



HOLY SPIRIT
PREPARATORY SCHOOL

September 2018 Lower School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4 Sweet Asian Tempura Chicken Fried Rice Oriental Vegetables <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Traditional Hummus</i> Organic / Local <i>Broccoli Salad</i>	5 Meat & Vegetable Lasagna Steamed Broccoli Garlic Bread <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Traditional Hummus</i> Organic / Local <i>Broccoli Salad</i>	6 Georgia Chopped B.Q. French Fries Roasted Corn on Cob Creamy Cold Slaw <i>Roast Beef on Onion Roll</i> Vegetarian Feature <i>Traditional Hummus</i> Organic / Local <i>Broccoli Salad</i>	7 Baked Ziti with Bolognese Bread Sticks Seasoned Vegetables Cinnamon Rolls <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Traditional Hummus</i> Organic/Local Broccoli Salad
10 Southern Chicken Tenders Mashed Potatoes Seasoned Green Beans Turkey & Brie on Sourdough Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Tofu</i>	11 Swedish Meatballs Seasoned Pasta Seasoned Green Peas Cookies <i>Turkey & Brie on Sourdough</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local Tofu	12 Chef Robin's Chicken Pot Pie Seasoned Rice Confetti Corn Cake <i>Turkey & Brie on Sourdough</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local Tofu	13 All Beef Hot Dogs French Fries Chili Creamy Cold Slaw <i>Turkey & Brie on Sourdough</i> Vegetarian Feature <i>Waldorf Salad</i> Organic/Local <i>Tofu</i>	14 Cheese & Vegetable Pizza Tossed Salad Ice Cream <i>Tuna Melt</i> Vegetarian Feature <i>Waldorf Salad</i> Organic / Local <i>Tofu</i>
17 Chicken Nuggets Scalloped Potatoes Steamed Vegetables Pudding <i>Cuban</i> Vegetarian Feature Black Bean Salad Organic/Local Kale & Quinan Salad	18 Taco Tuesday!! Soft Tacos Cilantro Lime Rice Refried Beans Churros Dulce <i>Cuban</i> Vegetarian Feature <i>Black Bean Salad</i> Organic/Local <i>Kale & Quinan Salad</i>	19 Breakfast for Lunch Scrambled Eggs, Cheese Grits, Texas Smoked Bacon, Sausage, & Pancakes <i>Cuban</i> Vegetarian Feature <i>Black Bean Salad</i> Organic/Local <i>Kale & Quinan Salad</i>	20 Grilled Hamburgers French Fries Baked Beans <i>Cuban</i> Vegetarian Feature <i>Black Bean Salad</i> Organic/Local <i>Kale & Quinan Salad</i>	21 Stuffed Shells Roasted Vegetables Garlic Bread Ice Cream <i>3 Cheese Grill Cheese</i> Vegetarian Feature <i>Black Bean Salad</i> Organic/Local <i>Kale & Quinan Salad</i>
24 Soup & Texas Toast Grill Cheese Steamed Vegetables Fruit Cobbler <i>Oriental Chicken Wrap</i> Vegetarian Feature <i>Greek Couscous Salad</i> Organic/Local <i>Carrot Raisin Salad</i>	25 Mom's Pot Roast Mashed Potatoes Seasoned Vegetables Fresh Baked Rolls <i>Oriental Chicken Wrap</i> Vegetarian Feature <i>Greek Couscous Salad</i> Organic/Local <i>Carrot Raisin Salad</i>	26 B.Q. Chicken Legs Mac & Cheese Seasoned Vegetables Cornbread <i>Oriental Chicken Wrap</i> Vegetarian Feature <i>Greek Couscous Salad</i> Organic/Local <i>Carrot Raisin Salad</i>	27 Interdisciplinary Day!!	28 Cheese or Vegetable Pizza Corn Ice Cream <i>Caprese Wrap</i> Vegetarian Feature <i>Greek Couscous Salad</i> Organic/Local <i>Carrot Raisin Salad</i>





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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.