CHOICE 1 Nachos and Cheese, WG NO ENTRÉE CHOICE 2 SIDE ITEMS: Green Beans Seasonal Fresh Fruit Churro Milk, Fat Free	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  Better Ingredients. Better Pizza. NO ENTRÉE CHOICE 2 SIDE ITEMS: CHIPS FRUIT SNACK Milk, Fat Free
11	12	13	14	15
ENTRÉE CHOICE 1 Macho Nachos, WG NO ENTRÉE CHOICE 2 SIDE ITEMS: Shredded Lettuce & Tomato Seasonal Fresh Fruit Yogurt Milk, Fat Free	ENTRÉE CHOICE 1 *Chicken Nuggets, WG ENTRÉE CHOICE 2 Spicy Chicken Sandwich SIDE ITEMS: *French Fries Seasonal Fresh Fruit Flavorful Jell-O Milk, Fat Free	ENTRÉE CHOICE 1 Italian Sub Sandwich ENTRÉE CHOICE 2 Hot Dog SIDE ITEMS: Fritos Corn Chips Seasonal Fresh Fruit Veggie Sticks Milk, Fat Free	ENTRÉE CHOICE 1 Trix Cereal Bar, WG ENTRÉE CHOICE 2 Bagel SIDE ITEMS: Hard Boiled Egg Yogurt Banana Milk, Fat Free	ENTRÉE CHOICE 1  Better Ingredients. Better Pizza. NO ENTRÉE CHOICE 2 SIDE ITEMS: CHIPS FRUIT SNACK Milk, Fat Free
18	19	20	21	22
NO SCHOOL 	ENTRÉE CHOICE 1 Baked Macaroni & Cheese ENTRÉE CHOICE 2 Spicy Chicken Bites SIDE ITEMS: Green Beans Seasonal Fresh Fruit Teddy Grahams Milk, Fat Free	ENTRÉE CHOICE 1 *Bosco Stick with Spaghetti Sauce ENTRÉE CHOICE 2 Hamburger SIDE ITEMS: Mixed Vegetables Seasonal Fresh Fruit 100% Fruit Juice Bar Milk, Fat Free	ENTRÉE CHOICE 1 *Mostaccioli ENTRÉE CHOICE 2 Hot Dog SIDE ITEMS: Tossed Salad Lite Italian Dressing Seasonal Fresh Fruit *WG Dinner Rolls Milk, Fat Free	ENTRÉE CHOICE 1  Better Ingredients. Better Pizza. NO ENTRÉE CHOICE 2 SIDE ITEMS: CHIPS FRUIT SNACK Milk, Fat Free
25	26	27	28	29
ENTRÉE CHOICE 1 *Toasted Ravioli ENTRÉE CHOICE 2 Spicy Chicken SIDE ITEMS: Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free	ENTRÉE CHOICE 1 Macho Nachos, WG NO ENTRÉE CHOICE 2 SIDE ITEMS: Shredded Lettuce & Tomato Seasonal Fresh Fruit Yogurt Milk, Fat Free	ENTRÉE CHOICE 1 *Popcorn Chicken ENTRÉE CHOICE 2 Mini Corn Dogs SIDE ITEMS: *Seasoned Fries Seasonal Fresh Fruit *Homemade Brownie Milk, Fat Free	ENTRÉE CHOICE 1 Cheerios, WG with Milk ENTRÉE CHOICE 2 Bagel SIDE ITEMS: Banana Low fat Yogurt *Homemade Muffin Treat Milk, Fat Free	ENTRÉE CHOICE 1  Better Ingredients. Better Pizza. NO ENTRÉE CHOICE 2 SIDE ITEMS: CHIPS FRUIT SNACK Milk, Fat Free
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	Milk .13 <u>Thursday</u> Macho Nachos	Flavored .18 <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"

