



HOLY SPIRIT  
PREPARATORY SCHOOL

# February 2018 Lower School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 All Beef Hot Dogs French Fries Chili Seasoned Vegetables Ham & Cheese Croissant <b>Vegetarian Feature</b> Hummus <b>Organic/Local</b> Carrot Raisin Salad	2 Cheese or Vegetable Pizza Corn Celery and Carrots 3 <i>Cheese Grilled Cheese</i> <b>Vegetarian Feature</b> Hummus <b>Organic/Local</b> Carrot Raisin Salad
5 Sweet & Sour Chicken Fried Rice Oriental Vegetables Fortune Cookies <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> Cherry Fluff <b>Organic/Local</b> Roasted Sweet Potato	6 Beef & Cheese Nachos Rice & Black Beans Churros <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> Cherry Fluff <b>Organic/Local</b> Roasted Sweet Potato	7 Chicken Parmesan Seasoned Pasta Roasted Italian Vegetables <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> Cherry Fluff <b>Organic/Local</b> Roasted Sweet Potato	8 Grilled Hamburgers Baked Beans French Fires Roasted Root Vegetables <i>Chicken Pesto Wrap</i> <b>Vegetarian Feature</b> Cherry Fluff <b>Organic/Local</b> <i>Roasted Sweet Potato</i>	9 Cheese or Vegetable Pizza Tossed Salad Ice Cream <i>Tuna Melt</i> <b>Vegetarian Feature</b> <i>Cherry Fluff</i> <b>Organic/Local</b> <i>Roasted Sweet Potato</i>
12 Swedish Meatballs Seasoned Pasta Green Pea Cookies BLT Wrap <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>	13 Southern Chicken Tenders Mashed Potatoes Roasted Winter Vegetables Fresh Baked Rolls <i>BLT Wrap</i> <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>	14 Baked Spaghetti Roasted Broccoli Garlic Bread <i>BLT Wrap</i> <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>	15 Krispy Chicken Sandwich French Fries Seasoned Vegetables Brownies <i>BLT Wrap</i> <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>	16 Vegetable Shrimp Fried Rice Vegetable Eggroll <b>Vegetarian Feature</b> <i>Caprese Salad</i> <b>Organic/Local</b> <i>Waldorf Salad</i>
19 Chicken Nuggets Scalloped Potatoes Seasoned Green Beans <i>Honey Maple Turkey</i> <b>Vegetarian Feature</b> Green Pea <b>Organic/Local</b> Sesame Noodle Salad	20 Taco Tuesday!! Soft Beef Taco Mexican Rice Refried Beans Churros Dulce <i>Honey Maple Turkey</i> <b>Vegetarian Feature</b> Green Pea <b>Organic/Local</b> Sesame Noodle Salad	21 Chef's Robin Chicken Pot Pie Seasoned Rice Confetti Corn <i>Honey Maple Turkey</i> <b>Vegetarian Feature</b> <i>Green Pea</i> <b>Organic/Local</b> Sesame Noodle Salad	22 Georgia Chopped B.Q. French Fries Baked Beans Creamy Coleslaw Fruit Cobbler <i>Honey Maple Turkey</i> <b>Vegetarian Feature</b> Green Pea <b>Organic/Local</b> Sesame Noodle Salad	23 Cheese & Vegetarian Pizza Roasted Vegetables Ice Cream <i>Caprese Wrap</i> <b>Vegetarian Feature</b> Green Pea <b>Organic/Local</b> Sesame Noodle Salad
26 Wing Bar B.Q. Plain , Hot Au Gratin Potatoes Winter Vegetables <i>Beef &amp; Cheddar</i> <b>Vegetarian Feature</b> Broccoli & Garbanzo Salad <b>Organic/Local</b> Baby Kale Quinoa	27 Breakfast for Lunch!! Scramble Eggs, Cheese Grits, Bacon, Sausage, French Toast <i>Beef &amp; Cheddar</i> <b>Vegetarian Feature</b> Broccoli & Garbanzo Salad <b>Organic/Local</b> Baby Kale & Quinoa	28 Hot Ham & Cheese Sub Steak Fries Vegetable Blend Cake <i>Beef &amp; Cheddar</i> <b>Vegetarian Feature</b> Broccoli & Garbanzo Salad <b>Organic/Local</b> Baby Kale & Quinoa		



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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 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, whole milk, chocolate 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.