



HOLY SPIRIT  
PREPARATORY SCHOOL

# August 2017 Upper School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8	9 Southwestern Beef Tacos Cilantro Lime Rice Refried Beans Southwestern Salad Churros Dulce Chicken Pesto Wrap <b>Vegetarian Feature</b> Avocado Corn Salad <b>Organic/Local</b> Local Sweet Potatoes Ham Farms Snow Hill, NC	10 Grilled or Breaded Chicken Sandwich French Fries Roasted Broccoli & Cauliflower Chicken Pesto Wrap <b>Vegetarian Feature</b> Avocado Corn Salad <b>Organic/Local</b> Local Sweet Potatoes Ham Farms Snow Hill, NC	11 Coconut Almond Tilapia Lemon Pepper Tilapia Oven Roasted Potatoes Seasoned Butter peas 3 Cheese Grilled Sandwich <b>Vegetarian Feature</b> Avocado Corn Salad <b>Organic/Local</b> Local Sweet Potatoes Ham Farms Snow Hill, NC
14 Southern Chicken Tenders Fresh Mashed Potatoes Roasted Vegetable Medley Baked Roll Turkey Club on Ciabatta <b>Vegetarian Feature</b> Southern Cucumber, Tomato, Onion Salad <b>Organic/Local</b> Caprese Salad With Organic Tomatoes	15 Breakfast for Lunch! Cinnamon French Toast, Scrambled Eggs, Texas Smoked Bacon, Sausage, Creamy Cheese Grits, and Grilled Vegetables Turkey Club on Ciabatta <b>Vegetarian Feature</b> Southern Cucumber, Tomato, Onion Salad <b>Organic/Local</b> Caprese Salad With Organic Tomatoes	16 Baked and Fried Pork Chops Homemade Macaroni and Cheese Roasted Brussel Sprouts Turkey Club on Ciabatta <b>Vegetarian Feature</b> Southern Cucumber, Tomato, Onion Salad <b>Organic/Local</b> Caprese Salad With Organic Tomatoes	17 Grilled Hamburgers French Fries Baked Beans Roasted Root Vegetables Turkey Club on Ciabatta <b>Vegetarian Feature</b> Southern Cucumber, Tomato, Onion Salad <b>Organic/Local</b> Caprese Salad With Organic Tomatoes	18 West Coast Broccoli Bake Tossed Caesar Salad Garlic Bread Sticks Tuna Melt <b>Vegetarian Feature</b> Southern Cucumber, Tomato, Onion Salad <b>Organic/Local</b> Caprese Salad With Organic Tomatoes
21 Jumbo Fried and Baked Wings-Plain, Hot, BBQ Scalloped Potatoes Broccoli with Cheese Sauce Ham and Swiss on Croissant <b>Vegetarian Feature</b> Green Pea Salad <b>Organic/Local</b> Waldorf Salad with Organic Fiji Apples	22 Baked Linguine Bolognese Vegetable Linguine Roasted Italian Vegetables Fresh Baked Garlic Bread Ham and Swiss on Croissant <b>Vegetarian Feature</b> Green Pea Salad <b>Organic/Local</b> Waldorf Salad with Organic Fiji Apples	23 Jamaican Jerk Chicken Caribbean Rice and Peas Summer Squash Plantains Ham and Swiss on Croissant <b>Vegetarian Feature</b> Green Pea Salad <b>Organic/Local</b> Waldorf Salad with Organic Fiji Apples	24 Georgia BBQ Pork Waffle Fries Seasoned Okra Ham and Swiss on Croissant <b>Vegetarian Feature</b> Green Pea Salad <b>Organic/Local</b> Waldorf Salad with Organic Fiji Apples	25 Pizza Day! Vegetarian Pizza, White Pizza, Margherita Pizza Egg Salad Sandwich on Croissant <b>Vegetarian Feature</b> Green Pea Salad <b>Organic/Local</b> Waldorf Salad with Organic Fiji Apples
28 Slow Cooked Pot Roast with Vegetables Oven Roasted Red Potatoes Sautéed Green Beans Buffalo Chicken Wrap <b>Vegetarian Feature</b> Kale and Quinoa Salad <b>Organic/Local</b> Organic Tofu	29 Sweet and Sour Chicken Fried Rice Oriental Vegetables Buffalo Chicken Wrap <b>Vegetarian Feature</b> Kale and Quinoa Salad <b>Organic/Local</b> Organic Tofu	30 Swedish Meatballs served over Seasoned Pasta Green Peas Garlic Bread Buffalo Chicken Wrap <b>Vegetarian Feature</b> Kale and Quinoa Salad <b>Organic/Local</b> Organic Tofu	31 All Beef Hot Dogs Hearty Beef Chili Tater Tots Creamy Coleslaw Buffalo Chicken Wrap <b>Vegetarian Feature</b> Kale and Quinoa Salad <b>Organic/Local</b> Organic Tofu	1 EARLY DISMISSAL NO LUNCH





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**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 comes 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.

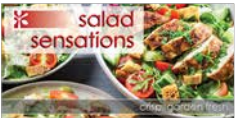


**Stock Market Soup** – Freshly prepared soup offered daily from October thru March



**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 sandwiches are available daily.



**Beverage Offerings** – We offer sweet tea, a selected flavored 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.

