





TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

HEALTHY HABITS MENU

May 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<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	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
CHICKEN NUGGETS FRIES FRUIT	TOASTED RAVIOLI SALAD FRUIT DESSERT	BOSCO STICKS VEGGIE FRUIT	NACHOS & CHEESE VEGGIE FRUIT	PAPA JOHNS CHIPS FRUIT SNACKS 
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
8	9	10	11	12
<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	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
WAFFLES YOGURT FRUIT SAUSAGE	MAC & CHEESE VEGGIES FRUIT	DINO NUGGETS FRIES FRUIT DESSERT	SUB SANDWICH CHIPS FRUIT	PAPA JOHNS CHIPS FRUIT SNACKS 
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
15	16	17	18	19
<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	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
PASTA VEGGIES FRUIT	CHICKEN NUGGETS SALAD FRUIT DESSERT	BREAKFAST FOR LUNCH	 HOT DOG CHIPS FRUIT DESSERT	PAPA JOHNS CHIPS FRUIT SNACKS 
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
22	23	24	25	26
<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	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
NACHOS & CHEESE VEGGIES FRUIT 	PAPA JOHNS CHIPS FRUIT SNACKS 	CHICKEN RINGS FRIES FRUIT DESSERT	PASTA VEGGIES FRUIT	SUB SANDWICH CHIPS FRUIT DESSERT 
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>
29	30	31		
	<i>Morning Snack</i>	<i>Morning Snack</i>		
	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH		
	BOSCO STICK VEGGIES FRUIT 	PAPA JOHNS CHIPS FRUIT SNACKS 		
<i>Afternoon Snack</i>	<i>Afternoon Snack</i>	<i>Afternoon Snack</i>		

Menu subject to change Due to product availability



Food Service Consultants, Inc.

"A Local Company Serving You With Pride"

