



# TOWER GROVE CHRISTIAN ACADEMY PRE-SCHOOL

## HEALTHY HABITS MENU

March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Morning Snack	Morning Snack	Morning Snack
		HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
		Sub Sandwich Chips Seasonal Fruit Milk	Dino Nugget French Fries Dessert Seasonal Fruit Milk 	PAPA JOHNS CHIPS FRUIT SNACKS 
6	7	8	9	10
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
Hot Pocket Pizza Stick Veggies Seasonal Fruit Milk	Brunch for Lunch Milk	Pasta with Red Sauce Veggies Seasonal Fruit Milk	PAPA JOHNS CHIPS FRUIT SNACKS 	Toasted Ravioli Veggies Seasonal Fruit Milk 
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
13	14	15	16	17
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
Chicken Nugget Salad Seasonal Fruit Dessert Milk	Mac & Cheese Veggies Seasonal Fruit Milk	Nacho & Cheese Salad Seasonal Fruit Milk	PAPA JOHNS CHIPS FRUIT SNACKS 	Bosco Stick Salad Seasonal Fruit Milk 
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
20	21	22	23	24
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
Cheese Pizza Veggies Seasonal Fruit Milk	Chicken Pot Pie Veggies Seasonal Fruit Milk	Hamburger Salad Seasonal Fruit Milk 	Chicken Rings French Fries Seasonal Fruit Milk	PAPA JOHNS CHIPS FRUIT SNACKS 
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
27	28	29	30	31
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH	HEALTHY HABITS LUNCH
Dino Nugget French Fries Dessert Seasonal Fruit Milk	Pasta with Red Sauce Veggies Seasonal Fruit Milk	Brunch for Lunch Milk	Macho Nachos Salad Seasonal Fruit Milk	PAPA JOHNS CHIPS FRUIT SNACKS 
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack

Menu subject to change Due to product availability



Food Service Consultants, Inc.

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