



## August 2017 Lower School Menu















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8	9	10	11
		Southern Chicken Tenders	Hot Dogs	Stuffed Shells
		Buttery Mashed Potatoes	Hearty Beef Chili	Roasted Broccoli
		Sautéed Green Beans Freshly Baked Roll	Tater Tots Creamy Coleslaw	Garlic Bread Ice Cream
		Cookies	Chicken Pesto Wrap	3 Cheese Grilled Chees
		Chicken Pesto Wrap	Vegetarian Feature	Vegetarian Feature
		Vegetarian Feature	Avocado Corn Salad	Avocado Corn Salad
		Avocado Corn Salad	Organic/Local	Organic/Local
		Organic/Local	Local Sweet Potatoes	Local Sweet Potatoes
		Local Sweet Potatoes	Ham Farms Snow Hill, NC	Ham Farms Snow Hill, N
		Ham Farms Snow Hill, NC		
14	15	16	17	18
Southwestern Beef	Baked BBQ Chicken Leg	Spaghetti and Meatballs	Grilled or Breaded	Cheese or Vegetable
Nachos	Homemade Macaroni and	Roasted Italian Vegetables	Chicken Sandwich	Pizza
Black Beans Cilantro-Lime Rice	Cheese	Garlic Bread Vegetarian Feature	Au Gratin Potatoes	Colory and Carrots
Mexican Salad	Butter Peas Cornbread and Cobbler	Southern Cucumber,	Roasted Broccoli and Cauliflower	Celery and Carrots Ice Cream
Sweet Churros	Turkey Club on Ciabatta	Tomato, Onion Salad	Turkey Club on Ciabatta	Turkey Club on Ciabatt
Turkey Club on Ciabatta	Vegetarian Feature	Organic/Local	Vegetarian Feature	Vegetarian Feature
Vegetarian Feature	Southern Cucumber,	Caprese Salad	Southern Cucumber,	Southern Cucumber,
Southern Cucumber,	Tomato, Onion Salad	With Organic Tomatoes	Tomato, Onion Salad	Tomato, Onion Salad
Tomato, Onion Salad	Organic/Local		Organic/Local	Organic/Local
Organic/Local	Caprese Salad		Caprese Salad	Caprese Salad
Caprese Salad	With Organic Tomatoes		With Organic Tomatoes	With Organic Tomatoe
With Organic Tomatoes				
21	22	23	24	25
Chicken Nuggets	Taco Tuesday!	Breakfast for Lunch!	Grilled Hamburgers	West Coast Broccoli
Mashed Potatoes Seasoned Green Beans	Soft Beef Taco Mexican Rice	Cinnamon French Toast, Scrambled Eggs, Texas	French Fries, Baked Beans	Pasta Bake Glazed Carrots
Pudding	Refried Beans	Smoked Bacon, Sausage,	Roasted Vegetables	Garlic Bread
Ham and Swiss on	Southwestern Salad	Creamy Cheese Grits, and	Ham and Swiss on	Ham and Swiss on
Croissant	Churros Dulce	Fresh Fruit Cup	Croissant	Croissant
Vegetarian Feature	Ham and Swiss on Croissant	Vegetarian Feature	Vegetarian Feature	Vegetarian Feature
Green Pea Salad	Vegetarian Feature	Green Pea Salad	Green Pea Salad	Green Pea Salad
Organic/Local	Green Pea Salad	Organic/Local	Organic/Local	Organic/Local
Waldorf Salad	Organic/Local	Waldorf Salad	Waldorf Salad	Waldorf Salad
with Organic Fiji Apples	Waldorf Salad	with Organic Fiji Apples	with Organic Fiji Apples	with Organic Fiji Apple
20	with Organic Fiji Apples	20	24	4
28 Swedish Meatballs	29 Herb Encrusted Pork Loin	30 Polynesia Chicken	31 Georgia Chopped BBQ	1 Southwestern Bécham
served over	Oven Roasted Red Potatoes,	Caribbean Rice & Peas	French Fries	Sauce served
Seasoned Pasta	Sautéed Green Beans	Roasted Squash	Corn on the Cob,	over Ravioli
Green Peas,	Freshly Baked Rolls	Buffalo Chicken Wrap	Creamy Cole Slaw	Roasted Vegetable Ble
Garlic Bread	Buffalo Chicken Wrap	Vegetarian Feature	Ice Cream Buffalo	Cinnamon Rolls
	Vegetarian Feature	Kale and Quinoa Salad	Chicken Wrap	Pimento Cheese
Buffalo Chicken Wrap	_	Organic/Local	Vegetarian Feature	Vegetarian Feature
Vegetarian Feature	Kale and Quinoa Salad	Organic/Local	- 8	
•	Kale and Quinoa Salad  Organic/Local	Organic Tofu	Kale and Quinoa Salad	
Vegetarian Feature	-	• .	_	Kale and Quinoa Salad Organic/Local Organic Tofu







## August 2017 Lower School Menu



**Weekly Vegetarian Option** – Our vegetarian option will satisfy the growing number of restricted diets and give an additional options to people looking for healthier alternatives. These recipes will come from our Smart Cuisine menu and be sure to please students and faculty alike.

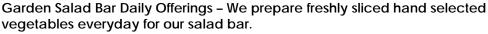


**Weekly Local or Organic Feature** – As we learn more, we know what we eat and where our food from matters to us and the student's parents. We are committed to serving local and organic items, and we will be featuring them so students and faculty will know where to look for what they want.



**Daily Sides and Desserts -** Apple Sauce, yogurt, fresh made parfaits, and Jell-O will be available daily. Dessert will be offered at least twice per week.

Stock Market Soup - Freshly prepared soup offered daily from October thru March



Items include-assorted lettuces, tomatoes, cucumbers, carrots, celery, broccoli, beets, garbanzo beans, kidney beans, Kalamata olives, shredded and cubed cheeses, cottage cheese, hard boiled eggs, assorted seasonal fruits, assorted composed salads, along with a variety of dressings.



Deli Bar - We proudly serve Boar's Head deli meats, which are lower in sodium and have less preservatives.

Daily Deli İtems - Black Forrest Ham, Smoked Turkey Breast, sliced Boar's Head Roasted Chicken, Tuna Salad, and Chicken Salad. Toppings include; fresh cut lettuce, tomatoes, onions, and pickles, served along side American and Swiss Cheese. Peanut butter and jelly available every day.



**Beverage Offerings** - We offer tea, lemonade, 2% milk, skim milk, and water everyday.



**Southern Cares Program -** Holy Spirit proudly participates in the Southern Cares program. The initiative is designed for organizations who are devoted to protecting the environment. We use disposable products that are biodegrade, compostable, and in some case made from renewable resources. We also work to responsibly source items locally when options are available and viable.



What We Eat Matters - We use foods straight from the source, our goal is to serve products that are free from artificial preservatives and additives. We accomplish this through using fresh vegetables every day and preparing scratch made recipes.

