



# September

## Tower Grove Christian Academy

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### Did you know?

The U.S. constitution was signed on September 17, 1787!



Labor Day

No School

4

Mini Stuffed Tacos (Chicken)  
Fiesta Rice  
Flame Roasted Corn  
Frosty Cherries

5

Fluffy Pancake  
Pork Sausage Patty  
Fresh Melon  
Creamy Yogurt

6

Baked Macaroni & Cheese  
Fresh Veggies & Dip  
Mandarin Oranges  
Cinnamon Goldfish

7

PAPA JOHNS PIZZA  
Orange Wedges  
Tossed Salad with Dressing

1

PAPA JOHNS PIZZA  
Orange Wedges  
Tossed Salad with Dressing

8

Pepperoni Hot Pocket  
Tossed Mixed Greens  
Diced Pears  
Yogurt

11

Soft Pretzel with Cheese  
Pineapple Chunks  
Creamy Yogurt  
Veggies with Dip

12

Toasted Ravioli  
Seasoned Broccoli  
Mandarin Oranges  
Chilled Pudding

13

Grilled Hamburger with  
Golden French Fries  
Fresh Veggies & Dip  
Mandarin Oranges

14

PAPA JOHNS PIZZA  
Orange Wedges  
Tossed Salad with Dressing

15

Popcorn Chicken  
Fruit Flavored Yogurt  
French Fries  
Veggies with Dip

18

Chicken Fried Rice  
Egg Roll  
Fresh Broccoli with Dip  
Orange Wedges

19

French Toast Sticks with  
Sausage Patty  
Frosty Peach Cup  
Creamy Yogurt

20

Golden Grilled Cheese with  
Vegetable Medley  
Frosty Peaches  
Jiggling Jell-O

21

PAPA JOHNS PIZZA  
Orange Wedges  
Tossed Salad with Dressing

22

Cheese Stuffed Bosco Stick  
Fresh Veggies & Dip  
Orange Wedges  
Yogurt

25

Orange Chicken  
Steamed White Rice  
Seasoned Broccoli  
Pineapple Chunks

26

Crispy Nachos with Cheese  
Fresh Veggies & Dip  
Tropical Mixed Fruit  
Vanilla Wafers

27

Crispy Chicken Nuggets with  
Tater Tots  
Fresh Veggies & Dip  
Creamy Sherbet

28

PAPA JOHNS PIZZA  
Orange Wedges  
Tossed Salad with Dressing

29

MENU IS SUBJECT TO CHANGE

Contact our dietitian at [lisa@foodserv.org](mailto:lisa@foodserv.org) for special dietary concerns

For more information about FSC or employment opportunities, please go to [www.foodserviceconsultants.org](http://www.foodserviceconsultants.org)

