



HOLY SPIRIT
PREPARATORY SCHOOL

August 2017 Lower School Menu



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



Garden Salad Bar Daily Offerings – We prepare freshly sliced hand selected vegetables everyday for our salad bar.

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 Items – 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.