



TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

HEALTHY HABITS MENU

NOVEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<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
	ENTRÉE Pasta SIDE ITEMS: Veggies Seasonal Fruit Milk <i>Afternoon Snack</i>	ENTRÉE Bosco Stick SIDE ITEMS: Veggies Seasonal Fruit Dessert Milk <i>Afternoon Snack</i>	ENTRÉE Chicken Rings SIDE ITEMS: French Fries Seasonal Fruit Dessert Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS MILK <i>Afternoon Snack</i>
7	8	9	10	11
<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
ENTRÉE Breakfast for Lunch Pancakes SIDE ITEMS: Sausage Yogurt Seasonal Fruit Milk <i>Afternoon Snack</i>	ENTRÉE Toasted Ravioli SIDE ITEMS: Veggies Seasonal Fruit Milk <i>Afternoon Snack</i>	ENTRÉE Macho Nachos SIDE ITEMS: Seasonal Fruit Dessert Milk <i>Afternoon Snack</i>	ENTRÉE Dino Nuggets Veggies Seasonal Fruit Dessert Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS MILK <i>Afternoon Snack</i>
14	15	16	17	18
<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
ENTRÉE Mac & Cheese SIDE ITEMS: Veggies Seasonal Fruit Milk <i>Afternoon Snack</i>	ENTRÉE Pizza Stick SIDE ITEMS: Chips Seasonal Fruit Dessert Milk <i>Afternoon Snack</i>	ENTRÉE Nachos & Cheese SIDE ITEMS: Veggies Seasonal Fruit Milk <i>Afternoon Snack</i>	ENTRÉE Sub Sandwich SIDE ITEMS: Carrot Sticks with Ranch Seasonal Fruit Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS MILK <i>Afternoon Snack</i>
21	22	23	24	25
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>		
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH		
ENTRÉE Chicken Nuggets SIDE ITEMS: Veggies Seasonal Fruit Dessert Milk <i>Afternoon Snack</i>	PAPA JOHNS CHIPS FRUIT SNACKS MILK <i>Afternoon Snack</i>	ENTRÉE Bosco Stick SIDE ITEMS: Veggies Seasonal Fruit Dessert Milk <i>Afternoon Snack</i>		
28	29	30		
<i>Morning Snack</i>	<i>Morning Snack</i>	<i>Morning Snack</i>		
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH		
ENTRÉE Pancakes SIDE ITEMS: Sausage Yogurt Seasonal Fruit Milk <i>Afternoon Snack</i>	ENTRÉE Pasta with Red Sauce SIDE ITEMS: Veggies Seasonal Fruit Milk <i>Afternoon Snack</i>	ENTRÉE Sub Sandwich SIDE ITEMS: Chips Seasonal Fruit Dessert Milk <i>Afternoon Snack</i>		

Menu subject to change due to product availability



Food Service Consultants, Inc.

"A Local Company Serving You With Pride"

