



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Swedish Meatballs Seasoned Pasta Steamed Green Peas Honey Maple Turkey Vegetarian Feature Couscous with Peppers & Onions Organic/Local Greek Cucumber	4 Meat & Veggie Lasagna Roasted Broccoli Garlic Bread Pudding Honey Maple Turkey on a Croissant Vegetarian Feature Couscous with Peppers & Onions Organic/Local Greek Cucumber	5 Krispy Chicken Sandwich French Fries Roasted Vegetables Cookies Honey Maple Turkey on a Croissant Vegetarian Feature Couscous with Peppers & Onions Organic/Local Greek Cucumber	6 Cheese or Vegetable Pizza Corn Celery and Carrots 3 Cheese Grill Cheese Vegetarian Feature Couscous with Peppers & Onions Organic/Local Greek Cucumber
9 B.Q. Chicken Legs Mac & Cheese Butter Peas Chicken Pesto Wrap Vegetarian Feature Broccoli Salad Organic/Local Potato Salad	10 Mom's Meatloaf Mashed Potatoes Green Peas & Carrots Cobbler Chicken Pesto Wrap Vegetarian Feature Broccoli Salad Organic/Local Potato Salad	11 Turkey & Dressing Sweet Potato Soufflé Seasoned Green Beans Pie Chicken Pesto Wrap Vegetarian Feature Broccoli Salad Organic/Local Potato Salad	12 Meatball Sub French Fries Roasted Vegetables Chicken Pesto Wrap Vegetarian Feature Broccoli Salad Organic/Local Potato Salad	13 Cheese or Vegetable Pizza Tossed Salad Ice Cream Tuna Melt Vegetarian Feature Broccoli Salad Organic/Local Potato Salad
16 Southern Chicken Tenders Scalloped Potatoes Steamed Vegetables Fresh Baked Rolls Turkey Club Vegetarian Feature Garbanzo Salad Organic/Local Carrot Raisin	17 Taco Tuesday!! Soft Beef Taco Cilantro Lime Rice Refried Beans Churros Dulce Turkey Club Vegetarian Feature Garbanzo Salad Organic/Local Carrot Raisin	18 Chef's Robin Chicken Pot Pie Seasoned Rice Confetti Corn Brownies Turkey Club Vegetarian Feature Garbanzo Salad Organic/Local Carrot Raisin	19 Grilled Hamburgers French Fries Baked Beans Roasted Root Vegetables Turkey Club Vegetarian Feature Garbanzo Salad Organic/Local Carrot Raisin	20 Baked Cheese Ravioli Roasted Vegetables Garlic Bread Ice Cream 3 Cheese Grill Cheese Vegetarian Feature Garbanzo Salad Organic/Local Carrot Raisin
23 Beef & Cheese Nacho Rice & Black Beans Churros Roast Beef on Kaiser Vegetarian Feature Green Pea Organic/Local Thai Tofu	24 Chicken Nuggets Mashed Potatoes Steamed Vegetables Fresh Baked Rolls Cookies Roast Beef on Kaiser Vegetarian Feature Green Pea Organic/Local Thai Tofu	25 Breakfast for Lunch!! Scramble Eggs, Cheese Grits, Bacon, Sausage, Pancakes Roast Beef on Kaiser Vegetarian Feature Green Pea Organic/Local Thai Tofu	26 All Beef Hot Dogs French Fries Chili Roasted Vegetables Roast Beef on Kaiser Vegetarian Feature Green Pea Organic/Local Thai Tofu	27 Cheese or Veggie Pizza Steamed Vegetables Ice Cream Caprese Wrap Vegetarian Feature Green Pea Organic/Local Thai Tofu
30 Spaghetti & Meatballs Steamed Italian Vegetables Garlic Bread Ham & Swiss Croissant Vegetarian Feature Hummus Organic/Local Tomato, Cucumber, & Tomato Salad				



April 2018 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, 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.

