




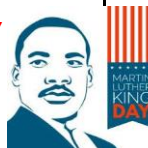





TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

HEALTHY HABITS MENU

JANUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
NO SCHOOL	NO SCHOOL	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
		HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
		NEW YEARS FEAST	Chicken Rings French Fries Seasonal Fruit Dessert	PAPA JOHNS CHIPS FRUIT SNACKS 
		<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
9	10	11	12	13
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
		HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
BREAKFAST FOR LUNCH	Pasta with Red Sauce Veggie Seasonal Fruit	Sub Sandwich Chips Seasonal Fruit Dessert	Bosco Stick Salad Seasonal Fruit	PAPA JOHNS CHIPS FRUIT SNACKS 
		<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
16	17	18	19	20
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
		HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
MLK DAY SPECIAL 	Dino Nuggets Veggie Seasonal Fruit Dessert	Pizza Stick Veggie Seasonal Fruit	Mac & Cheese Veggie Seasonal Fruit Dessert	PAPA JOHNS CHIPS FRUIT SNACKS 
		<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
23	24	25	26	27
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>
		HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
Chicken Rings Fries Seasonal Fruit Dessert	Toasted Ravioli Veggie Seasonal Fruit	Macho Nachos Seasonal Fruit Dessert	Sub Sandwich Chips Fresh Veggies with Ranch Seasonal Fruit	PAPA JOHNS CHIPS FRUIT SNACKS 
		<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
30	31			
<i>Morning Snack</i>	<i>Morning Snack</i>			
Waffles Sausage Seasonal Fruit Yogurt	Nachos & Cheese Veggie Seasonal Fruit			

Menu subject to change Due to product availability



Food Service Consultants, Inc.

"A Local Company Serving You With Pride"

