












TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

HEALTHY HABITS MENU

FEBRUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<i>Morning Snack</i>			
	HEALTHY HABITS LUNCH			
	ENTRÉE Pancake with Syrup SIDE ITEMS: Turkey Sausage Links Seasonal Fresh Fruit Yogurt 1% Milk <i>Afternoon Snack</i>	 ENTRÉE Popcorn Chicken SIDE ITEMS: French Fries Grapes & Cheese Cubes Brownie 1% Milk <i>Afternoon Snack</i>	ENTRÉE Macho Nachos SIDE ITEMS: Shredded Lettuce & Tomato Yogurt Seasonal Fresh Fruit 1% Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS  <i>Afternoon Snack</i>
7	8	9	10	11
<i>Morning Snack</i>				
HEALTHY HABITS LUNCH				
ENTRÉE Chicken Nuggets SIDE ITEMS: Green Beans Seasonal Fresh Fruit Mini Rice Krispies Treat 1% Milk <i>Afternoon Snack</i>	ENTRÉE Bosco Stick with or without Sauce SIDE ITEMS: Lettuce & Tomato Salad with Ranch Applesauce Oreo Cookies 1% Milk <i>Afternoon Snack</i>	ENTRÉE Mini Tacos SIDE ITEMS: Buttered Corn Brownie Seasonal Fresh Fruit 1% Milk <i>Afternoon Snack</i>	ENTRÉE Chicken Rings SIDE ITEMS: California Normandy Veggies Grapes & Cheese Cubes 1% Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS  <i>Afternoon Snack</i>
14	15	16	17	18
<i>Morning Snack</i>				
HEALTHY HABITS LUNCH				
 ENTRÉE CUPID'S FEAST SIDE ITEMS: SURPRISE LUNCH 1% Milk <i>Afternoon Snack</i>	ENTRÉE Nachos and Cheese SIDE ITEMS: Green Beans Churro Seasonal Fresh Fruit 1% Milk <i>Afternoon Snack</i>	ENTRÉE Italian Sub Sandwich SIDE ITEMS: Fritos Corn Chips Seasonal Fresh Fruit Veggie Sticks 1% Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS  <i>Afternoon Snack</i>	ENTRÉE Chicken Nuggets SIDE ITEMS: French Fries Fruit Snacks Fresh Baked Cookie 1% Milk <i>Afternoon Snack</i>
21	22	23	24	25
<i>Morning Snack</i>				
HEALTHY HABITS LUNCH				
ENTRÉE Pasta SIDE ITEMS: Green Beans Fruit 1% Milk  <i>Afternoon Snack</i>	ENTRÉE Pepperoni Hot Pocket SIDE ITEMS: Lettuce & Carrot Salad with Ranch Seasonal Fresh Fruit Cookie 1% Milk <i>Afternoon Snack</i>	ENTRÉE Baked Macaroni & Cheese SIDE ITEMS: Cherry Tomatoes with Dip Teddy Grahams Seasonal Fresh Fruit 1% Milk <i>Afternoon Snack</i>	ENTRÉE Salami & Cheese Sandwich SIDE ITEMS: Baked Potato Chips Seasonal Fresh Fruit Mini Rice Krispies Treat 1% Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS  <i>Afternoon Snack</i>
28				
<i>Morning Snack</i>				
HEALTHY HABITS LUNCH				
ENTRÉE Cheese Pizza SIDE ITEMS: Carrots with Ranch Fresh Fruit 1% Milk <i>Afternoon Snack</i>	 <h1>FEBRUARY</h1>			

Menu Subject to Change



Food Service Consultants, Inc.
 "A Local Company Serving You With Pride"

