



HOLY SPIRIT
PREPARATORY SCHOOL

March 2018 Lower School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 All Beef Hot Dogs French Fries Chili Seasoned Vegetables Roast Beef & Cheddar Vegetarian Feature Broccoli & Garbanzo Salad Organic/Local Baby Kale & Quinoa	2 Cheese or Vegetable Pizza Corn Celery and Carrots 3 Cheese Grill Cheese Vegetarian Feature Broccoli & Garbanzo Salad Organic/Local Baby Kale & Quinoa
5 Spaghetti & Meatballs Roasted Broccoli Garlic Bread Cuban Vegetarian Feature Tomato, Cucumber, Onion Organic/Local Tofu	6 Beef & Cheese Nachos Rice & Black Beans Churros Cuban Vegetarian Feature Tomato, Cucumber, Onion Organic/Local Tofu	7 Oven Fried Chicken Mac & Cheese Butter Peas Pudding Cuban Vegetarian Feature Tomato, Cucumber, Onion Organic/Local Tofu	8 Sloppy Joes Corn on the Cob French Fires Roasted Root Vegetables Cuban Vegetarian Feature Tomato, Cucumber, Onion Organic/Local Tofu	9 Cheese or Vegetable Pizza Tossed Salad Ice Cream Tuna Melt Vegetarian Feature Tomato, Cucumber, Onion Organic/Local Tofu
12	13	14 SPRING BREAK	15	16
19 Southern Chicken Tenders Mashed Potatoes Seasoned Green Beans Fresh Baked Rolls <i>Chicken Salad Sourdough</i> Vegetarian Feature Black Bean Salsa Organic/Local Hummus	20 Taco Tuesday!! Soft Beef Taco Mexican Rice Refried Beans Churros Dulce <i>Chicken Salad Sourdough</i> Vegetarian Feature Black Bean Salsa Organic/Local Hummus	21 B.Q. Chicken Legs Scalloped Potatoes Fried Okra Cornbread Brownies <i>Chicken Salad Sourdough</i> Vegetarian Feature Black Bean Salsa Organic/Local Hummus	22 Grilled Hamburgers French Fries Baked Beans Chicken Salad Vegetarian Feature Black Bean Salsa Organic/Local Hummus	23 Stuffed Shells Roasted Vegetables Garlic Bread Ice Cream Caprese Wrap Vegetarian Feature Black Bean Salsa Organic/Local Hummus
26 Chef Robin's Chicken Pot Pie Seasoned Rice Confetti Corn Ham & Swiss Croissant Vegetarian Feature Green Pea Organic/Local Carrot Raisin Salad	27 Breakfast for Lunch!! Scramble Eggs, Cheese Grits, Bacon, Sausage, French Toast Ham & Swiss Croissant Vegetarian Feature Green Pea Organic/Local Carrot Raisin Salad	28 Chicken Nuggets Mashed Potatoes Seasoned Green Peas Fresh Baked Rolls Ice Cream Ham & Swiss Croissant Vegetarian Feature Green Pea Organic/Local	29 EASTER BREAK	30



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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.