



# TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

## HEALTHY HABITS MENU

MAY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<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>
*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free	*Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Applesauce Oreo Cookies Milk, Fat Free	Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Yogurt Milk, Fat Free	*Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free	PAPA JOHNS PIZZA DAY  CHIPS FRUIT SNACK MILK, FAT FREE
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
10	11	12	13	14
<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>BREAKFAST FOR LUNCH!</b> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free	*Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Cookie Milk, Fat Free	*Chicken Nuggets Green Beans Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free	Italian Sub Sandwich Fritos Corn Chips Fresh Fruit/Seasonal Veggie Sticks Milk, Fat Free	PAPA JOHNS PIZZA DAY  CHIPS FRUIT SNACK MILK, FAT FREE
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
17	18	19	20	21
<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>
Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free	*Chicken Nuggets, WG *French Fries Fresh Fruit/Seasonal Flavorful Jell-O Milk, Fat Free	Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free	Bologna & Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free	PAPA JOHNS PIZZA DAY  CHIPS FRUIT SNACK MILK, FAT FREE
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
24	25	26	27	28
<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>
*Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Cookie Milk, Fat Free	<b>BREAKFAST FOR LUNCH!</b> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free	*Chicken Rings BBQ Sauce Corn Fresh Fruit/Seasonal Cookie Milk, Fat Free	*Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Applesauce Oreo Cookies Milk, Fat Free	PAPA JOHNS PIZZA DAY  CHIPS FRUIT SNACK MILK, FAT FREE
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
31				
MEMORIAL DAY				
NO SCHOOL				



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"

