

September

Tower Grove
Christian
Academy
Preschool

FOOD IN
FOCUS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know?

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



PAPA JOHNS
PIZZA

with
Orange Wedges
Garden Salad

1

No School
Labor Day

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

4

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

with
Orange Wedges
Garden Salad

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

with
Orange Wedges
Garden Salad

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
Tomato Soup
Sweet
Strawberries
Chilled Pudding

21

PAPA JOHNS
PIZZA

with
Orange Wedges
Garden Salad

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

with
Orange Wedges
Garden Salad

29

**All Lunches
include
morning and
afternoon
snack**

MENU IS SUBJECT TO CHANGE

Contact our dietitian
at lisa@foodserv.org for special
dietary concerns

For more information about FSC or
employment opportunities, please go to
www.foodserviceconsultants.org

