



# November

## Tower Grove Christian Academy Preschool

### MONDAY

#### Did you know?



The first Thanksgiving lasted three whole days in 1863!

Penne with Meat Sauce  
Tossed Salad with Dressing  
Apple Slices  
Bread Stick **6**

Fluffy Pancake  
Pork Sausage Patty  
Fresh Melon  
Creamy Yogurt **13**

Chicken Fried Rice  
Crab Rangoon  
Fresh Broccoli with Dip  
Orange Wedges **20**

Cheese Stuffed Bosco Stick  
Fresh Veggies & Dip  
Orange Wedges  
Yogurt **27**

### TUESDAY

Crispy Nachos with Cheese  
Veggies & Dip  
Tropical Mixed Fruit  
Vanilla Wafers **7**

Popcorn Chicken  
Fruit Flavored Yogurt  
French Fries  
Veggies with Dip **14**

PAPA JOHNS PIZZA  
Orange Wedges  
Tossed Salad with Dressing **21**

Pepperoni Hot Pocket  
Tossed Mixed Greens  
Diced Pears  
Yogurt **28**

### WEDNESDAY

Dinosaur Chicken Nuggets  
Vegetable Medley  
Frosty Peaches  
Jiggling Jell-O **1**

Soft Pretzel with Cheese  
Pineapple Chunks  
Creamy Yogurt  
Veggies with Dip **8**

Golden Grilled Cheese with  
Vegetable Medley  
Frosty Peaches  
Jiggling Jell-O **15**

Thanksgiving Break  
No School **22**

Orange Chicken  
Steamed White Rice  
Seasoned Broccoli  
Pineapple Chunks **29**

### THURSDAY

Baked Macaroni & Cheese  
Veggies & Dip  
Mandarin Oranges  
Cinnamon Goldfish **2**

Toasted Ravioli  
Seasoned Broccoli  
Mandarin Oranges  
Chilled Pudding **9**

Crispy Chicken Nuggets  
Tater Tot  
Fresh Veggies & Dip  
Creamy Sherbet **16**

No School **23**



Grilled Hamburger with  
Golden French Fries  
Fresh Veggies & Dip  
Mandarin Oranges **30**

### FRIDAY

PAPA JOHNS PIZZA  
Orange Wedges  
Tossed Salad with Dressing **3**

PAPA JOHNS PIZZA  
Orange Wedges  
Tossed Salad with Dressing **10**

PAPA JOHNS PIZZA  
Orange Wedges  
Tossed Salad with Dressing **17**

No School **24**



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)

